

INDEPENDENTLY SELF-ADMINISTERED PAPER TOWEL TEST

Invitation

We invite you to help us learn more about your risk for accidental bladder leakage by performing a self-test called the Paper Towel Test (PTT). We want you to do the PTT whether or not you experience leakage. Documenting *no leakage* on the towel is just as important as documenting leakage. Sometimes, leakage on the PTT is a surprise on this self-test. That is also important to know.

The PTT checks for urine loss that occurs with forcible coughing. This test is simple and brief. It measures if and how much accidental urine loss you experience in the moment of a very hard cough.

The PTT involves holding a special brown-colored paper towel against your vagina while coughing up to 3 times. You then check the towel for any wetted area resulting, as indicated by a dark spot that forms from urine leaked onto the towel. The test is designed to be done when your bladder is full enough that you would normally start thinking about an opportunity to go to the toilet, but not so full that you are experiencing very strong urgency.

The supplies you need for your self-test are provided:

- Tissue to pat the vaginal area dry before the test (or use toilet tissue)
- The all-important brown tri-fold paper towel that lets you see test results
- A results reporting form

It is important to only use the paper towel provided. Do *not* use any substitute nor add any additional absorptive material under or over the towel. Please contact a study team member if you are missing the brown paper towel.

The PTT should be performed when you normally would start looking for a bathroom. For instance, with sensation of a full bladder but not to the degree of urgency. If you typically go to the toilet based on a routine timeframe rather than in response to an urge sensation, then you can do the PTT right before you would normally use the toilet. Guidelines for test accuracy are that you perform the PTT after waiting minimally 2 hours but not more than 5 hours since last going to the toilet to urinate. If seeing a toilet typically prompts urinary urgency for you, try to choose a different room to test.

Recording your test results is easy. You simply compare your own PTT findings to six photographs that show various potential results. The photos range from no urine leakage to drop/s to an amount that spreads towards the edges of the towel to the towel being saturated. To indicate your own PTT results place a check on the photo that most closely resembles your own towel.

Independently Self-Administered Paper Towel Test

Instructions

Be sure to follow steps 1 through 5 below *before* emptying your bladder, and while in standing posture (see Figure). You may wear gloves if you wish. You may want to remove your socks.

