

# WOMEN'S PELVIC HEALTH & CONTINENCE CENTER

---

Peter M. Lotze, M.D., Gilad Filmar, M.D.

7900 Fannin, Suite 4602 4<sup>th</sup> Floor  
Houston, Texas 77054

713-512-7814 (Dr. Lotze, Dr. Filmar)

Surgery Scheduling Nurse: 713-512-7817

---

Date: \_\_\_\_\_

Dear: \_\_\_\_\_

This letter is to confirm your appointment in the Women's Pelvic Health & Continence Center. Please **check-in 30 minutes early**.

If you take an antibiotic before you go to the dentist or if you have an artificial heart valve, a catheter or a pacemaker please contact your regular doctor for his/her advice on the necessity of taking an antibiotic before we see you.

Please take a few minutes to review the enclosed papers. PLEASE BRING TO YOUR FIRST VISIT WITH YOU THE COMPLETED PAPERS - YOU MAY KEEP THE FIRST PAGE FOR YOURSELF. Several appointments have been made for you and are listed on the back of this sheet. Not all patients need all appointments, but it is easier to cancel one than to add one on in a pinch. Please note that we may have to reschedule your appointment if your paperwork is not completed in time. Enclosed you will find:

1. Medical history - 2 pages front and back
2. **24 hour** voiding diary - directions on one side, blank to fill out on the other side
3. Voiding questionnaire - One page front and back

In addition, please bring the following:

1. A copy of your most recent mammogram report (not the actual x-ray)
2. **If you have had previous pelvic surgery, please have a copy of the OPERATIVE REPORT sent to us** from your surgeon or hospital it was performed at. There is more than one surgical procedure that can be done to correct urinary incontinence or a bulge. Not knowing the exact name of the surgery that you had can potentially limit our ability to assist you.
3. **Please bring your insurance card.** All co-payments are due at the time of each visit.

For your information, we do not "double book" patients or appointments. Therefore, as a courtesy to the staff here and to other patients, we ask that you give us 24 hours notice if you must cancel or reschedule your appointment. Appointments times are for a specific time frame. Please respect the time of other patients. If you have reached the conclusion of your appointment time and need additional time to discuss your health condition, please arrange for a follow-up appointment.

Thank you for your attention to these matters. Please feel free to call if you have any questions. We look forward to meeting you.

Sincerely,

The Staff at the Women's Pelvic Health & Continence Center

# WOMEN'S PELVIC HEALTH & CONTINENCE CENTER

---

**Peter M. Lotze, M.D., Gilad Filmar, M.D.**

7900 Fannin, Suite 4602

Houston, Texas 77054

713-512-7814 (Dr. Lotze, Dr. Filmar)

---

## APPOINTMENTS

Part I (30-45 minutes): \_\_\_\_\_

Part II (30 minutes): \_\_\_\_\_

Part III (60 minutes): \_\_\_\_\_

Consult (45 minutes): \_\_\_\_\_

**We would like to thank you for the opportunity to serve you.**

---

**Our Health**

**Care**

**Providers:**

**Peter M. Lotze, M.D.**

**Gilad Filmar, M.D.**

**Patient**

**Financial**

**Specialist**

**Lori Straub, PFS**

**Caroline Lara, PFS**

**WOMEN'S PELVIC HEALTH & CONTINENCE CENTER  
OBSTETRICAL AND GYNECOLOGICAL ASSOCIATES**

**URINARY INCONTINENCE IN WOMEN**

Urinary incontinence is a common condition. An estimated 15-30% of women experience incontinence. Although it should never be considered normal, it is significantly more common in elderly women and even more common in nursing home patients. (Men also experience urinary incontinence, but much less frequently than women and it usually occurs following radical surgery or with other neurologic disorders).

