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24 hour Pad Weight Record

Complete only if applicable

(If you wear any sort of pad because of urinary leakage)

Instructions:

- Weigh 1 pad when dry and document weight
- Over the next 24hr period keep all used pads in a plastic bag
- At the end of the 24hr period weigh all your used pads together
- Record this cumulative weight on the front page. Discard pads.

Name:

Pad Weight Record:

Type & Size of pad used:

Weight of dry pad:

Number of pads used in 24hr period:

Cumulative weight of pads used over 24hr period: