## **AUSTRALIAN PELVIC FLOOR QUESTIONNAIRE**

Date of Birth:	 	 

Date completed:

Patient's Name: \_\_\_\_

Please circle your most applicable answer. Consider your experience during the last month.

	DER FUNCTION				·	
<b>day?</b> 0 1 2 3	low many times do you pass urine in a Up to 7 Between 8-10 Between 11-15 More than 15		ow many times do you get up at to pass urine? 0-1 2 3 More than 3 times		<b>Do you wet the bed before you wake</b> <b>night?</b> Never Occasionally - less than once per we Frequently - once or more per week Always - every night	
Q4. C	o you need to rush/hurry to pass	Q5. D	oes urine leak when you rush or	Q6. D	o you leak with coughing, sneezing	
urine when you get the urge?		hurry	to the toilet or can't you make it in		ning or exercising?	
0	Can hold on	time?		0	Not at all	
1	Occasionally have to rush – less than once/week	0	Not at all	1	Occasionally – less than once per week	
2	Frequently have to rush – once or more/week	1	Occasionally – less than once per week	2	Frequently – once or more per week	
3	Daily	2 3	Frequently – once or more per week Daily	3	Daily	
Q7. ls	s your urinary stream (urine flow)		o you have a feeling of incomplete	Q9. D	o you need to strain to empty your	
	, prolonged or slow?		er emptying?	bladder?		
0	Never	0	Never	0	Never	
1	Occasionally – less than once per week	1	Occasionally – less than once per week	1	Occasionally – less than once per week	
2	Frequently – once or more per week	2	Frequently – once or more per week	2	Frequently – once or more per week	
3	Daily	3	Daily	3	Daily	
	Do you have to wear pads because of ry leakage?		Do you limit your fluid intake to		Do you have frequent bladder tions?	
urina 0	None - Never	0 0	ase urinary leakage? Never	0	No	
0 1	As a precaution	1	Before going out	1	1-3 per year	
2	When exercising / during a cold	2	Moderately	2	4-12 per year	
3	Daily	3	Always	3	More than one per month	
Q13. Do you have pain in your bladder or		Q14. Does urine leakage affect your		Q15. How much does your bladder		
	ra when you empty your bladder?		ne activities like recreation,	prob	lem bother you?	
0	Never	socia	lizing, sleeping, shopping etc?	0	Not at all	
1	Occasionally – less than once per week	0	Not at all	1	Slightly	
2	Frequently – once or more per week	1	Slightly	2	Moderately	
	Daily	2	Moderately	<u>^</u>	Greatly	
3	Daily			3	Cloudy	
	•	3	Greatly	3	Crouty	
	r symptoms (haematuria, pain etc.)	3	Greatly	3		
	•	3	Greatly	3		
Othe	•	3	Greatly	3	(/3	
Othe	r symptoms (haematuria, pain etc.)		Greatly How is the consistency of your	 		
Other BOW Q16.	r symptoms (haematuria, pain etc.) EL FUNCTION How often do you usually open your	Q17.	· · · · · · · · · · · · · · · · · · ·	 	(/ 3 Do you have to strain to empty you	
Other BOW Q16. bowe	r symptoms (haematuria, pain etc.) EL FUNCTION How often do you usually open your Is?	Q17.	How is the consistency of your stool? Soft	Q18. bowe	(/ : Do you have to strain to empty you els?	
Other BOW Q16. bowe	r symptoms (haematuria, pain etc.) EL FUNCTION How often do you usually open your Is? Ever other day or daily	<b>Q17.</b> <b>usua</b> 0 0	How is the consistency of your stool? Soft Firm	<b>Q18.</b> bowe	(/ : Do you have to strain to empty you els? Never	
<b>Othe</b> <b>BOW</b> <b>Q16.</b> <b>bowe</b> 0 1	r symptoms (haematuria, pain etc.) EL FUNCTION How often do you usually open your Is? Ever other day or daily Less than every 3 days	Q17. usual 0	How is the consistency of your stool? Soft Firm Hard (pebbles)	<b>Q18.</b> <b>bowe</b> 0 1	(/ 3 Do you have to strain to empty you els? Never Occasionally – less than once per week	