**TYPES OF URINARY INCONTINENCE**

The two most common types of incontinence are stress urinary incontinence and urge incontinence. Both of these types of incontinence can be effectively treated using a combination of behavior modification techniques and pelvic floor muscle exercises. Other therapy options include surgical correction for stress urinary incontinence and pharmacologic therapy for Detrusor Instability (“overactive bladder”).

Stress urinary incontinence in the majority of cases is due to a loss of support to the urethra, which is the structure that carries the urine from the bladder to the outside of the body. When there is a loss of support to the urethra, urine loss can occur during activities that increase abdominal pressure (i.e. cough, sneeze, aerobic exercise, lifting, etc.). Causes of this loss of urethral support include: childbirth, which may change the structure supports of the urethra and may be the cause of pelvic floor nerve damage; chronic cough; constipation; and other conditions which tend to create chronically increased pressures within the abdomen.

Urge incontinence is the loss of urine associated with an involuntary and uncontrollable urge to urinate. Urge incontinence occurs when the bladder muscle becomes overactive and no longer responds to normal reflex, and/or central (brain) commands telling the bladder to relax. This bladder hyperactivity is called Detrusor Instability if there is no evidence of any underlying neurologic disorder. The cause of this condition is unknown. Many neurological conditions such as a stroke, Parkinson's disease, and Multiple Sclerosis can lead to similar complaints of urge incontinence.

**TREATMENT OPTIONS**

Numerous treatment options are available for our patient's complaint(s). Appropriate options are identified through patient assessment. Options available to patients for their complaint(s) based on their findings may include (but are not limited to) the following services offered through our clinic:

- Pessaries for urinary incontinence
- Pessaries for pelvic support problems
- Kegel exercise instruction
- Biofeedback
- Lifestyle modification for urinary incontinence
- Coordination with other support services for multiple medical complaints (including colorectal surgery, certified nutritionist assessment, and physical therapy)
- Bladder retraining drills / voiding schedules
- Medication management for incontinence
- Therapy for inflammatory states of the bladder
- Surgery for pelvic support problems
- Surgery for stress incontinence

## URINARY INCONTINENCE IN WOMEN

Urinary incontinence is a common condition. An estimated 15-30% of women experience incontinence. Although it should never be considered normal, it is significantly more common in elderly women and even more common in nursing home patients. (Men also experience urinary incontinence, but much less frequently than women and it usually occurs following radical surgery or with other neurologic disorders).

### TYPES OF URINARY INCONTINENCE

The two most common types of incontinence are stress urinary incontinence and urge incontinence. Both of these types of incontinence can be effectively treated using a combination of behavior modification techniques and pelvic floor muscle exercises. Other therapy options include surgical correction for stress urinary incontinence and pharmacologic therapy for Detrusor Instability (“overactive bladder”).

Stress urinary incontinence in the majority of cases is due to a loss of support to the urethra, which is the structure that carries the urine from the bladder to the outside of the body. When there is a loss of support to the urethra, urine loss can occur during activities that increase abdominal pressure (i.e. cough, sneeze, aerobic exercise, lifting, etc.). Causes of this loss of urethral support include: childbirth, which may change the structure supports of the urethra and may be the cause of pelvic floor nerve damage; chronic cough; constipation; and other conditions which tend to create chronically increased pressures within the abdomen.

Urge incontinence is the loss of urine associated with an involuntary and uncontrollable urge to urinate. Urge incontinence occurs when the bladder muscle becomes overactive and no longer responds to normal reflex, and/or central (brain) commands telling the bladder to relax. This bladder hyperactivity is called Detrusor Instability if there is no evidence of any underlying neurologic disorder. The cause of this condition is unknown. Many neurological conditions such as a stroke, Parkinson's disease, and Multiple Sclerosis can lead to similar complaints of urge incontinence.

