

## Patient information factsheet

# Flow and residual study (bladder test)

We have given you this factsheet to explain what to expect at your flow and residual study test appointment. Please read it carefully. If you have any questions, please ask a member of the urodynamics team.

### What is a flow and residual study?

A flow and residual study is a test for the bladder. It shows what happens when the bladder empties, and it can also measure the amount of urine left in your bladder after emptying (the residual volume). It will give us information about the way your bladder functions so that we can give you the best treatment for your urinary problems.

### Before your test

- Please complete the enclosed bladder diary for three days. This will give us a better understanding of how your bladder functions on a daily basis. It's important that you complete this diary and bring it along to your appointment.
- We are unable to perform this test if you have a urinary tract infection (UTI). If you think you may have an infection, visit your GP before your appointment to have your urine tested. Please contact us, and if necessary, we will move your appointment date until after the infection is treated and cleared. We will also check whether you have a UTI when you come to your test appointment. If you do have a UTI, we will move your test to a later date.

### On the day of your test

#### Preparing for the test

- You must drink one pint (500ml) of water at least one hour before your appointment. If this will be difficult for you to do, please arrive 45 minutes to one hour before your appointment, and we will give you water to drink in the department. Please do not drink any later than this as it may interfere with your test result. It may not be possible to perform the test if your bladder is not full.
- Do not empty your bladder before the test.

Please check in at the urodynamics department on G level at Princess Anne Hospital using the self-check-in screen.

The test will last for 30 minutes to one hour. We will be happy to answer any questions or discuss any concerns that you may have.

Because we are a university hospital, we may ask you for permission to allow a student to be present at your test. If you do not wish for students to be present, please let us know. This will not affect your care.

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## During the test

The test will be performed by a specialist nurse. At the start of the test, the nurse will ask you to empty your bladder into a special toilet called a flow meter, which will measure your urine flow rate and the amount of urine passed. They will then test the urine for signs of infection.

The nurse will then check that your bladder has emptied sufficiently by using a small ultrasound scanner. They will place the scanner on your abdomen over the bladder.

Occasionally, the nurse may need to pass a small tube (catheter) into your bladder to get an accurate measurement. They may also sometimes need to repeat the test again during the same appointment.

## After the test

We will arrange a follow-up appointment for you, depending on the results of your test.

## Contact us

If you have any questions or concerns about your test appointment, please do not hesitate to contact the gynaecology outpatients appointment line:

### Urodynamics and physiotherapy department

Telephone: **023 8120 8967**

Opening hours: Monday to Friday, 8.30am to 4.00pm (an answerphone is available out of hours)

Appointments are always in high demand. Please phone us to cancel or reschedule rather than missing your appointment.

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