INSTRUCTIONS FOR 24 HOUR PAD WEIGHT TEST

1. A part of your urinary incontinence evaluation includes an assessment of the quantity of urine you lose in one day.

2. During one day and one night prior to your consultation appointment, collect every sanitary napkin/diaper you use in one 24-hour period (from 8 AM to 8 AM). Be sure to use the same type pad during this period of time.

3. Place the wet pads into a zip-lock plastic bag.

4. Bring the zip-lock bag containing your pads and one clean dry pad (in a separate zip-lock bag) with you on the day of your appointment. (Same type pad as those collected).

5. Continue your normal day and night routine during the test.

6. On the day of your appointment, you may be asked to perform another “pad test” for one hour while in the clinic.

7. These tests will help our physicians evaluate your incontinence and determine a treatment that is best for you.