

Paper Towel Test

The paper towel test is a functional test that measures bladder control in people experiencing stress urinary incontinence. The test is a reliable way to measure improvements in your bladder control over time.

We will be performing the paper towel test at your next appointment. Please follow the bladder filling protocol below, which will enable us to compare the results from one session to another.

Instructions

Empty your bladder two hours prior to your physiotherapy appointment. Drink 250 mls of water immediately following emptying your bladder, then a further 250mls over the next hour. Do not go to the toilet over this time.

Your bladder control will be assessed with your Physiotherapist by performing gradually increasing provoking activities with a piece of folded paper towel in your underwear. The test stops the moment you feel any leakage.

After the test your physiotherapist will record the size of the leak and the level of provocation that caused it. As your bladder control improves the size will decrease and the level of provocation will increase.

NB: If you are busting or very uncomfortable and cannot hold on until your appointment, you can go to the toilet but have another 250mls of water straight away. Take note of the time and notify your physiotherapist of this before your test.