

PELVIC FLOOR QUESTIONNAIRE

<b>Incomplete bowel evacuation</b> Do you have the feeling of incomplete bowel emptying? 0 never 1 occasionally – < 1/week 2 frequently -> 1/week 3 daily	<b>Obstructed defecation</b> Do you use finger pressure to help empty your bowel? 0 never 1 occasionally – < 1/week 2 frequently -> 1/week 3 daily	<b>How much of a bother</b> is your bowel problem to you? 0 no problem 1 slightly 2 moderately 3 greatly
<b>Other symptoms</b> (pain, mucous discharge, rectal prolapse etc.)		

*Prolapse section*

*Q27-31*

*Score \_\_\_\_ / 15 = \_\_\_\_*

<b>Prolapse sensation</b> Do you get a sensation of tissue protrusion in your vagina/lump/bulging? 0 never 1 occasionally – < 1/week 2 frequently -> 1/week 3 daily	<b>Vaginal pressure or heaviness</b> Do you experience vag. pressure/ heaviness/dragging sensation? 0 never 1 occasionally – < 1/week 2 frequently -> 1/week 3 daily	<b>Prolapse reduction to void</b> Do you have to push back your prolapse in order to void? 0 never 1 occasionally – < 1/week 2 frequently -> 1/week 3 daily
<b>Prolapse reduction to defaecate</b> Do you have to push back your prolapse to empty your bowels? 0 never 1 occasionally – < 1/week 2 frequently -> 1/week 3 daily	<b>How much of a bother</b> is the prolapse to you? 0 no problem 1 slightly 2 moderately 3 greatly	
<b>Other symptoms</b> (problems sitting/walking, pain, vag. bleeding)		

*Sexual function Section Q 32 –*

*Score \_\_\_\_ / 19*

<b>Sexually active?</b> Are you sexually active? no < 1/week ≥ 1/week most days / daily	<b>If NOT, why not:</b> no partner partner unable vaginal dryness too painful embarrassment other Prolapse } 19 Prolapse }	<b>Sufficient lubrication</b> Do you have sufficient lubrication during intercourse? 1 no 0 yes
<b>During intercourse vaginal sensation is:</b> 3 none 3 painful 1 minimal 0 normal / pleasant	<b>Vaginal laxity</b> Do you feel that your vagina is too loose or lax? 0 never 1 occasionally 2 frequently 3 always	<b>Vaginal tightness/vaginismus</b> Do you feel that your vagina is too tight? 0 never 1 occasionally 2 frequently 3 always
<b>Dyspareunia</b> Do you experience pain with intercourse: 0 never 1 occasionally 2 frequently 3 always	<b>Dyspareunia where</b> Where does the pain occur no pain at the entrance of the vagina deep inside/ in the pelvis both	<b>Coital incontinence</b> Do you leak urine during sex? 0 never 1 occasionally 2 frequently 3 always
<b>How much of a bother</b> are these sexual issues to you? Not applicable 0 no problem at all 1 slight problem 2 moderate problem 3 great problem	<b>Other symptoms</b> (coital flatus or faecal incontinence, vaginismus etc.)	

**TOTAL Pelvic floor Dysfunction SCORE: \_\_\_\_\_**