### SCOPE IRELAND FEMALE PELVIC FLOOR QUESTIONNAIRE

All these questions pertain to the period BEFORE you were pregnant

#### Bladder Section Q1-14

<table>
<thead>
<tr>
<th>Question</th>
<th>Score</th>
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<tbody>
<tr>
<td><strong>Urinary frequency</strong>&lt;br&gt;How many times do you pass urine in the day? 0 up to 7&lt;br&gt;1 between 8-10&lt;br&gt;2 between 11-15&lt;br&gt;3 more than 15</td>
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<td><strong>Nocturia</strong>&lt;br&gt;How many times do you get up at night to pass urine? 0 0-1&lt;br&gt;1 2&lt;br&gt;2 3&lt;br&gt;3 more than 3 times</td>
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<td><strong>Urgency</strong>&lt;br&gt;Do you need to rush/hurry to pass urine when you get the urge? 0 never&lt;br&gt;1 occasionally – &lt; 1/week&lt;br&gt;2 frequently ≥ 1/week&lt;br&gt;3 daily</td>
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<td><strong>Urge incontinence</strong>&lt;br&gt;Does urine leak when you rush/hurry to the toilet? Can you make it in time? 0 never&lt;br&gt;1 occasionally – &lt; 1/week&lt;br&gt;2 frequently ≥ 1/week&lt;br&gt;3 daily</td>
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<td><strong>Weak stream</strong>&lt;br&gt;Is your urinary stream/floa weak/long/prolonged/weak? 0 never&lt;br&gt;1 occasionally – &lt; 1/week&lt;br&gt;2 frequently ≥ 1/week&lt;br&gt;3 daily</td>
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<td><strong>Incomplete bladder emptying</strong>&lt;br&gt;Do you have a feeling of incomplete bladder emptying? 0 never&lt;br&gt;1 occasionally – &lt; 1/week&lt;br&gt;2 frequently ≥ 1/week&lt;br&gt;3 daily</td>
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<td><strong>Pad usage</strong>&lt;br&gt;Do you have to wear pads? 0 none - never&lt;br&gt;1 as a precaution&lt;br&gt;2 with exercise/during a cold&lt;br&gt;3 daily</td>
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<td><strong>Reduced fluid intake</strong>&lt;br&gt;Do you limit your fluid intake to decrease leakage? 0 never&lt;br&gt;1 before going out/socially&lt;br&gt;2 moderately&lt;br&gt;3 daily</td>
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<td><strong>Dysuria</strong>&lt;br&gt;Do you have pain in your bladder/urthra when you empty your bladder? 0 never&lt;br&gt;1 occasionally – &lt; 1/week&lt;br&gt;2 frequently ≥ 1/week&lt;br&gt;3 daily</td>
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<td><strong>Impact on social life</strong>&lt;br&gt;Does urine leakage affect your routine activities (recreation, shopping etc.)? 0 not at all&lt;br&gt;1 slightly&lt;br&gt;2 moderately&lt;br&gt;3 greatly</td>
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<td><strong>Other symptoms</strong> (haematuria, pain etc.)</td>
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#### Bowel Section Q15-26

