

Pad Test

What is a pad test?

A pad test is a simple non-invasive one hour test for detecting and measuring urinary incontinence. This test may be useful to confirm the presence of incontinence when other tests have failed to.

It is important to have a comfortably full bladder when you arrive in the department. You will be greeted by one of the nurses who will be looking after you throughout this test, she will give you an absorbent pad that has been weighed, and then the one hour test begins. You will be asked to drink two or three glasses of water then sit and rest for approximately 15 minutes. After this period you will be asked to perform several activities which will include walking briskly including stairs, standing from sitting, bending and coughing.

At the end of the hour the pad is removed, weighed and recorded, this is to calculate the amount of urine passed during this period of time.

You will then be required to empty your bladder in a special toilet in private, the flow and volume of urine is recorded. After this you will have an ultra sound scan on your lower abdomen to see if you have emptied your bladder fully. This completes the test.

Why would I need this procedure?

It is recommended you have this test so that your consultant can have a better understanding how well your bladder is working.

What are the symptoms that have led to me having this procedure?

You have been invited to the outpatient department to have this test because of the urinary problems you have been experiencing.

What are the alternatives?

You have the option not to have this test but it may be difficult for your consultant to offer you the best treatment.

What are the potential risks and side effects?

There are no potential risks or side effects.

What are the expected benefits of treatment?

This test helps your consultant to determine the type of problem you have and the best treatment to offer you.

What should I do before I come into hospital?

Have a comfortably full bladder.

Where will the procedure take place?

It will take place in the Outpatients department.

How long will I be in hospital?

Approximately one hour.

Will I have to come back to hospital?

You will be seen again by your Consultant to discuss the results of the test.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

Gynaecology nurses – Tel: (01424) 757014

Website: www.library.wmuh.nhs.uk/pil/incontinence.htm

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4500 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

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The directorate group that have agreed this patient information leaflet: Integrated Care Division

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