

# Center for Sexual & Urinary Function

## Measurements of urinary flow and postvoid residual (PVR)

### UROFLOW

You are scheduled for measurement of your voiding profile to help better understand the urinary flow in terms of possible obstruction. This test is most often ordered for men with prostate enlargement, urethral stricture or as initial testing in someone with abnormal voiding patterns (female or male). It is used not only as screening or diagnostic tool but also to monitor your response to medical treatment or to surgery. As a rule of thumb, maximal flow of 13 ml/sec and higher is considered adequate in male patients. The number should be 18 and higher in female patient. This test is done with the patient voiding into a special toilet in a private room.

### PVR

The second part of the test is the post voiding residual (PVR). This is done with specialized ultrasound that is pressed against the area above your pubic bone. In this way my medical assistant can adequately measure the residual urine in your bladder. This combined information may influence the decision making about your diagnosis and treatment options. The optimal test result is 0 ml of postvoid residual.

### PREPARATION

As general rule empty your bladder 2 to 3 hours before your scheduled appointment and drink three to four 8-ounce glasses of fluid approximately two to one and half hours before your test time to be able to **come to your appointment with a full bladder**. Not everybody's urine production and voiding patterns are the same. This may not work for you. If you know how to accomplish bladder fullness and not to be forced to urinate while on the way to my office, please use your method. If you find it difficult to come with a full bladder, you may come approximately 30 minutes early and complete the hydrating process in my office. The most accurate test is accomplished with comfortably full bladder. Bladder that is too full may overstretch and this could artificially decrease your flow and you may not be able to empty completely. Bladders that are inadequately filled do not have the required wall stretch to achieve the adequate strength to expel the urine and may empty incompletely with decreased flow, too.

### TESTING

When you arrive to my office and start experiencing a normal or strong urge to urinate, advise the front desk to take you to the toilet with the measuring device. If you are uncomfortable upon your arrival, please advise the front desk right away that you are here for Uroflow and PVR. We do not require a urine specimen from you at this appointment. You will be taken to a toilet with funnel (for men) or commode (for women) that you will urinate into. Make sure that there is an **empty pitcher** placed underneath the funnel so that you do not flood the rest room. The scale that is placed under the pitcher to measure you flow is extremely sensitive and kicking or touching it during the test will distort the tracing and invalidate the result. Be careful not to kick it. **Please do not empty your bladder before getting ok from the nurse or the receptionist** to ensure that the system is wirelessly connected to the computer.