### TREATMENT OPTIONS

Numerous treatment options are available for our patient's complaint(s). Appropriate options are identified through patient assessment. Options available to patients for their complaint(s) based on their findings may include (but are not limited to) the following services offered through our clinic:

- Pessaries for urinary incontinence
- Pessaries for pelvic support problems
- Kegel exercise instruction
- Biofeedback
- Lifestyle modification for urinary incontinence
- Coordination with other support services for multiple medical complaints (including colorectal surgery, certified nutritionist assessment, and physical therapy)
- Bladder retraining drills / voiding schedules
- Medication management for incontinence
- Therapy for inflammatory states of the bladder
- Surgery for pelvic support problems
- Surgery for stress incontinence



**MEDICAL HISTORY QUESTIONNAIRE**

**DIRECTIONS: Please read and complete. Thank you.**

Name: \_\_\_\_\_  
Age: \_\_\_\_\_

Date Completed: \_\_\_\_\_  
Birthdate: \_\_\_\_\_

Please write down why you are coming for this evaluation and what results you would like to have.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please fill in the following information in the blanks provided.

**Obstetric**

Number of:      Pregnancies: \_\_\_\_\_      Number of vaginal deliveries: \_\_\_\_\_  
Number of caesarean sections: \_\_\_\_\_      Miscarriages: \_\_\_\_\_      Abortions: \_\_\_\_\_  
Current birth control method: \_\_\_\_\_

**Gynecology**

Age when periods started \_\_\_\_\_      Date of last period \_\_\_\_\_      Are your periods regular? Yes / No  
Number of days from start of one period to next \_\_\_\_\_      How long does your period last? \_\_\_\_\_

Have you gone through menopause? Yes / No

If Y (yes), at age \_\_\_\_\_      Reason for menopause: Natural \_\_\_\_\_ Hysterectomy \_\_\_\_\_

Have you had any bleeding since menopause? No \_\_\_\_\_ Yes \_\_\_\_\_

Do you have any of the following?

- Bleeding between periods      For how long? \_\_\_\_\_  
 Bleeding after intercourse      For how long? \_\_\_\_\_  
 Heavy menstrual periods      For how long? \_\_\_\_\_

Date of last Pap smear? \_\_\_\_\_ Results? \_\_\_\_\_

Where was Pap smear done? \_\_\_\_\_

DES exposure?      No \_\_\_\_\_ Yes \_\_\_\_\_

(DES is a drug your mother would have taken to prevent her from having a miscarriage. You would have been exposed to DES while she was pregnant with you.)

Have you had any treatment to your cervix? Y / N (if Yes, please indicate below)

- Cautery      Date \_\_\_\_\_ Reason \_\_\_\_\_  
 Cryosurgery      Date \_\_\_\_\_ Reason \_\_\_\_\_  
 Other \_\_\_\_\_ Date \_\_\_\_\_ Reason \_\_\_\_\_

**Gynecology (continued)**

Please circle if you had any of the following: (if Yes, please give date)

Infection in your female organs? Y / N Date \_\_\_\_\_  
Veneral disease? Y / N Date \_\_\_\_\_  
Herpes? Y / N Date \_\_\_\_\_

Please answer.

Are you sexually active? Y / N  
Is your sex life satisfactory to you? Y / N

Date of last mammogram? \_\_\_\_\_ Result \_\_\_\_\_  
Where was your mammogram done? \_\_\_\_\_

**Past Medical History**

As an adult have you had any of the following: (if yes, please check)

- |  |   |  |   |
|--|---|--|---|
| <input type="checkbox"/> Heart Disease         | <input type="checkbox"/> Kidney Disease | <input type="checkbox"/> Kidney Infection    | <input type="checkbox"/> Diabetes             |
| <input type="checkbox"/> Liver Disease         | <input type="checkbox"/> Tuberculosis   | <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Neurological disease |
| <input type="checkbox"/> Asthma / COPD         | <input type="checkbox"/> Jaundice       | <input type="checkbox"/> Thyroid disease     | <input type="checkbox"/> Stroke               |
| <input type="checkbox"/> Mitral Valve Prolapse |   |  |   |
| <input type="checkbox"/> Other _____           |   |  |   |
| <input type="checkbox"/> Other _____           |   |  |   |

**Past Surgical History**

Have you had any operations Y/ N (If yes, please list below)

<u>Surgery</u>	<u>Month/Year (or your age at the time of surgery)</u>	<u>Complications (if any)</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Have you ever had a blood transfusion? Yes / No**

If Yes, did you have a reaction? Yes / No

**Medicines**

Do you do any of the following?

