

## Norfolk Physiology Unit Centre Block, Level 2

# Flow rate and Ultrasound tests - Information for Young Patients and Families

Please make sure you and/or Mum/Dad/Carer understand and follow these instructions carefully otherwise your test may need to be postponed and a new appointment arranged. Please be aware this causes delays for other patients. If you need to cancel your appointment please give as much notice as possible so we can offer your appointment to another patient.

### Why do I need this test?

When you came to see your doctor about your bladder problem he/she would have told you about some tests to help find out why it is not working properly and that the results will help him/her to make it better.

### What is flow rate & ultrasound?

Flow rate and ultrasound is a test to look at the way your bladder empties. Your Mum/Dad/Carer will be able to stay with you during the test.

When you arrive at the Physiology Unit the Receptionist will ask if you need to go to the toilet. For the test to work, we need you to have a **strong** feeling that you need to wee. If the feeling you have is not strong enough we will ask you to drink some water until you need to wee. When you are ready, we will ask you to wee into a special toilet to see how much was in your bladder and how quickly it empties.

When you have finished we will ask you to lie on a couch so that we can do an ultrasound scan of your bladder. This just involves gently rubbing a small sensor over the lower part of your tummy – we will use some slippery gel to make this easier. The scan will tell us if any wee is left in your bladder.

Once this is done you can go home

### What special preparation is there?

No special preparation is normally needed but please make sure that your Mum/Dad/Carer read any other instructions you may have been given. You may also be asked to complete a 'frequency volume' chart for a few days before attending. Please remember to bring this with you when you attend the clinic.

**Medication:**

If you are taking any medication for your bladder such as Desmopressin or Oxybutinin you can continue taking them as normal, unless instructed otherwise.

**Will there be any after effects?**

These tests should not cause any discomfort or after-effects.

**Mum / Dad .....**

**If you have any concerns or questions about these tests please telephone the Physiology Unit on 01603 288281 between 0730-1600 hours.**

**We should be able to put you in touch with someone who can answer your questions.**

