

Patient information

Flow Rate Test and Post Void Residual

Urology Department

What is a flow rate test?

This involves passing urine into a special device (pictured) which measures electronically how fast your urine is expelled. The team uses this information to assess how your bladder works.



What is a post void residual?

After you have emptied your bladder you will be asked to lie down on a couch. Gel will be placed on your tummy and an ultrasound scanner will be used to measure the amount of urine left in your bladder. This is the post void residual. It only takes a few moments.

How should I prepare for the test?

For the best results you need a full bladder. Please drink two glasses of water before leaving home for your appointment.

Some people may find they prefer to attend the department 30 minutes before their appointment to fill their bladder. There is a drinking fountain available. It takes time to fill your bladder and you should not drink more than four cups of water. Your clinic visit can take several hours as it depends on how quickly your bladder fills.

You may have been asked to provide other information about how often you pass urine (time and amount chart) please remember to bring that with you on the day.

What happens when I arrive in the department?

When you arrive for your test, please show this information leaflet to the receptionist or clinic nurse. They will arrange for the test to be done as soon as possible when you are ready to pass urine. If you find it difficult to hold on to your urine when your bladder is full, please inform the staff as soon as you arrive.

What happens if my bladder is NOT full enough for the test?

If there is less than 150 ml (a quarter of a pint) in your bladder, you may be asked to repeat the test later that day or on another day as it will be difficult to assess the results.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

If you have any questions please contact the Urology Department of the hospital you are attending.

Aintree Hospital

Benign team

Tel: 0151 529 4068

Text phone number: 18001 0151 529 4068

Aintree clinic

Tel: 0151 529 3358

Royal Liverpool Hospital

Benign Team

Tel: 0151 282 6819

Text phone number: 18001 0151 282 6819

OP3

Tel: 0151 706 3303

Text phone number: 18001 0151 706 3303

British Association of Urological Surgeons (BAUS) Limited

Author: Urology Department

Review date: July 2027

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