

KIDNEY (RENAL) AND BLADDER ULTRASOUND (UROFLOWMETRY)

What is it?

These are examinations of the kidneys and bladder. These are often performed together, or your doctor may ask for just the bladder to be examined. This is often combined with uroflowmetry, where we test how well you can empty your bladder.

What preparation is needed for the examination?

If this is a simple examination of your kidneys, we will look at the bladder as well, but you don't need to have this very full. Just drink normally but **Do Not** empty your bladder immediately before the examination.

If you are having uroflowmetry, we need to have your bladder well distended. Please drink plenty of fluids and do not empty your bladder, as this needs to be uncomfortably full for the examination. We realise this may be difficult for you to arrange, and if your bladder is not full when you come to the department, we will give you fluids to drink until it is.

What exactly happens during the examination?

When you arrive in the Department, a radiographer, helper or nurse will take you to a cubicle to get you changed into a gown. You will then be taken to the examination room, where the procedure will be explained to you. The procedure is performed by a consultant radiologist (doctor).

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The Princess Grace Hospital



The ultrasound probe is coated with a clear gel (this dries rapidly and does not stain), which is then run over your skin to see your kidneys and bladder. You may be asked to turn from side to side to get better views of the kidneys. Ultrasound does not involve any harmful radiation.

If you are having uroflowmetry as well, we will first check that your bladder is full enough. If it is not, you will be asked to drink more fluids and wait. When it is full you will be taken to the toilet and given instructions as to how to use a special toilet that records how fast and how much urine you pass. You will then be left alone in the toilet to urinate. When this is completed, you return to the ultrasound room for a final look at how much urine remains in the bladder.

Does the procedure hurt?

No, you should not experience any discomfort from this examination.

How long will it take?

About 15 minutes for a standard kidney examination. If your bladder needs filling up this could take 30 minutes extra. The uroflowmetry takes only about 10 minutes.

When will I get the results?

The radiologist will discuss the results with you at the end of the examination and send the films and report to your doctor.

Aftercare

None.

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