Pelvic Health matters

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PAD WEIGH DIARY

Name:

Please keep a record of urinary leakage for 1 / 2 / 3 /…..days. Do your normal activities for these days. Change the pad whenever you need to for comfort. If you do not require a pad, do not feel that you need to wear one. There are 2 options to do this:

1. To weigh your pad you will need digital kitchen scales. Weigh a dry pad in a bag to get a base-line. You should be able to use this measurement as a standard against the other wet pads, however if you change pad type you will need to establish a new "dry weight". Then place wet pad in a similar small bag and weigh. OR:

2. Put each pad in a **well sealed snap-lock bag and number each bag**. (Record this on the chart below.) Then put all bags in a paper bag and store out of the sunlight. Bring them in with you to your next appointment and we will weigh them at your appointment. Only do this option for the 24hr period prior to your next physio appointment.

We may also wish you to record the time of every void and the volume in this same.

Please record your measurements on the diary below and bring with you to the next appointment.

Date	**Time pad on (Or Pad Number)**	**Time pad off**	**Net Pad weight** (amount leaked) Wet weight – Dry wt of pad	**Activities**: eg Walk, sleep, gardened
Eg: Mon 15	7am	11.15am	90 gms	Walked 10mins

Date	Time pad on	Time pad off	Net Pad weight	Activities

Thank you