

Uroflowmetry

Uroflowmetry is a diagnostic test used to measure the flow of urine during urination. It is helpful in identifying whether a blockage is the cause of your urinary complaints.

The speed of urine flow is measured electronically and the flow rate is calculated. The main components analyzed include:

- Peak flow rate (Q_{max}): for men > 45 years of age, a normal flow rate is >10-12 mL/s
- Amount of urine voided
- Voiding time
- Post-void residual: the amount of urine remaining in the bladder after urination

Patients should arrive for the test with a comfortably full bladder. Ideally, you should refrain from urinating for several hours before the appointment and drink plenty of liquids to ensure you have enough urine for the test.

You will be asked to urinate into a funnel connected to the electronic uroflowmeter, which records data about the urine flow on a flow chart (similar to picture below). Afterwards, an ultrasound will be performed on your lower belly to measure how much urine is left in your bladder.

You MUST urinate at least 150mL of urine for this study to be adequate.

