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**UROFLOW PREP SHEET:**

You have been asked to perform a Uroflow test. This is a special measurement test of your urination. It is a simple screening test to determine whether you urinate normally and with a normal speed. The following are some helpful suggestions:

- Come with your bladder comfortably full. The test is most accurate when you feel a strong urge to urinate. The speed of urination (Uflow) is many times related to the volume of urine in your bladder.
- You do not need to give a urine specimen (for urinalysis) at this visit. This is, of course, unless you have urinary symptoms suggestive of an infection such as changes in frequency or urgency, fever, blood in the urine, or some baseline change in your daily urinary habits.
- Try to urinate as normally as possible. “Do whatever you normally do” to get your bladder to empty.
- When you arrive at the office, let the reception know that you are here for a uroflow test.

If you have any further questions please call us.