

### What is a voiding flow rate?

A voiding flow rate (VFR) is a test to assess your voiding pattern. It measures the speed and pattern of your urine stream, and the amount of urine you pass. It is also known as a uroflow test or flow rate.

A bladder scan ultrasound is done at the completion of the test to record the amount of urine left behind in the bladder ie the post void residual (PVR).

### Why is a VFR required?

If you have slow urination, a weak urine stream or difficulty passing urine, a flow rate can help your specialist identify the cause of your urinary difficulties.

Certain conditions can affect your normal urine flow, such as:

- Enlarged prostate (benign prostatic hyperplasia).
- Narrowing of the urethra (water pipe) due to scarring.
- Prostate cancer.
- Bladder cancer.
- Neurogenic bladder or issues with the nervous system.



Flow rate machine and printer

### What does a VFR involve?

We require you to arrive for your appointment with a **comfortably** full bladder. It is important not to be uncomfortable as this can affect the results.

We suggest that you drink a litre of water, one hour before your appointment and not empty your bladder during this time.

If you are concerned that you will not be able to hold onto your urine, we ask that you arrive early for your appointment and consume water while you wait.

Avoid any caffeine containing drinks such as tea, coffee or cola as these can make it harder for you to hold your urine.

When you feel you need to pass urine, notify the reception staff that you need to see the nurse.

A pre-test bladder scan ultrasound is often done to ensure you have enough urine in your bladder to get a good representation of your urine flow.

We then take you to the bathroom and ask you to pass urine in our uroflow machine. This measures the amount of urine, the pattern of your stream and the speed that you pass urine.

Once completed, we do another bladder scan ultrasound to assess how much urine is left remaining in your bladder. This is called the post void residual (PVR).

### What happens after the VFR and PVR bladder scan have been completed?

Your doctor will then see you to discuss the results.

**This is general information only. Please consult your doctor for more information and treatment options.**

**For appointments and enquiries please contact 07 3830 3300.**