

Your next appointment is

Date.....

Time.....

Address:

Mottingham Clinic
Kimmeridge Road
Mottingham
SE9 4EB

**Bromley
Healthcare**
better together

The Bladder and Bowel service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley, Bexley, Croydon, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court
1 Knoll Rise
Orpington BR6 0JA

020 8315 8880

bromh.feedback@nhs.net

bromleyhealthcare.org.uk

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**Your guide to
urine flow rate**
Bladder and Bowel service

Bladder and bowel guide to urine flow rate

The following information is for patients undergoing a flow rate test.

What is a flow rate test?

It is a test that measures the rate of flow when you pass urine. It is a painless and non invasive test.

Preparing for your appointment

It will be helpful if you can come to the clinic with a 'comfortably' full bladder. Try to drink about 1 litre (2 ½ pints) of fluid before you arrive. If this is not possible, there is a water machine at the clinic, where you can get a drink when you arrive. However, this may delay your appointment if your bladder is empty. Please try not to urinate for 2 hours before the test.

How is the test carried out?

You will meet the Health Care Assistant or Nurse who will explain the procedure to you. You will be asked to pass urine privately in a specially adapted urinal or toilet. This records the information we need. Do not put toilet paper into the machine as this will affect the results. You will then tell the Health Care Assistant or Nurse when you have finished.

How long will the test take?

It is a quick test that will just take the time you take to pass urine. However, we may take two or three separate flow rate tests to give us a clear picture. This means that you may need to fill your bladder again before the next test. Therefore the appointment can take about two hours, so you should allow for this when booking your appointment.

Other patients will be attending the flow rate clinic. However each patient is seen in private and the test is performed in private.

What happens once the test is completed?

You will have a bladder ultrasound scan performed by the Health Care Assistant or Nurse. You will then be asked to come to one of our clinics where we'll discuss with you the results of your test. This helps us to plan your care. The results will be sent to an Urologist if necessary, or to your GP.

Concerns / queries

If you have any questions about this test or would like to speak to the Specialist Nurse please contact the Bromley Bladder and Bowel Service on 0300 330 5777