

## 1 HOUR PAD TEST

**Name :** \_\_\_\_\_ **Age :** \_\_\_\_\_ **Date :** \_\_\_\_\_

This test is used to quantify your loss of urine and can be done in the privacy of your home. You can use any type of pad - just place it in a plastic bag and weigh it on your kitchen scales before you start and at the end of the test return pad to plastic bag weight again. Record both measurements and the urine loss is the difference between the 2 measurements.

- 1. Start with comfortable full bladder.**
- 2. Drink 500 mms of water ( as quickly as possible).**
- 3. You then need to put on a pad that you have first weighted.**
- 4. After 30 minutes go for a 15 - minute walk.**
- 5. You will then be required to perform a series of exercises, exactly 1 hour from drinking the water.**

- **Do knee bends x 10 or sit/stand x 10**
- **Cough x 10**
- **Pick up heavy shopping bag x 10**
- **Step ups (on to stool) x 10**
- **Jump x 10**
- **Place hands under running water fro 2 minutes**

**Remove the pad and then re - weigh it.**

**You can then go to the toilet and empty your bladder.**

**Record.**

<b>Initial weight of pad</b>	
<b>Total weight of pad after exercises</b>	
<b>Total weight of urine loss</b>	