

Instructions for 24 Hour Pad Collection

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 next encounter with your urologist, collect every sanitary napkin/diaper you use in one 24-hour period (from 8 AM to 8 AM). Try to use the same type of 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 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. These tests will help us evaluate your incontinence and determine a treatment that is best for you.