

## UROFLOWS: GUIDE TO INTERPRETATION [from ICCS]

Consider: voided volume, flow rate, voiding time, flow pattern + residual

### Voided volume:

Void >50% F/EBC to be valid

FBC = functional bladder capacity – from FV [frequency volume] chart

EBC = expected bladder capacity – (age [in years] \* 30) + 30ml

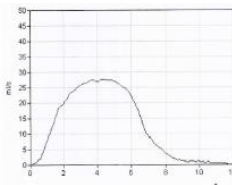
### Flow rate [= Qmax (ml/s)] + voiding time:

1.  $(Q_{max})^2 > \text{voided volume}$
2. Generally should be > 10ml/s and <30sec

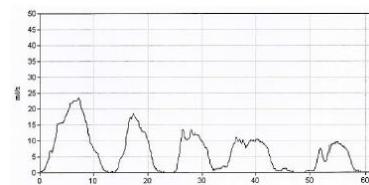
Depends on voided volume – ‘UROFLOW TOOL’ is downloadable from app store – normalised for voided volume and gives ‘flow index’ – normal >0.8

### Flow pattern: 5 types: bell, tower, staccato, interrupted, plateau

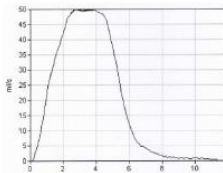
#### Bell: normal



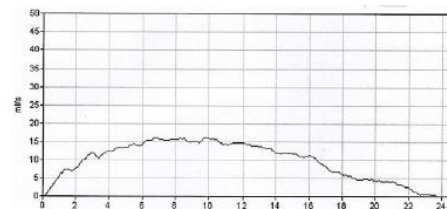
**Interrupted:** intermittent flow, including zero = detrusor failure OR dysfunctional voiding



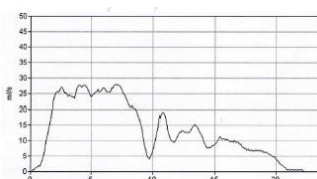
#### Tower: high amplitude = detrusor overactivity



**Plateau:** flattened prolonged = outflow obstruction



**Staccato:** intermittent flow, but never zero = dysfunctional voiding



**Residuals:**

$\leq 6$ yr

Single void  $>30$ ml or  $>21\%$  BC

Repeat void  $>20$ ml or  $>10\%$  BC

$\geq 7$ yr

Single void  $>20$ ml or  $>15\%$  BC

Repeat void  $>10$ ml or  $>6\%$  BC

**Bladder wall thickness:**

Full  $<3$ mm

Empty  $<5$ mm

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