<b>Othen</b> <b>BOW</b> <b>Q16.</b> <b>bowe</b> 0 1 2	r symptoms (haematuria, pain etc.) EL FUNCTION How often do you usually open your Is? Ever other day or daily Less than every 3 days Less than once a week	<b>Q17.</b> <b>usual</b> 0 0 0 1	How is the consistency of your stool? Soft Firm Hard (pebbles) Variable	<b>Q18.</b> bowe	(/ 3 <b>Do you have to strain to empty you</b> els? Never Occasionally – less than once per week Frequently – once or more per week	
<b>Othen</b> <b>BOW</b> <b>Q16.</b> <b>bowe</b> 0 1 2 0	r symptoms (haematuria, pain etc.) EL FUNCTION How often do you usually open your Is? Ever other day or daily Less than every 3 days Less than once a week More than once per day	<b>Q17.</b> <b>usua</b> 0 0 1 2	How is the consistency of your stool? Soft Firm Hard (pebbles) Variable Watery	<b>Q18.</b> <b>bowe</b> 0 1 2 3	(/ 3 <b>Do you have to strain to empty you</b> els? Never Occasionally – less than once per week Frequently – once or more per week Daily	
Other BOW Q16. bowe 0 1 2 0 Q19.	r symptoms (haematuria, pain etc.) EL FUNCTION How often do you usually open your Is? Ever other day or daily Less than every 3 days Less than once a week More than once per day Do you use laxatives to empty your	<b>Q17.</b> <b>usua</b> 0 0 1 2	How is the consistency of your stool? Soft Firm Hard (pebbles) Variable	<b>Q18.</b> <b>bowe</b> 0 1 2 3 <b>Q21.</b>	(/ 3 <b>Do you have to strain to empty you</b> els? Never Occasionally – less than once per week Frequently – once or more per week Daily <b>When you get wind or flatus, can yo</b>	
<b>BOW</b> <b>Q16.</b> <b>bowe</b> 0 1 2 0 <b>Q19.</b> <b>bowe</b>	r symptoms (haematuria, pain etc.) EL FUNCTION How often do you usually open your Is? Ever other day or daily Less than every 3 days Less than once a week More than once per day Do you use laxatives to empty your Is?	<b>Q17.</b> <b>usua</b> 0 0 1 2 <b>Q20.</b>	How is the consistency of your stool? Soft Firm Hard (pebbles) Variable Watery Do you feel constipated?	<b>Q18.</b> <b>bowe</b> 0 1 2 3 <b>Q21.</b> <b>contr</b>	( / 3 Do you have to strain to empty you els? Never Occasionally – less than once per week Frequently – once or more per week Daily When you get wind or flatus, can you rol it, or does wind leak?	
Other BOW Q16. bowe 0 Q19. bowe 0	r symptoms (haematuria, pain etc.) EL FUNCTION How often do you usually open your Is? Ever other day or daily Less than every 3 days Less than once a week More than once per day Do you use laxatives to empty your Is? Never	<b>Q17.</b> <b>usual</b> 0 0 1 2 <b>Q20.</b> 0	How is the consistency of your stool? Soft Firm Hard (pebbles) Variable Watery Do you feel constipated? Never	<b>Q18.</b> <b>bowe</b> 0 1 2 3 <b>Q21.</b> <b>contr</b> 0	(/ 3 Do you have to strain to empty your els? Never Occasionally – less than once per week Frequently – once or more per week Daily When you get wind or flatus, can your rol it, or does wind leak? Never	
Other BOW Q16. bowe 0 1 2 0 Q19. bowe	r symptoms (haematuria, pain etc.) EL FUNCTION How often do you usually open your Is? Ever other day or daily Less than every 3 days Less than once a week More than once per day Do you use laxatives to empty your Is?	<b>Q17.</b> <b>usua</b> 0 0 1 2 <b>Q20.</b>	How is the consistency of your stool? Soft Firm Hard (pebbles) Variable Watery Do you feel constipated?	<b>Q18.</b> <b>bowe</b> 0 1 2 3 <b>Q21.</b> <b>contr</b>	( / 3 Do you have to strain to empty you els? Never Occasionally – less than once per week Frequently – once or more per week Daily When you get wind or flatus, can you rol it, or does wind leak?	

