

Information for Patients

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# 24 Hour Pad Weigh Test

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## What is a 24-hour Pad Weigh Test?

A 24-hour pad weight test measures the amount of urine leakage you experience over a typical day.

This test helps us quantify the volume of urine leakage, which allows your Urologist to better understand the severity of your incontinence and plan the most appropriate treatment.

The test is performed at home during your normal daily activity. To obtain an accurate result, it is usually completed over 2-3 consecutive days.

## What to do

Each time you use a pad please weigh it and then weigh it again after use.

The final weight is the wet weight minus the dry weight.

Please record this amount on the table opposite along with the time.

### **For example:**

Dry pad weighs: 26 g

Wet pad weighs: 138g

Final weight to record: 112g

Please record pad weights on the table opposite.

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Date:

|                | Day 1 | Day 2 | Day 3 |
|----------------|-------|-------|-------|
| PAD 1          |       |       |       |
| Dry weight     |       |       |       |
| Wet weight     |       |       |       |
| Difference     |       |       |       |
| PAD 2          |       |       |       |
| Dry weight     |       |       |       |
| Wet weight     |       |       |       |
| Difference     |       |       |       |
| PAD 3          |       |       |       |
| Dry weight     |       |       |       |
| Wet weight     |       |       |       |
| Difference     |       |       |       |
| Total for day: |       |       |       |

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