
24 Hour Pad Test Instructions

1. The 24-hour time schedule is usually from the time you go to sleep until the next night. For example, if you go to bed normally around 10 pm, this would be your start time. You would weigh all your pads until the next night at 10 pm.
2. Start by weighing a clean pad in the supplied zip lock bag (using the supplied scale). Make sure the scale is set to grams. Record this measurement under (Weight of Empty Pad beside Night Pad #). Remove the pad from the bag and go ahead and put this pad on.
3. Use the pad as you normally would. When it comes time to change the pad, place the pad into the zip lock bag, seal it and weigh it again. Record this measurement under (Weight of Used Pad beside Night Pad #). Subtract the weight of the used pad from the weight of the empty pad and put this total under the Net Weight column.
4. Repeat steps 2 & 3 if you end up using another pad at night. By definition the night is just before you go to bed until you wake up in the morning. It is important to identify how much leakage is occurring at night.
5. During the day, the procedure is the same as #2 and #3. Some issues might arise due to your inability to have access to the scale. If you are out and about you can save the pads in the zip lock bag and you have up to 24 hours to weigh them (as long as the bag is sealed, it will weigh the same).
6. A lot of times, the weight of the empty pad and zip lock bag are the same and you do not have to weigh each time. It would make sense however to test this out every once in a while to confirm this.
7. Once you have recorded all your day pads add up all the numbers to determine: 1) leakage during the night 2) leakage during the day 3) total leakage over 24 hours.
8. You will never have the same number every day. The diary also asks you to record some basic information such as your general activities during the day, the types of drinks you have had (coffee, tea, alcohol, etc.), the amount you had to drink (in general) and anything out of the ordinary (stressful events etc.). Record the number of washroom trips during the day and number at night. 6-7 is considered normal during the day and 0-2 times at night. This can all cause changes in your 24-hour test result.
9. Perform 3 days in a row and average the 3 days. This will give you a pretty good idea of your level of incontinence (see guide below).
10. Get a binder, place your totals in the binder, the newest readings always on top. Once you are down to 1 pad over 24 hours, you can use the modified forms to keep track of progress.

If you have any further questions about this document or how to do a 24-hour pad test, you can contact Bill Landry, BScPT, BScH, CAFCI by email at:

<mailto:AskAPhysio@ThePhysioStore?subject=24 Hour Pad Test>

General Leakage Guidelines for Men after Radical Prostatectomy

Severe incontinence: >450g per 24 hours

Heavy incontinence: 200-450g per 24 hours

Moderate incontinence: 50-200g per 24 hours

Mild incontinence: <50g per 24 hours

Fully continent: <2-3g per 24 hours

Daily Diary – 24 Hour Pad Test

Interval	Date: _____		
24 hours	Weight of Empty Pad (g)	Weight of Used Pad (g)	Net Weight (used – empty)
Night Pad #1			
Night Pad #2			
Night Leakage Total			
Day Pad # 1			
Day Pad # 2			
Day Pad # 3			
Day Pad # 4			
Day Pad # 5			
Day Pad # 6			
Day Leakage Total			
24 Hour Pad Test Total			

Describe your activities and fluid intake during the day while performing the 24 hour pad test.

<p>Description of activities and general fluid intake</p>	<p style="color: red; font-size: small;">Washroom trips during day (6-7 considered normal) Washroom at night while in bed (1-2 considered normal)</p>
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>450g per 24 hours – Severe incontinence
 200-450g per 24 hours – Heavy incontinence
 50-200g per 24 hours – Moderate incontinence
 <50g per 24 hours – Mild incontinence
 <2-3g per 24 hours – Fully continent

Daily Diary – 1 Pad Per 24 Hour

24 hours	Weight of Empty Pad (g)	Weight of Used Pad (g)	24 Hour Leakage Total (g)	Comments/activities/fluid intake
Date: Mon				
Date: Tues				
Date: Wed				
Date: Thurs				
Date: Fri				
Date: Sat				
Date: Sun				
Weekly Average 24 hour pad leakage				