

24-hour Pad Weight Test

This test helps to work out how much urine you leak over a full day, which is from the first pad that you put on in the morning to the last pad that you wear overnight (or evening). To do this test you will need accurate set of scales for weighing.

1. Weigh a dry pad in a zip-lock bag before you wear the pad; you can reuse this value if your pads are all the same
2. Wear the pad as you usually would, and when you remove the pad, seal it in the zip-lock bag
3. Weigh the wet pad in the zip-lock bag after you wear it
4. Deduct the dry pad weight from the wet pad weight; the result in grams is leakage in mL
5. Repeat this for each pad that you wear and add for a 24-hour total

	Example	Pad 1	Pad 2	Pad 3	Pad 4
Dry Pad	150g				
Wet Pad	400g				
Weight Difference = Leakage	250g				
Amount Leaked	250mL				
24-hour Total					

Adapted from Continence Health Australia. <https://www.continence.org.au/information-incontinence-mandarin/bladder-control-check-up>

Version: 1.1

Date published: 16 January 2026

Prepared and authorised by: Dr James Churchill