



**NORTHWEST SUBURBAN
UROLOGY ASSOCIATES, S.C.**

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UROFLOW AND RESIDUAL BLADDER SCAN INSTRUCTIONS FOR PATIENTS

Dear Patient:

You have been scheduled for a uroflow and residual bladder scan test to be performed in our office.

These studies are done to assist in the diagnosis and treatment of your urologic condition. If the studies are done properly, they will provide your doctor with a considerable amount of important urodynamic information. To make certain that the studies are done properly, we ask that you read this information thoroughly and ask any questions that you might have prior to presenting for your tests.

A uroflow is ordered so that your doctor can get an idea of what your urinary pattern is like. We would like you to mimic your normal urinary pattern. Therefore, we ask that you come to the office on the day of the study with a *nearly full* bladder. Typically, this is accomplished by drinking **THIRTY-TWO (32)** ounces of any fluid, **except milk**, thirty (30) minutes prior to leaving your home or office to come in for your testing. You should plan to arrive at our office about thirty (30) minutes before your above-noted appointment time to insure sufficient filling of your bladder. This extra window of time will allow for additional fluid intake if you do not have the sensation of a very full bladder. Try to avoid coming to the office with a bladder that is already so full that you may not be able to hold your urine for the period of time that we may ask you to wait while the testing equipment is properly arranged. If the urge to urinate becomes too strong, attempt to urinate only a small amount to relieve the discomfort and urge to void.

Once you feel that your bladder is full (similar to the common feeling you experience that prompts you to go to the bathroom), a member of our staff will direct you to the examination room and you will pass your urine into the uroflow machine, rather than into the toilet. Once you have finished, the nurse or technician will return to the room to perform your residual bladder scan.

A residual bladder scan is an ultrasound examination of your bladder. It is non-invasive and painless. The nurse will take several pictures of your bladder which will allow your doctor to determine the amount of urine remaining in your bladder after you have just urinated completely. Once this exam is finished, you may leave the office and the results of these

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tests will be reviewed by your doctor and discussed with you at your next office visit. You will not be seeing your doctor during this visit.

We cannot stress enough the importance of having a full bladder for this test. There is no other special preparation. You may eat and drink as you normally would the day of the test. There are no medications that need to be taken and there are no special fluids that you need to drink to fill your bladder. You may have your normal coffee, tea, soda, water, etc., but **no milk**.

By following these instructions, you can help to ensure that the results of these tests will be valuable in assisting your doctor with your diagnosis and treatment. Please be aware that if you do not follow these instructions, your examination may have to be rescheduled to a different date.

If you have any questions regarding these exams, you are urged to call our office prior to the day of your scheduled exam.

Thank You.

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