

**ROCKFORD UROLOGICAL ASSOCIATES, LTD.**  
**351 EXECUTIVE PARKWAY**  
**Rockford, IL 61107**  
**(815) 398-4057**

**PROCEDURE INSTRUCTIONS PRIOR TO UROFLOW**

- It takes 1-1/2 hours for liquids to get to your bladder
- Empty your bladder before you start to drink liquids
- Start drinking 30-40 ounces of liquids 1-1/2 hour prior to your appointment time. (This can be coffee, tea, juice or water). Do not drink all caffeine.
- Do not urinate before arriving at the office. Arrive with a full bladder.