

Instructions for performing the 1-hour PAD TEST

If your doctor has asked you to perform this test, please follow the instructions below, recommended by the International Incontinence Society:

Start that test hour without urinating first. Weigh the diaper or pad and put it on

- During the first 15 minutes drink half a liter of water and sit down
- From 15 to 45 minutes of walking and going up and down a floor
- From minute 45 to 60 of
 - Get up and sit down 10 times in a row
 - Cough hard 10 times
 - Pretend to run for 1 minute
 - Pick up an object from the ground 10 times
 - Wash your hands for 1 minute

At the end of the hour, remove the diaper and weigh it

The severity of the incontinence will be

- non-existent if the continent weighs : less than 1 gram
- mild if the weight of the continent is: between 1.1 and 9.9 grams
- moderate if the weight of the continent is : between 10 and 49.9 grams
- severe if the weight of the continent is : equal to or greater than 50 grams