

Flow Rate Test Patient Information Leaflet

What is a Flow Rate Test?

This test records the volume and rate of urine that you pass to look at the changes that you have experienced in your usual flow.



You will be asked to pass urine into a special machine in a private room or toilet cubicle.



Source: <https://www.cuh.nhs.uk/patient-information/performing-a-urinary-flow-rate-test-frequently-asked-questions/>

Your bladder will need to feel full.



You must feel that you really need to pass urine urgently to ensure that you produce a flow that the machine can measure.



Are there any risks or side effects involved?

There are no side effects or pain with this test, and you can go back to normal activities immediately afterwards.



What do I need to do before I arrive for the tests?

You can eat as normal before the tests. However, your bladder needs to be as full as possible before the flow test in order to provide a meaningful reading.



It would be helpful if you could have had several cups of water (around 1 ½ pints) an hour before you arrive for your appointment.



If you cannot travel to the appointment on a full bladder, please arrive early for your appointment and bring water to drink in the waiting room.



What happens when I arrive?

Please note that our Clinical Team may be male or female.



Our Health Care Assistant will ask you about how full your bladder is and whether you are ready to pass urine. If you are not ready, you will need to continue to drink until your bladder is full enough to do the test.



How long will I be at the clinic?

It is not possible to say how long you may be at the clinic as this will depend on when your bladder is full enough to perform the flow test.



If you are unable to produce enough urine to be measured properly when you do the flow test, you may have to continue to drink and wait until your bladder is full enough to repeat the test.



It is understood that it may be difficult for you to travel with a full bladder. Please come to your appointment with plenty of water to drink and be prepared to wait. Bringing a newspaper or book with you will help to pass the time.



What happens after the procedure?

After your test, you may be asked to have a further ultrasound scan to see how well you have emptied your bladder.

You will then go in to see the Urologist specialist doctor.

References:

Cohese Healthcare Information about the Flow Rate Test and Bladder Scan Leaflet. Available at:

www.cohese.healthcare Accessed September 2025

Performing a urinary flow rate test: frequently asked questions. Available at:

<https://www.cuh.nhs.uk/patient-information/performing-a-urinary-flow-rate-test-frequently-asked-questions/>

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