**AUSTRALIAN PELVIC FLOOR QUESTIONNAIRE** 

## AUSTRALIAN PELVIC FLOOR QUESTIONNAIRE

Patient's Name: \_\_\_\_\_

Date of Birth:	

Date completed:

	Date completed:		
Q22. Do you get an overwhelming sense of	Q23. Do you leak watery stool when you	Q24. Do you leak normal stool when you	
urgency to empty bowels?	don't mean to?	don't mean to?	
0 Never	0 Never	0 Never	
1 Occasionally – less than once per week	1 Occasionally – less than once per week	1 Occasionally – less than once per week	
2 Frequently – once or more per week	2 Frequently – once or more per week	2 Frequently – once or more per week	
3 Daily	3 Daily	3 Daily	
Q25. Do you have a feeling of incomplete	Q26. Do you use finger pressure to help	Q27. How much does your bowel probler	
bowel emptying?	empty your bowel?	bother you?	
0 Never	0 Never	0 Not at all	
1 Occasionally – less than once per week	1 Occasionally – less than once per week	1 Slightly	
2 Frequently – once or more per week	2 Frequently – once or more per week	2 Moderately	
3 Daily	3 Daily	3 Greatly	
PROLAPSE SYMPTOMS		(/15)	
Q28. Do you have a sensation of tissue	Q29. Do you experience vaginal	Q30. Do you have to push back your	
protrusion/lump/bulging in your vagina?	pressure or heaviness or a dragging	prolapse in order to void?	
produsion/hump/bulging in your vagina :	sensation?		
0 Never	0 Never	0 Never	
1 Occasionally – less than once per week	1 Occasionally – less than once per week	1 Occasionally – less than once per week	
2 Frequently – once or more per week	2 Frequently – once or more per week	2 Frequently – once or more per week	
3 Daily	3 Daily	3 Daily	
Q31. Do you have to push back your	Q32. How much does your prolapse	Other Symptoms: (problems: walking / sitting,	
prolapse to empty your bowels?	bother you?	pain, vaginal bleeding)	
0 Never	0 Not at all		
1 Occasionally – less than once per week	1 Slightly		
2 Frequently – once or more per week	2 Moderately		
3 Daily	3 Greatly		
SEXUAL FUNCTION		(/21)	
	024 If you are not convolty active	· /	
Q33. Are you sexually active?	Q34. If you are not sexually active, please tell us why?	Q35. Do you have sufficient vaginal lubrication during intercourse?	
□ No	Do not have a partner	5	
□ Less than once per week	□ I am not interested	0 Yes	
□ Once or more per week	□ My partner is unable	1 No	
Daily or most days	Vaginal dryness		
. ,	□ Too painful		
	□ Embarrassment due to the		
If you are not sexually active, please	prolapse/incontinence		
continue to answer questions 34 & 42.	Other reasons:		
Q36. During intercourse vaginal sensation	Q37. Do you feel that your vagina is too	Q38. Do you feel that your vagina is too	
is:	loose or lax?	tight?	
0 Normal / pleasant	0 Never	0 Never	
1 Minimal	1 Occasionally	1 Occasionally	
1 Painful	2 Frequently	2 Frequently	
3 None	3 Always	3 Always	
Q39. Do you experience pain with sexual	Q40. Where does the pain during	Q41. Do you leak urine during sexual	
intercourse?	intercourse occur?	intercourse?	
0 Never	0 Not applicable, I do not have pain	0 Never	
1 Occasionally	1 At the entrance to the vagina	1 Occasionally	
2 Frequently	1 Deep inside, in the pelvis	2 Frequently	
3 Always	2 Both at the entrance & in the pelvis	3 Always	
Q42. How much do these sexual issues	Q43. Other symptoms?		
bother you?	(faecal incontinence, vaginismus etc)		
Not applicable			
0 Not at all			
1 Slightly			
2 Moderately			
3 Greatly			