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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Urine flow test (1 of 2)

What is a urine flow test?

It is a test which measures the speed and amount of urine you pass. It helps us to know how well you are able to pass urine and to decide on the best treatment for you.

How is it done?

It is a very simple test, which involves you passing urine into a machine. The machine looks like a urinal (for men) or a commode (for women). The test is done in complete privacy.

Where is it done?

The test is carried out in the Urology Centre at Salisbury District Hospital.

When can I do it?

The test can be carried out at the following times

Monday, Tuesday or Wednesday 09.30-12.30

You do not need to make an appointment for this test – just turn up between these times.

Sometimes you will be asked to do a flow test at the time of your appointment with the doctor or nurse. It is helpful, therefore, when coming to any urology appointment to come prepared for this with a full bladder or give yourself time to fill your bladder at hospital before the appointment.

Preparing for the test

- We need you to be able to pass at least 150mls (approximately a mug-full) of urine for the test.
- So that you are able to pass enough urine, we recommend that you do not pass urine for three hours before the test. However, we understand that if you are coming a distance this may be difficult for you.
- If you find it difficult to hold your urine you may come to the hospital and wait while your bladder fills up. This can take one-two hours. Water will be provided for you to drink.
- It might be helpful for you to do a 'trial' before coming to do the test. This will help you to find out how long you need to wait before passing urine. Empty your bladder then drink approximately

Urology Nurses
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2-3 mugs of fluid and see how long it is before you need to urinate. Measure the amount you pass and check it is more than 150mls (or a mug full). If it is, you will know how to repeat this effect for the test!

What do I do when I arrive at the clinic?

Tell the Nurse your name and that you have come to do a flow test. She will tell you what to do next.

If you are coming for an appointment with the doctor or nurse and you have a full bladder when you arrive at the clinic, please speak to the nurse in charge of the clinic who will arrange your flow test straight away.

We understand that the clinic area is a very public place. We try to be as discreet as possible. If you would find it helpful, please just show the nurse this leaflet and she will know exactly what you need to do.

When you have completed the test the nurse will collect the result. She will ask you for your name and date of birth. The result will then be given to your doctor or nurse. A copy may also be given to you to bring to the clinic appointment.

Any queries?

If you have any further questions about this please contact one of the Urology Nurse Practitioners on 01722 336262 Ext 4866.