



Uroflow Study

Your child will be having a study called a Uroflow or Uroflowmetry.

Date: _____ Time: _____

This family education sheet explains how to prepare for your child's Uroflow study.

Key points

- This study isn't invasive.
- It's important to follow the suggested hydration protocol.
- Having your child be properly hydrated will help the study be more accurate.

What is a Uroflow study?

A Uroflow study is a noninvasive test to help us better understand how your child's bladder works. There are several steps involved in the study. To help your child prepare, we have listed them below.

1. First, it involves taking a picture of your child's bladder to see how much urine (pee) it holds. To do this, we use a bladder scanner. The clinical assistant helping you will place a small amount of jelly below your child's belly button.
2. Next, they will use a device to measure the amount of urine in their bladder by gently pressing on the bladder with the scanner. **If there isn't enough urine in your child's bladder, we may pause the test and ask them to drink more fluids and then re-scan their bladder.**
3. After we measure the amount of urine in their bladder, we'll ask your child go into a private bathroom to urinate in a special toilet that has sensors attached to it.
4. After they have urinated, we take another picture of their bladder to see how much it emptied out. From start to finish, the test takes about **10-20 minutes**.
5. Some Uroflow studies are done with **electromyography (EMG) patches**. These patches collect additional information that allows your doctor to better understand how the pelvic muscles work.
6. If your child is having a Uroflow with patch EMG, they will get undressed from the waist down. The clinical assistant performing the test will give them a hospital gown that your child will change into.
7. Next, 2 small patch electrodes will be placed on your child's buttocks and will be connected to a device that your child will hold on to while they urinate. A third

patch electrode is placed on your child's hip. The electrodes are about the size of a dime and can be taken off very easily as soon as your child is done urinating.

How should we prepare?

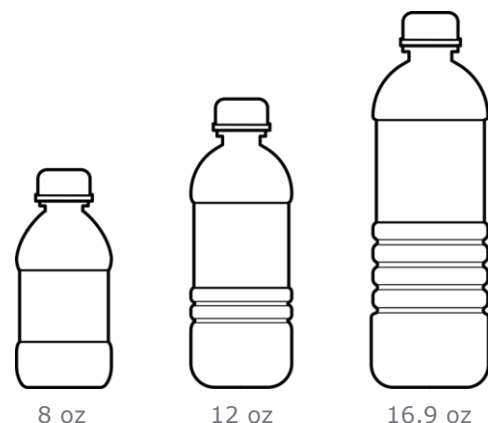
Preparing for a Uroflow study is important! For a Uroflow test to be as accurate as possible, your child must have a comfortably full bladder.

For your child's bladder to be appropriately filled, please follow these steps the best you can:

- About **2 hours before the test**, have your child empty their bladder as much as they can.
- After they've urinated, they can begin to drink/hydrate. We suggest they **stop drinking anything about 1 hour before their scheduled Uroflow**.
- For example, if your appointment is at 10am, have your child empty their bladder to at 8am. They can drink the recommended amount between 8-9am and stop around 9am.

The table below should help you see how much liquid to give your child before their appointment.

- Ages 2-5 years - 4-8 ounces (**120-235 mL**)
- Ages 6-9 years old - 8-12 ounces (**235-355 mL**)
- Ages 10 and up - 12-16 ounces (**355-473 mL**)



Important things to remember:

- **We highly recommend giving your child plain water. Sugary or fizzy drinks can make them need to urinate more, and your child may not be able to hold it.**
- Some families find it helpful to practice hydrating several days before the study to see if the fluid volume allows the bladder to feel comfortably full.
- If you feel like your child will have difficulty following the hydration protocol, we invite you to arrive to your appointment early and prepare to hydrate in person, before your scheduled appointment.
- Please don't have your child drink more than the recommended amount. It's better to be **underhydrated** than **overhydrated** for the appointment.
- If your child is having other studies done on the same day, please make sure their **Uroflow study is scheduled first.**
- Most commercial bottles, cans and reusable water bottles have the fluid amounts listed on the label or on the bottom of the container.
- Please allow extra time for driving and parking for your appointment, which can add an additional **10-20 minutes to your trip.** You may also need to coordinate with your child's school.

If you have any questions or concerns, please call the Urology department at (617) 355-7796 and ask to speak with a registered nurse.

You can scan this QR code to learn more information on our website:



This family education sheet is available in Arabic, Portuguese and Spanish.