

UROFLOW PREPARATION

Preparation at home for your uroflowmetry test (also known as uroflow)



▪ What to bring

A large bottle full of water: to drink on the way to the hospital and in the waiting room. We will try our best to time your test with your child's need to urinate (pee).

- Give your child all prescribed medicines on the day of the test. If your child is taking **Ditropan (Oxybutynin Chloride) or any other medicines for their bladder, give these medicines as prescribed. Do not skip these medicines the morning of the test, as this will alter the results.**

- If prescribed, continue with current clean intermittent catheterization (CIC) regimen on the day of the test.

- If your child has a fever (greater than 100.4F) or symptoms of a urinary tract infection, call the Urology office at 202 476-5042, press Option 2 as soon as possible to discuss with the nurse or nurse practitioner. The session may need to be rescheduled when your child is well to obtain the most accurate results.

Where does the test take place?

Children's National Hospital
111 Michigan Ave, NW
Main Hospital Urology Clinic, 4th Floor
Washington, DC 20010

- **Arrive 15 minutes early** to register and to prepare.
- **Testing takes 20 minutes to complete.**
- **If you arrive late more than 15 minutes**, you may be asked to reschedule.
- **If you cannot come**, please call to let us know.

General Information:

- For routine questions about the study, call (202) 476-5042, press Option 2 and ask to speak with the nurse or nurse practitioner.
- If you are late or cannot come on the day of the test, call (202) 476-2162.
- If you need to reschedule - Call at least 24 hours before the study, (202)-476-5042, press Option 1.
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What is a uroflow test?

Uroflowmetry is a test to give us more information about your child's bladder:

- How much urine your child's bladder holds before they need to urinate
- How fast the urine comes out of the bladder
- The strength of the external sphincter muscle (muscle at the bottom of the bladder) just before and when the bladder is emptying. This is also known as EMG activity.

Who needs a uroflow test?

Children with certain types of problems during urination including:

- Incontinence (wetting)
- Pain with urination (peeing)
- Urine frequency or urgency
- Many urinary tract infections
- Abnormal urine stream
- Bladder does not empty completely

Who does uroflow test?

- Urology Nurse Practitioners
- The test is not performed by your doctor, but you will meet with your doctor on another day to review the results

How is the uroflow test done?

Three stickers attached to a computer by wires are put on your child; one (1) on each side of the anus and one (1) on the hip bone. When your child feels like their bladder is full, they will urinate into a special toilet that collects and measures the urine. The toilet is in an exam room and not in a bathroom, but the nurse or nurse practitioner may not need to be in the room when your child is urinating.

After your child has urinated, the nurse practitioner will gently remove the stickers. Then an ultrasound machine will be used by the nurse practitioner to find out how much urine is left over in your child's bladder.



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