**Instructions for Pad Weight:**

- 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.

- 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.

- Please continue your normal daily and nightly routine activities during the collection period.

- 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.

- If you have any direct questions please give our office a call 614-293-8155.