



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

GEOFFERY ENGEL, M.D., F.A.C.S.
DANIEL F. GARVEY, M.D.
ERIC J. DYBAL, M.D., F.A.C.S.
JOSEPH OH, M.D.
JANET RODRIGUEZ, PA-C

UROFLOW INSTRUCTIONS FOR PATIENTS

Dear Patient:

You have been asked by your doctor to have a uroflow study performed. This study is done to assist in the diagnosis and treatment of your urologic condition. If the study is done properly, it will provide your doctor with a considerable amount of important urodynamic information. To make certain that the study is done properly, we ask that you read this information thoroughly and ask any questions that you might have prior to presenting for your test.

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. Try to avoid coming to the office with a bladder that is 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. Our recommendation would be for you to arrive at the office approximately fifteen to thirty minutes before your scheduled test time so that you can drink some water, if necessary, to maximally fill your bladder while you are in the office.

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 washroom and you will pass your urine into the uroflow machine, rather than into the toilet. Once you have finished, you may leave the office and the results of the test will be 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.

By following these instructions, you can help to ensure that the results of this test will be valuable in assisting your doctor with your diagnosis and treatment. If you have any questions, please feel free to ask your doctor, or call our office for clarification.

Thank you.

Geoffery Engel, M.D.
Daniel F. Garvey, M.D.
Eric J. Dybal, M.D.
Joseph Oh, M.D.