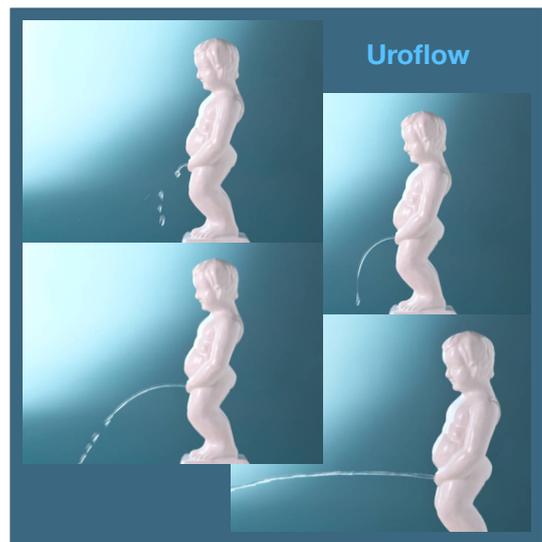




Uroflowmetry

International Index of Prostatic Symptoms

Uroflowmetry (UFM) is a simple, noninvasive way of evaluating the dynamics of micturition. The amount of information provided by UFM, along with ultrasonic estimation of residual urine in the bladder, usually is enough in the routine evaluation of elderly men with lower urinary tract symptoms (LUTS).



Risk of Procedure

Because uroflowmetry is a noninvasive procedure, it is **safe** for most persons. The test is usually done in privacy to ensure that the person voids in a natural setting.

Before the procedure:

- Your doctor will explain the procedure to you and offer you the opportunity to ask any questions that you might have about the procedure.
- Generally, **no prior preparation**, such as fasting or sedation, is required.
- You may be instructed to drink about **four glasses of water several hours** before the test is performed to ensure that your bladder is full. In addition, you should not empty your bladder before arriving for the procedure.
- If you are pregnant or suspect that you are pregnant, you should notify your doctor.
- Notify your doctor of all medications (prescription and over-the-counter) and herbal supplements that you are taking.



During the procedure

Uroflowmetry may be performed on an **outpatient** basis or as part of your stay in the hospital. Procedures may vary depending on your condition and your doctor's practices.

Generally, uroflowmetry follows this process:

1. You will be taken into the procedure area and instructed how to use the uroflowmetry device.
2. After understanding the instructions and when you are ready to urinate, Start the Urination.....**so simple**
3. **Gents should stand to pass urine, Ladies can use as commode**
4. You will begin to urinate into the funnel device that is attached to the regular commode. The flowmeter will record information as you are urinating.
5. You should not push or strain as you urinate. You should remain as **still and Natural** as possible.
6. When you have finished urinating, **you will count for five seconds and come out.**
7. You should **not put any toilet paper** into the funnel device
8. **Do not put water to clean funnel**
9. The procedure will be concluded at this point. Depending on your specific medical condition, you may be asked to perform the test on several consecutive days.

After procedure

Generally, there is no special type of care following uroflowmetry. However, your doctor may give you additional or alternate instructions after the procedure, depending on your particular situation.

Interpretation

