

Uroflow Test

What is a Uroflow test?

A uroflow is a study used to evaluate the force and flow of your child's urinary stream. The test will measure how much urine is in the bladder when it is full, how long and it takes to urinate, the pattern of flow, and how much urine remains in your child's bladder after they have finished urinating.

How do I prepare for a Uroflow?

When you and your child arrive at the uroflow appointment, your child should have a comfortably full bladder. The test is most accurate when there is a strong urge to urinate. If you find it difficult to come with an already full bladder, please arrive 20 minutes before your test and encourage your child to drink water in preparation. Please avoid drinks with caffeine before the test, as this may alter results.

If your child does not have a full bladder at the time of the test, we cannot complete the test. This may result in the test being either delayed or canceled.

Your child should also have a soft, easily passed bowel movement within 24 hours of the test.

What will happen during the test?

Uroflows are performed at the Minnetonka and St. Paul clinics by trained nurses. Before starting the test, several small, sticky patches are placed around their rectal area to measure the muscle activity during urination.

Once the patches are in place, your child will be asked to urinate into a special toilet. Your child will be encouraged to urinate as they normally would. During the test, you may stay with your child or allow them privacy.

Immediately after the test, your child will have a brief ultrasound performed on their lower abdomen to measure how much urine is left in the bladder. The entire procedure, including the ultrasound, takes about 5 to 10 minutes. Your child can return to usual activity immediately after the test. Test results will be reviewed at your next pediatric urology clinic appointment.

Make An Appointment [651-290-8707](tel:651-290-8707)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).