

Information for Patients

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# 1 Hour Pad Weigh Test

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The 1-hour pad weigh test is used to measure the amount of urine leakage that occurs during normal physical activity.

It helps your Urologist

- Assess the severity of urinary leakage
- Understand how leakage occurs during everyday activities
- Evaluate how well treatments or interventions are working overtime

## Preparation

Please arrive well hydrated to your pad weigh test.

You can check this by looking at the colour of your urine before the test:

- Urine should be light yellow in colour
- If it is dark, you should drink fluids until it is a light-yellow colour

This test takes 1 hour to complete

During this test, please do not go to the toilet

If you experience a strong urge to urinate, please try and postpone going to the toilet and perform as many activities on the following list as possible.

The activity programme may be modified if needed to reflect your physical ability.

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## Test Protocol

- Begin the test by emptying your bladder.
- The pad you will use will be weighed. You will then put on the pad.
- Drink 500ml of water within 15 minutes, then rest.

## Activity schedule

- **At 30 minutes** - walk, including a stair climb, the equivalent of 1 flight of stairs up and down.
- **At 45 minutes** you will perform the following activities:
  1. Standing up from sitting, 10 times
  2. Coughing vigorously, 10 times
  3. Running in place for 1 minute
  4. Bending to pick up small objects from the floor, 5 times

At the end of the 1-hour test, the pad is removed and weighed.

The result is recorded as the number of grams gained by the pad, which represents the amount of urine leakage during the test.

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# urology

associates

**George Acland**  
*MB ChB, FRACS*  
Urologist

**Kevin Bax**  
*MB ChB, FRACS*  
Urologist

**Nick Buchan**  
*MB ChB, FRACS*  
Urologist

**Deborah Friberg**  
*MB ChB, FRACS*  
Urologist

**Frank Kueppers**  
*Dr. med.*  
Urologist

**Giovanni Losco**  
*MB ChB, FRACS*  
Adult & Paediatric  
Urologist

**Jane MacDonald**  
*MB ChB, FRACS*  
Urologist

**Stephen Mark**  
*MB ChB, FRACS*  
Adult & Paediatric  
Urologist

**Louise Rouse**  
*BHB, MB ChB, FRACS*  
Urologist

## Urology Associates

Forte Health, 132 Peterborough Street  
PO Box 917, Christchurch 8140

**P:** 03 355 5129

**E:** [reception@urology.co.nz](mailto:reception@urology.co.nz)

[www.urology.co.nz](http://www.urology.co.nz)