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UROLOGY INSTITUTE OF THE SOUTH BAY A Medical Group

A Division of U.S.S.C.

## PROCEDURE FOR URINARY FLOW RATE STUDIES

The purpose fo the urinary flow rate study is to determine how well you urinate. We can often evaluate whether you have an actual obstruction to urination or whether you have a neurologic condition altering the way you urinate by the flow rate measurement.

It is important that you urinate freely and with a full bladder. Therefore, before you come to the office, please observe these instructions.

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Two hours before coming to the office, drink a full quart of water, (4-8 oz. Glasses). Every fifteen minutes afterwards drink a full glass of water.

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By the time you reach the office you should have taken about three quarts of water if you have followed the above program.

If you have difficult time with drinking that much water at one time, please drink smaller amounts of water at more frequent intervals. (i.e. 4 oz. Of water every 10 minutes).

If you feel the need to urinate before you come in to the office it is alright to do so, jut continue drinking the water and be well hydrated when it is time for you flow study. Please feel free to ask us for water in the office if you need it.

IF YOU HAVE A HEART CONDITION, please discuss this with us because we might have to modify your water intake.