



FACTS ABOUT URINE

- ✓ Adults pass about a quart and a half of urine each day, depending on the fluids and foods consumed.
- ✓ The volume of urine formed at night is about half that formed in the daytime.
- ✓ Normal urine is sterile. It contains fluids, salts, and waste products, but it is free of bacteria, viruses, and fungi.
- ✓ The tissues of the bladder are isolated from urine and toxic substances by a coating that discourages bacteria from attaching & growing on the bladder wall.
- ✓ The bladder of an adult can hold anything from 300 to 500 ml of urine.
- ✓ An average healthy person's peeing lasts for about 7 seconds. If one feels the urgent need to pee and the peeing lasts for only 2 seconds or so, one might be suffering from an infection.

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Contact Us

Email
pulsecal@gmail.com

Web
www.pulsediagnosics.com



+91 33 7198 1800

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WHAT IS UROFLOWMETRY ?

Uroflowmetry is a test that measures the volume of urine released from the body, the speed at which it is released, and how long the release takes. The test can indicate problems with bladder emptying or under activity of the bladder muscle.

Uroflowmetry is performed by having a person urinate into a special funnel that is connected to a measuring instrument. The measuring instrument calculates the amount of urine, rate of flow in seconds, and length of time until completion of the void. This information is converted into a graph for interpretation by a doctor. The information helps evaluate function of the lower urinary tract or help determine if there is an obstruction of normal urine outflow.

Other related procedures that may be used to diagnose urinary outflow obstruction or lower urinary tract dysfunction include cystometry, cystography, retrograde cystography, and cystoscopy.

REASONS FOR THE PROCEDURE

Uroflowmetry is a quick, simple diagnostic screening test that provides valuable feedback about the health of the lower urinary tract. It's commonly performed to determine if there is obstruction to normal urine outflow. Medical conditions that can alter the normal flow of urine include, but are not limited to, the following :

- ✔ Benign prostatic hypertrophy
 - ✔ Cancer of the prostate, or bladder tumor
 - ✔ Urinary incontinence
 - ✔ Neurogenic bladder dysfunction
 - ✔ Neurogenic bladder dysfunction
 - ✔ Urinary Blockage

BEFORE THE PROCEDURE

- ✔ Generally, no prior preparation, such as fasting or sedation, is required.
- ✔ You may be instructed to drink about four glasses of water several hours before the test is performed to ensure that your bladder is full. In addition, you should not empty your bladder before arriving for the procedure.
- ✔ If you are pregnant or suspect that you are pregnant, you should notify your doctor.
- ✔ Notify our technician of all medications and herbal supplements that you are taking.
- ✔ Based on your medical condition, your doctor may request other specific preparation.

DURING THE PROCEDURE

- ✔ You will be taken into the procedure area and instructed how to use the uroflowmetry device.
- ✔ When you are ready to urinate, you will press the flowmeter start button and count for five seconds before beginning urination.
- ✔ You will begin to urinate into the funnel device that is attached to the regular commode. The flowmeter will record information as you are urinating.
- ✔ You should not push or strain as you urinate. You should remain as still as possible.
- ✔ When you have finished urinating, you will count for five seconds and press the flowmeter button again.
- ✔ You should not put any toilet paper into the funnel device.
- ✔ The procedure will be concluded at this point. Depending on your specific medical condition, you may be asked to perform the test on several consecutive days .

