

Pyridium Pad Test

What is a Pyridium pad test?

It is a test done at home to find out whether pad wetness is caused by leaking urine (called urinary incontinence) or vaginal secretions. Sometimes, women do not feel urine leaking, but notice that their underwear, panty-liner, or pad gradually gets wet. Before doing testing to find out what is causing urinary incontinence or starting treatment, it is important to make sure that the wetness is from urine and not vaginal discharge. A medication called Pyridium (phenazopyridine) is used because it will make your urine bright orange.

How do I do a Pyridium pad test?

Gather the supplies you will need:

- Plain, unscented pads without any additional material covering the absorbent pad. You will need enough pads to put a clean one on after each time you go to the bathroom for 2 to 3 whole days.
- Phenazopyridine (Pyridium) pills. We will send a prescription for 6-9 pills to your pharmacy. You will take 1 pill 3 times per day. Take it either with a meal or right after a meal. If the prescription is too expensive, you can use an over-the-counter medicine that contains phenazopyridine such as Azo Urinary Pain Relief.
- Pre-moistened cleansing wipes are not necessary, but can be useful for cleaning your skin to get all the orange color off after you go to the bathroom. Make sure to buy unscented wipes.

Follow these steps:

1. Take a phenazopyridine pill 3 times a day (morning, afternoon and evening) for 2 or 3 days. Most women have an obvious result after 2 days but you may add a third day if needed.
2. Each time you go to the bathroom, check the color of the pad in your underwear. A bright orange stain means you have leaked urine. The bright orange will be very obvious. Vaginal discharge often turns yellow as it dries. If there is a yellow stain or discharge, it is not urine. **Remember, bright orange=urine.**
3. Remove and throw away the old pad each time you go to the bathroom.
4. After you urinate, clean the skin around where the urine comes out to make sure you remove all the urine with orange staining. If you don't do this, some orange on your skin can rub off on the pad and make you think you are leaking urine when you are not.
5. Put a clean pad in your underwear.

Tell your doctor the result:

Depending on what you planned, you may tell your doctor the test result at a follow-up visit, during a telephone call, or by sending an email through the Patient Portal. If the orange stain on the pad showed that you are leaking urine, you and your doctor will make a plan for any additional evaluation that is needed and start treatment.

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