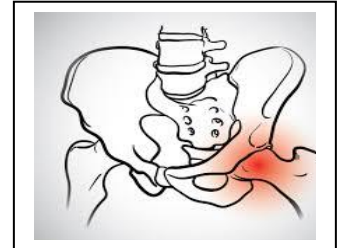


Pelvic Floor Disability Index (PFDI – 20)

PATIENT NAME: _____ **DATE OF BIRTH:** _____

Instructions: Please answer all the questions in the survey below. These questions will ask you if you have certain bowel, bladder, or pelvic symptoms and, if you do, **how much do they bother you**. While answering these questions, please consider your symptoms over the last **three months**. The PFDI – 20 has 20 items and 3 scales of your symptoms.



Pelvic Organ prolapse Distress Inventory 6 (POPDI – 6)

DO YOU...

- | | | | | | |
|--|--------------------|--------------|------------|--------------|---------------|
| 1. Usually experience pressure in the lower abdomen | 0 No – Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 2. Usually experience heaviness or dullness in the pelvic area | 0 No – Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 3. Usually have a bulge or something falling out that you can see or feel in your vaginal area | 0 No – Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 4. Ever need to push on the vagina or around the rectum to have or complete a bowel movement | 0 No – Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 5. Usually experience a feeling of incomplete bladder emptying | 0 No – Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 6. Ever need to push up on a bulge in the vaginal area with your finger to start or complete urination | 0 No – Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |

Colorectal – Anal distress Inventory 8 (CRAD – 8)

DO YOU...

- | | | | | | |
|---|--------------------|--------------|------------|--------------|---------------|
| 7. Feel you need to strain too hard to have a bowel movement | 0 No – Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 8. Feel you have not completely emptied your bowels at the end of a bowel movement | 0 No – Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 9. Usually lose stool beyond your control if your stool is well formed | 0 No – Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 10. Usually lose stool beyond your control if your stool is loose | 0 No – Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 11. Usually lose gas from the rectum beyond your control | 0 No – Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 12. Usually have pain when you pass your stool | 0 No – Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 13. Experience a strong sense of urgency & must rush to the bathroom to have a bowel movement | 0 No – Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 14. Does part of your bowel ever pass through the rectum & bulge outside during or after a bowel movement | 0 No – Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |

Be sure to scroll to the 2nd page

Urinary distress Inventory 6 (UDI - 6)

DO YOU...

- | | | | | | |
|---|--------------------|--------------|------------|--------------|---------------|
| 15. Usually experience frequent urination | 0 No - Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 16. Usually experience urine leakage associated with a feeling of urgency, that is, a strong sensation of needing to go to the bathroom | 0 No - Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 17. Usually experience urine leakage related to coughing, sneezing or laughing | 0 No - Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 18. Usually experience small amounts of urine leakage (that is, drops) | 0 No - Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 19. Usually have trouble emptying your bladder | 0 No - Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |
| 20. Usually experience pain or discomfort in the lower abdomen or genital area | 0 No - Not present | 1 Not at all | 2 Somewhat | 3 Moderately | 4 Quite a bit |