# UFLOW METER™

" An innovative device to aid the early detection of prostate disorders "


Prof. Douglas Newton - Inventor of Uflow meter™

**The Uflow meter™ male peak flow device – a portable, accurate and reliable gauge for the detection of lower urinary tract symptoms (LUTS)**

**Easy for the patient to use – Allow males the ability to monitor their urine flow in the privacy of their own home to help identify prostate disorders early.**

**Easier for the practitioner – Provides quantitative assessment of patients' urine flow cost effectively and reduces the number of unnecessary clinic referrals.**

**Hygienic – Easily cleaned by washing through in warm water.**

**Cost effective – Reusable device, affording minimal practitioner time to undertake male urodynamic diagnosis.**

Prostate disorders affect approximately 50% of the male population over 40 years of age (just fewer than 8 million males fitting the profile) and around 24,700 men in the UK will be diagnosed with prostate cancer each year. Diagnosis of a prostate disorder by GPs is difficult due to the reliance on the patient awareness and accurate description of the flow relative to the patient's 'norm'. Uflow meter™ has been developed to address these issues as a single patient home testing device.

Measuring the peak flow rate of urine is a useful quantitative indicator of any urodynamic obstructions for a doctor or surgeon. The peak flow rate can be used as an objective outcome measure to the effect of intervention such as prostatectomy or urethral surgery.

Uflow meter™ is a high quality reusable plastic shaped funnel with a profiled orifice at the base that offers an inexpensive, user-friendly and effective device for doctors to issue to patients whom they feel may be at risk or suffering from a constriction or obstruction.

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**EASY ~ EFFICIENT ~ EFFECTIVE**

Uflow meter™
an
MDTi
INNOVATION - INVESTMENT - IMPROVEMENT
product

## Using the Uflow meter™

Hold the protruding lip that is found on the outside of the cup of the Uflow meter™ (Fig 1). By placing the device over a lavatory bowl in an upright position you are able to direct urine into the upper cup easily. Alternatively a measuring jug may be used to record the amount of urine passed as well as the flow rate (Fig 2).

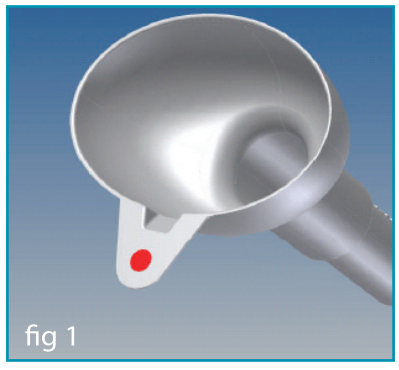
fig 1

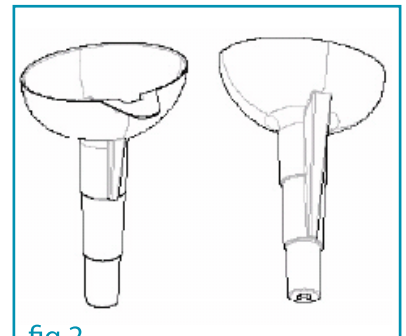
fig 2

As urine passes into the tube you will begin to notice the level of fluid rises until it reaches an equilibrium height, you should note down the height that your fluid rises on a daily basis. The greatest height that your urine reaches in the tube will indicate your peak flow.

The Flow meter™ has been specifically designed so that the tube is in three sections in order to precisely measure your urine content. The scales on the side of tube will indicate the measurement of the urine you pass from 10 ml/s (lower section) to above 15 ml/s being in the cup of the device (Fig 3).

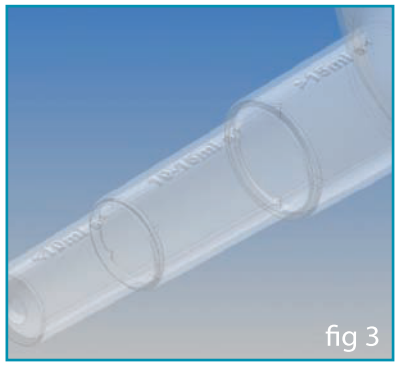
fig 3

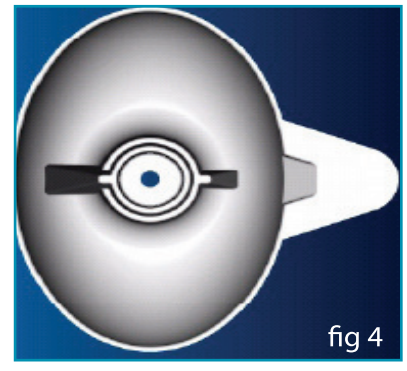
fig 4

You should note that if the greatest height in the tube is in the lower section, it indicates a peak flow rate of less than 10 ml/s and you may have a severe constriction or obstruction and should consult your GP immediately. A height in the central section of the tube indicates a peak flow rate of less than 15 ml/s and a lesser obstruction that needs to be monitored by a doctor. Heights in the upper most section or higher are generally treated as normal . The scales used are the same as those used by urologists worldwide for diagnosis purposes.

The Uflow meter™ is able to be read either from the outside or by looking down from above into the tube and using the special rings to indicate the level (Fig 4). Use whatever method suits you best.

## Understanding the Prostate

The prostate gland is only found in men. It lies just beneath the bladder (Fig 5). The urethra runs through the middle of the prostate. The prostate helps to create semen. The prostate gets bigger gradually after the age of about 50. About 1 in 3 men over the age of 50 have some symptoms due to an enlarged prostate. As the prostate enlarges it may cause narrowing of the first part of the urethra. This may partially obstruct the flow of urine from the bladder. This can lead to 'obstructive' symptoms.

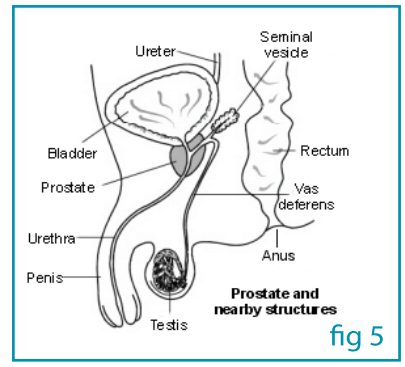

fig 5

**Important:** Please ensure the device is washed out thoroughly in warm water after every use, the device should be completely dry inside before commencing use to ensure accurate readings are obtained

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**Enhancing safety and efficiency**

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