



Edinburgh Urology Specialists

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Many people leak urine some of the time. We are trying to find out how much urine you leak.

Surname						
First name						
Date of Birth						
Female				Male		
Date	D	D	M	M	Y	Y

Measuring the volume of urine lost over 24 hrs is a very good way of assessing the severity of incontinence. This is an easy test to perform but must be carried out accurately.

You will need a plastic bag without holes that can be tied closed, and big enough to hold all the pads you use in 24 hrs, and be tied closed.

Start the test when you first get out of bed to start your day. If you have worn a pad overnight, throw it away, and put a fresh pad on. Thereafter, put every pad you remove into the plastic bag. Tie it closed to stop any loss, but loosely enough that you can open it to put further pads in.

The following morning put the pad you wore overnight into the bag and tie the bag tightly closed. In another plastic bag put a dry pad.

If you have a weight scale, weigh the plastic bag with all the wet pads and the plastic bag with the dry pad separately.

The amount of urine you loose/leak can be calculated from the weight of the wet pads you used in 24 hours and equivalent number of dry pads.

Weight of wet pads [grams] – Weight of same number of dry pads [grams] = urine loss/leak in 24 hrs [grams]

Number of pads in 24 hrs	
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Weight of wet pads(g)	
Weight of same no of dry pads(g)	

Urine loss in 24 hrs(g)	
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Thank you very much for providing this information.