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<tr>
<th>Question</th>
<th>Score</th>
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<tr>
<td><strong>Defaecation frequency</strong>&lt;br&gt;How often do you usually open your bowels? 0 1 every 3 days&lt;br&gt;2 &lt; 1/week&lt;br&gt;3 0 or more than 1/day</td>
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<td><strong>Consistency of bowel motion</strong>&lt;br&gt;How is the consistency of your usual stool? 0 soft&lt;br&gt;1 hard / pebbles&lt;br&gt;2 watery&lt;br&gt;3 variable</td>
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<td><strong>Defaecation straining</strong>&lt;br&gt;Do you have to strain a lot to empty your bowels? 0 never&lt;br&gt;1 occasionally – &lt; 1/week&lt;br&gt;2 frequently ≥ 1/week&lt;br&gt;3 daily</td>
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<td><strong>Laxative use</strong>&lt;br&gt;Do you use laxatives to empty your bowels? 0 never&lt;br&gt;1 occasionally – &lt; 1/week&lt;br&gt;2 frequently ≥ 1/week&lt;br&gt;3 daily</td>
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<td><strong>Do you feel constipated?</strong>&lt;br&gt;0 never&lt;br&gt;1 occasionally – &lt; 1/week&lt;br&gt;2 frequently ≥ 1/week&lt;br&gt;3 daily</td>
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<td><strong>Flatus incontinence</strong>&lt;br&gt;When you get wind/flatus, can you control it or does wind leak? 0 never&lt;br&gt;1 occasionally – &lt; 1/week&lt;br&gt;2 frequently ≥ 1/week&lt;br&gt;3 daily</td>
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<td><strong>Faecal urgency</strong>&lt;br&gt;Do you get an overwhelming sense of urgency to empty bowels? 0 never&lt;br&gt;1 occasionally – &lt; 1/week&lt;br&gt;2 frequently ≥ 1/week&lt;br&gt;3 daily</td>
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<td><strong>Faecal incontinence with diarrhoea</strong>&lt;br&gt;Do you leak watery stool when you don’t mean to? 0 never&lt;br&gt;1 occasionally – &lt; 1/week&lt;br&gt;2 frequently ≥ 1/week&lt;br&gt;3 daily</td>
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<td><strong>Faecal inc. with normal stool</strong>&lt;br&gt;Do you leak normal stool when you don’t mean to? 0 never&lt;br&gt;1 occasionally – &lt; 1/week&lt;br&gt;2 frequently ≥ 1/week&lt;br&gt;3 daily</td>
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Women, babies and their families are the centre of our service as we strive for excellence and innovation.
### SCOPE IRELAND FEMALE PELVIC FLOOR QUESTIONNAIRE

**Incomplete bowel evacuation**  
Do you have the feeling of incomplete bowel emptying?  
0 never  
1 occasionally – < 1/week  
2 frequently ≥ 1/week  
3 daily  
**Obstructed defecation**  
Do you use finger pressure to help empty your bowel?  
0 never  
1 occasionally – < 1/week  
2 frequently ≥ 1/week  
3 daily  
**How much of a bother is your bowel problem to you?**  
0 no problem  
1 slightly  
2 moderately  
3 greatly  

**Other symptoms (pain, mucous discharge, rectal prolapse etc.)**

**Prolapse section**  
**Q27−31**  
**Score _____ / 15 = _____**

**Prolapse sensation**  
Do you get a sensation of stool protrusion in your vagina/luminal bulging?  
0 never  
1 occasionally – < 1/week  
2 frequently ≥ 1/week  
3 daily  
**Prolapse reduction to defecate**  
Do you have to push back your prolapse to empty your bowels?  
0 never  
1 occasionally – < 1/week  
2 frequently ≥ 1/week  
3 daily  
**How much of a bother is the prolapse to you?**  
0 no problem  
1 slightly  
2 moderately  
3 greatly  
**Other symptoms (problems sitting/walking, pain, vag. bleeding)**

**Sexual function Section Q 32**  
**Score _____ / 19**

**Sexually active?**  
Are you sexually active?  
no  
< 1/week  
≥ 1/week  
most days / daily  

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<tr>
<th>IF NOT, why not:</th>
<th>no partner</th>
<th>partner unable</th>
<th>vaginal dryness</th>
<th>too painful</th>
<th>Prostate</th>
<th>Embarrassment</th>
<th>Prostate</th>
<th>Prostate</th>
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**Sufficient lubrication**  
Do you have sufficient lubrication during intercourse?  
1 no  
0 yes  

**During intercourse vaginal sensation is:**  
0 none  
3 painful  
1 minimal  
0 normal / pleasant  

**Vaginal laxity**  
Do you feel that your vagina is too loose or lax?  
0 never  
1 occasionally  
2 frequently  
3 always  

**Vaginal tightness/vaginismus**  
Do you feel that your vagina is too tight?  
0 never  
1 occasionally  
2 frequently  
3 always  

**Dyspareunia**  
Do you experience pain with intercourse?  
0 never  
1 occasionally  
2 frequently  
3 always  
**Dyspareunia where**  
Where does the pain occur  
no pain  
at the entrance of the vagina  
deep inside/ in the pelvis  
both  

**How much of a bother are these sexual issues to you?**  
0 no problem at all  
1 slight problem  
2 moderate problem  
3 great problem  

**Other symptoms (cystal flatus or faecal incontinence, vaginismus etc.)**

**TOTAL Pelvic floor Dysfunction SCORE:**

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