

24 Hour urine loss assessment

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						
Sex						
Date of filling form (Today's date)	D	D	M	M	Y	Y

Measuring the volume of urine lost over 24 hours 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 is big enough to hold all the pads you use in 24 hours.

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. After this, put every pad you remove into the plastic bag. Tie it closed to stop any leaks, 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 it tightly closed.

You should then place the bag inside another bag along with a dry pad of the type you use and this information sheet and bring this all to the clinic.

We will then know how many pads you use in 24 hours and can work out how much urine you lose by weighing the bag of wet pads and subtracting the equivalent weight of the dry pads

Number of pads in 24hrs	
Weight of wet pads (grams)	
Weight of same number of dry pads (grams)	
Urine loss in 24hrs (grams)	

Thank you very much for providing this information.