



DUKE UNIVERSITY MEDICAL CENTER

Department of Obstetrics and Gynecology

Division of Urogynecology and Reconstructive Pelvic Surgery

Instructions for Pad Weight Test:

1. **If you are being seen for urinary incontinence**, a part of your evaluation includes an assessment of how much urine you lose in one day.
2. **During the day and the night preceding your appointment**, collect every sanitary pad or diaper that you use over a 24 hour period (for instance 8 AM to 8 AM) and place them into a “zip lock” plastic bag.
3. Please continue your normal daily and nightly routine activities during the collection period.
4. On the day of your appointment, bring the plastic bag(s) and one of your unused (dry) sanitary pads. We will weigh this prior to weighing the wet pads.

Thank you for choosing Duke Urogynecology for your bladder health.