

Urology department

Flow rate and bladder scan

This leaflet tells you about what happens when you have a flow rate and bladder scan. It explains what is involved and the benefits and risks. It may make you think of things you would like to discuss with your doctor/s.

What is a flow rate test?

This is a very simple procedure to measure the rate and volume at which you pass your urine. The test will help the doctor to diagnose what your problem is.

How do you prepare for the test?

It is important to attend with a full bladder so we can get an accurate reading. You may need to drink more fluid than you normally do. Please drink several cups of fluids (water, juice, tea or coffee) before attending the department and try not to pass urine until you get here and perform the test.

What do you do when you get to the department?

When you arrive at the department, we will carry out the test as soon as possible so that you are not left waiting. When you feel your bladder is full, we will ask you to pass urine into a funnel attached to a special machine. You will be able to do this in private. You must not force the urine out, relax and let it flow naturally. This will give a more accurate picture of what is happening when you go to the toilet.

If you are unable to hold onto your urine and can't drink the fluid before you make the journey to The Christie, please let us know and we will give you the fluid to drink once you arrive.

Risks

There are no significant risks with this test.

What is the benefit of this procedure?

To fully assess rate of urine flow, to determine if there is any obstruction to flow and check whether the bladder is empty when you have finished passing urine.

Are there any alternatives to this procedure?

No, there are no alternatives to a flow rate scan. If there are problems with flow or emptying you may need some tablets or a surgical procedure to correct these problems.

What happens if I decide not to have this procedure?

If you decide that you do not want to have this procedure then you need to discuss this with your consultant/specialist nurse. If you have problems passing urine satisfactorily, this may affect your kidney function in the long term.



Bladder scan

After your flow rate test, it may be necessary for the nurse to scan your bladder to see whether you have emptied it fully.

The scan is a painless procedure. A probe is placed on your skin over the area to be scanned. The probe sends out high frequency sound waves which enter the body and are reflected back from the bladder. A jelly substance is used on the skin to help the probe move and send the sound waves properly.

The probe will be moved backwards and forwards over your lower abdominal area. The amount of urine left in your bladder will show up on a screen. Once the volume of urine has been calculated the nurse will stop scanning and wipe the jelly from your skin.

What happens after the flow rate test?

The information obtained from these tests will be sent to your doctor who will speak, or write to you about what will happen next.

Further information

The Christie cancer information centres have information on all types of cancer and support:

The Christie at Withington - **0161 446 8100**

The Christie at Oldham - **0161 918 7745**

The Christie at Salford - **0161 918 7804**

Maggie's centres

The centres provide a full programme of practical and emotional support including psychological support, benefits advice, nutrition and headcare workshops, relaxation and stress management.

Maggie's Manchester

Contact Maggie's on **0161 641 4848** or email manchester@maggiescentres.org

The Robert Parfett Building, 15 Kinnaird Road, Manchester M20 4QL

Maggie's Oldham

Contact Maggie's on **0161 989 0550** or email oldham@maggiescentres.org

The Sir Normal Stoller Building, The Royal Oldham Hospital, Rochdale Road, Oldham OL1 2JH

Macmillan Cancer Support

This is a national cancer information charity which runs a cancer information service. The cancer support service freephone number is **0808 808 0000** (Monday to Friday, 9am - 8pm). If you are hard of hearing, use the text phone **0808 808 0121** www.macmillan.org.uk

If you are a non-English speaker, interpreters are available. You can speak to trained cancer nurses who can give you information on all aspects of cancer and its treatment. Information and advice about benefits is also available.

Cancer Research UK

Provides facts about cancer including treatment choices. Information from specialist nurses via Freephone **0808 800 4040** www.cancerresearchuk.org

Contacts

If you have any questions regarding these tests, please do not hesitate to ask. You can contact your urology specialist nurse on:

Mandy Bell - **0161 446 3725**

Jane Booker - **0161 446 8018**

Steve Booth - **0161 918 2369**

Sharon Capper - **0161 446 3856**

Helen Johnson - **0161 918 7000**

Cath Pettersen - **0161 918 7328**

Follow up appointments

We will either write to you with the results of your test, or you will be given a follow up appointment to return to the clinic so that your doctors can assess the effect of your treatment, and discuss further treatment/management of your care with you. During the times in between your clinic appointment you will be supplied with the contact number of the urology clinical nurse specialist/key worker. If you have any concerns do not hesitate to contact them.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **the-christie.patient.information@nhs.net**

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for
urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week