

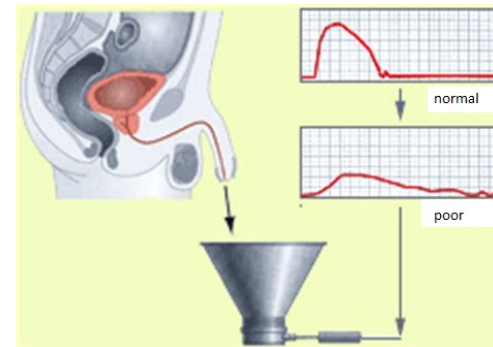
UROFLOW



PATIENT INSTRUCTION SHEET

What is a uroflow?

Uroflow is a study to measure the force and flow of your urine stream. The test is often done in patients that have obstruction to normal flow or problems with urination.



How do I perform this test?

- *Arrive for appointment with a **normally full bladder**.
- *Do not give urine specimen prior to test. If asked to by person checking you in, advise them you are here for a uroflow test.
- *Do not wait until bladder is overly full or try to force urination as these things can cause inaccurate test results.

During test:

- *You will be taken to a private room and asked to urinate in special toilet that measures the volume

& flow of your urine.

- *Try to urinate as you normally would.
- *Try not to modify your aim while you urinate.
- *DO NOT FORCE or push to start urinating.
- *Try to always aim at the same part of the uroflow machine.

*The goal of the test is to record the way you usually urinate. If you feel the test was not representative of the way you usually urinate, tell the staff.

Thank you for your cooperation.

Saratoga Urology

Matthias Solgo, MD PhD

1 West Avenue, One West Medical Building

Suite 215

Saratoga Springs, NY 12866

Tel 518.306.6184