



# Having a flow rate test

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**You have been asked to attend the Frederick Potts Unit for a flow rate test to assess your urinary problem.**

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## Preparation for your appointment

- Try to attend the appointment with a full bladder. Don't worry if you cannot do this as we will give you drinks to fill up your bladder on arrival.
- Please let us know if you need a hoist to use the toilet or if you have a urinary catheter in place, as this test can't be done in these situations.
- Please bring something to occupy yourself as you may be in the department for some time.
- If you need an interpreter or deaf communicator, please let the department know at least 48 hours prior to the appointment so one can be arranged for you.
- You will be sent a text reminder for your appointment so please make sure we have your up to date mobile number.

## What is a flow rate test?

You will be asked to pass urine into a special funnel so that we can electronically measure how fast your urine comes out. This is to assess what is causing your difficulty in passing urine and is known as 'maximum urinary flow rate'.

## What to expect during a flow rate test

Please let the reception staff know when you need to pass urine so that a nurse can explain and set up the equipment ready for the test. This will be carried out in one of the department's toilets. You will need to pass more than 150mls ( $\frac{1}{4}$  pint) of urine for the test to work. If you pass less, you may be asked to drink more fluids and repeat the test again.

Following the flow rate test, the nursing team will complete a scan of your bladder to see if you are emptying your bladder completely.

## What happens next?

You can leave the department once the test is successfully completed. The result of the test will be reviewed by the requesting doctor and a follow up appointment or letter will be sent to you. If you need to cancel or change your appointment, please call the Clinical Admin Team on 0118 322 8629 or email [rbb-tr.cat3a@nhs.net](mailto:rbb-tr.cat3a@nhs.net)

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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