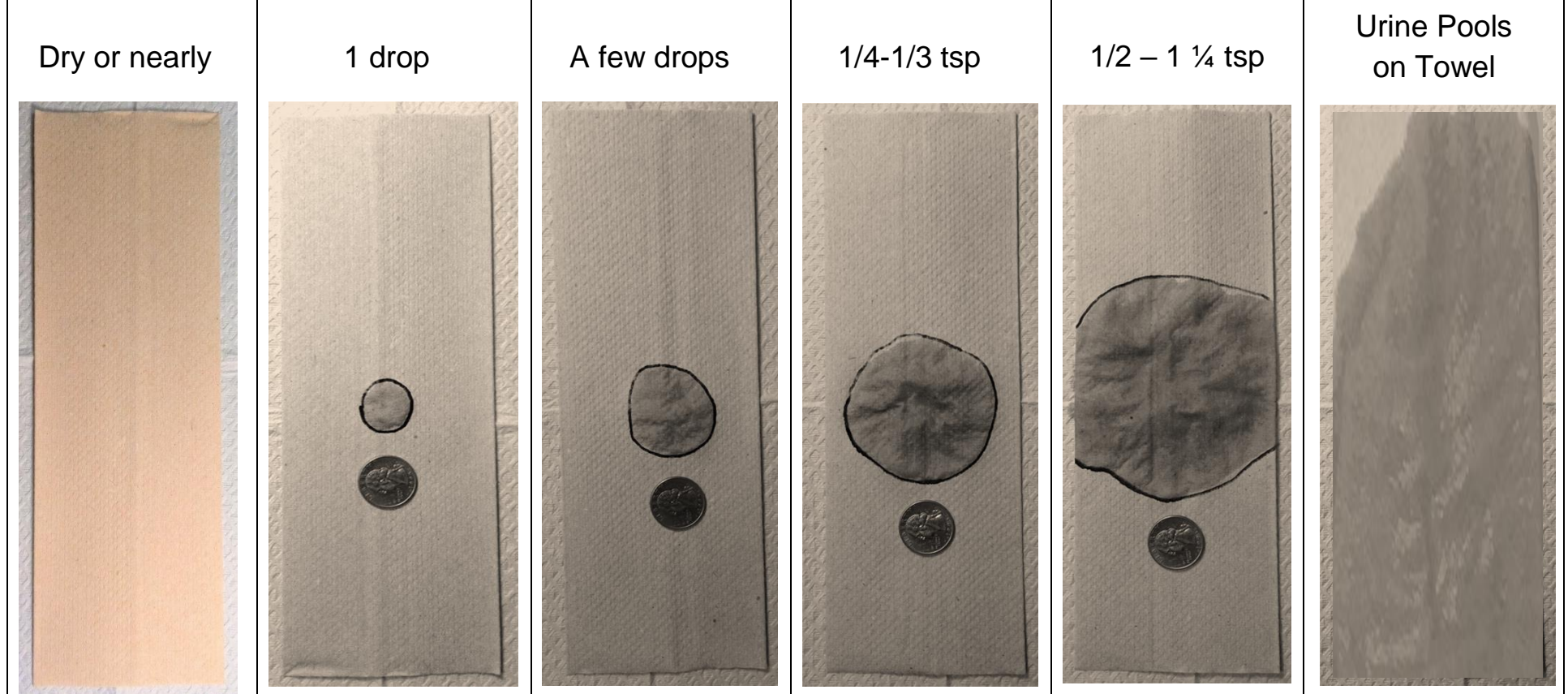
1. With a tissue, pat the area of the vagina dry.
2. Place the brown paper towel in the palm of your hand. Do not unfold the towel and do not fold the towel over onto itself –rather, position it, as is, in the palm of your hand.
3. Hold the towel lightly touching against your vagina.
4. Cough very hard 3 times as if you have a chest cold that includes a heavy cough. If the paper towel is soaked after just one cough, you may stop the test then.
5. Immediately (within 5-10 seconds) look for any wetted area on the towel.
6. Note your towel's size of any wet spot relative to the photos on the PTT report form. Throw away the actual paper towel (and gloves, if used) and wash your hands.
7. On the report form, check the box above the picture that looks most like what your own towel looked like when you looked within 5-10 seconds after coughing.
8. Answer the questions at the bottom of the report form so we can know the context of your own particular self-test. Fill in the date at the top.
9. Return the completed PTT Report Form (not the towel itself) to a research study staff member. You can do so in person, per postal mail, or sent electronically, as consistent with instructions from your research coordinator.



SELF-ADMINISTERED PAPER TOWEL TEST REPORT FORM: Check the box that looks most like your paper towel test result.

1. <input type="checkbox"/>	2. <input type="checkbox"/>	3. <input type="checkbox"/>	4. <input type="checkbox"/>	5. <input type="checkbox"/>	6. <input type="checkbox"/>
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We have placed a quarter next to the image to help you estimate the size of the leakage as viewed 5-10 seconds after the cough



1. Did you complete this test with your **bladder comfortably full?**

- Yes, *comfortably full bladder*
- No, bladder was *less than half full*
- No, bladder was so full I had *urinary urgency*

2. Did leakage occur **at the moment of the cough?**

- Yes, I leaked *right when I coughed*
- No, the leakage was *delayed by a few seconds*
- Not applicable, *I did not leak*

3. Is this quantity of urine loss **bothersome to you?**

- Yes, this quantity is a *bothersome amount*
- No, this quantity is *non-bothersome to me*

4. Is your paper towel test result **a surprise to you?**

- Yes, I leaked *more than I had expected*
- Yes, I leaked *less than I had expected*
- No, I leaked about *what I had expected*