

# P-flow the complete guide to KNOW YOUR FLOW

Kindly follow the following steps to know your flow, to know if your kidneys are at risk and get a recommendation if you need to see a doctor

## Procure a P-flow:

<https://tejnaksh.com/shop/product/disposable-uroflometer/>



**Confirm:**  
Your bladder is full



**Unbox the P-flow,** with attached funnel & pipe.

**Place the P-flow** on a levelled surface



**Sit on edge** of a chair/ bed/ western commode or stand in front of the P-flow. Hold the funnel & pee into naturally.

**Scan the QR code** on P-flow. Using your mobile phone.



**Enter details,** click & upload a clear photo of side "A".

**Wait for 30 seconds;** Click & upload photo of side "B".



**Await the report**

## Steps To Dispose PFlow

Pass water into the P-flow funnel and allow the drain pipe to drain into the commode for 3 mins.



**Invert the P-flow** so that the water inside drains out through the drain pipe.

**Pack it into the box** and dispose it off as dry recyclable plastic waste/ Return it to us for disposal

