

Male Fertility and Sexual Medicine Specialists  
MARTIN BASTUBA, M.D., F.A.C.S.  
FOUNDER AND MEDICAL DIRECTOR

UROFLOW TEST – PATIENT INSTRUCTIONS

You have been scheduled for a UROFLOW test on \_\_\_\_\_ at  
\_\_\_\_\_ in the Alvarado office.

To ensure adequate testing, please arrive at the office with a full bladder.

Please complete the following steps:

- · Empty your bladder 1 ½ hours prior to your appointment.
- · Drink 4-6, eight ounce glasses of liquid in the next hour.
- · Stop your fluid intake ½ hour before your appointment time.

**DO NOT EMPTY YOUR BLADDER**

You may feel uncomfortable but it is important that you do not void before the test.

When you arrive at the office, please notify the staff you are there for a UROFLOW test. We make every attempt to do your test promptly.

If you have any questions or concerns please contact the office and discuss them with a member of the nursing staff.

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