



*Dr. Ricky Bare, F.A.C.S.  
Dr J.G. Cargill III  
Dr. James Brien  
Dr. Michael Burris  
Dr. H. Brooks Hooper  
Dr. Andrew Franklin  
Kimberly Bullock, FNP  
C. Sydney Pilgrim, PA-C*

## Uroflow Patient Instructions

### What is a Uroflow?

Uroflow is a study to measure the force and flow of your urine stream. The test measures: the amount of urine in the bladder, how long it takes to urinate, and how fast the urine comes out.

### Uroflow Prep

- Drink 3-4 eight-ounce glasses of fluid approximately one to one and a half hours before your test time.
- If you find it difficult to come with a full bladder, you may come approximately 15 minutes early and complete the hydrating process.
- Come to the office with your bladder comfortably full. The test is most accurate when you feel a strong urge to urinate. **Do not give a urine specimen prior to the test.** If asked by reception staff, please advise them you are here for the Uroflow test.

FAILURE TO FOLLOW PREPARATION FOR UROFLOW MAY RESULT IN THE STUDY BEING RESCHEDULED.

### 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.
- 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, please tell the clinical staff.

If you have any further questions, please contact us at (828) 253-5314.

A Division of RTA of WNC

**Address:** 1 Doctors Park – Asheville, NC 28801 **Phone:** (828) 253-5314 **Fax:** (828) 253-0434 **Web:** [www.ashevilleurological.com](http://www.ashevilleurological.com)