Smoke Y / N If yes, how many packs per day? \_\_\_\_\_ How long? \_\_\_\_\_  
Use Alcohol? Y / N  
Use street drugs? Y / N  
Have drug allergies? Y / N If yes, please list \_\_\_\_\_

Please list **all** medications (**AND DOSES**) you are currently taking, including vitamins and contraceptives.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Family History**

Please check if anyone in your family has/had these diseases and list relationship.

- High blood pressure      Relationship \_\_\_\_\_
- Stroke      Relationship \_\_\_\_\_
- Heart disease      Relationship \_\_\_\_\_
- Diabetes      Relationship \_\_\_\_\_
- Breast cancer      Relationship \_\_\_\_\_
- Other cancer      Relationship \_\_\_\_\_
- Other      Relationship \_\_\_\_\_
- Other      Relationship \_\_\_\_\_

**Social History** Please answer.

Current marital status: \_\_\_\_\_  
Number of people living in your household: \_\_\_\_\_  
Your occupation: \_\_\_\_\_  
Spouse's occupation: \_\_\_\_\_

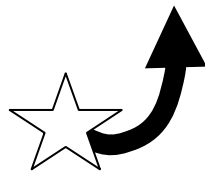
**Health Habits** Please answer.

How many hours do you sleep at night? \_\_\_\_\_  
Do you eat regular meals, including breakfast? \_\_\_\_\_  
Do you eat whole grain bread and cereal,  
fresh fruits and vegetables daily? \_\_\_\_\_  
Do you exercise regularly? \_\_\_\_\_  
If yes, what type of exercise? \_\_\_\_\_  
How often? \_\_\_\_\_  
What do you do to relax? \_\_\_\_\_  
Do you consider yourself healthy? \_\_\_\_\_

**Review of Systems** Please indicate if you have had any of the following RECENTLY. Circle Yes or No. If Yes, please explain. Please circle "Yes" OR "No" for each response. We will not be able to see you until every question has been circled Yes or No. NO EXCEPTIONS.

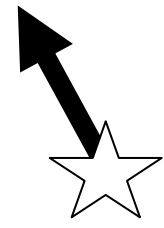
**Constitutional Symptoms .**

Fever Y / N  
 Chills Y / N  
 Headache Y / N  
 Other \_\_\_\_\_



**Integumentary**

Skin Rash Y / N  
 Boils Y / N  
 Persistent Itch Y / N  
 Other \_\_\_\_\_



**Eyes**

Blurred Vision Y / N  
 Double Vision Y / N  
 Pain Y / N  
 Other \_\_\_\_\_

**Musculoskeletal**

Joint Pain. Y / N  
 Neck Pain Y / N  
 Back Pain Y / N  
 Other \_\_\_\_\_

**Allergic/Immunologic**

Hay Fever Y / N  
 Drug Allergies Y / N  
 Other \_\_\_\_\_

**Ear/Nose/Throat/Mouth**

Ear Infection Y / N  
 Sore Throat Y / N  
 Sinus Problems Y / N  
 Other \_\_\_\_\_

**Neurological**

Tremors Y / N  
 Dizzy spells Y / N  
 Numbness/tingling Y / N  
 Other \_\_\_\_\_

**Genitourinary**

Urine retention Y / N  
 Painful urination Y / N  
 Urinary frequency Y / N  
 Other \_\_\_\_\_

**Endocrine**

Excessive thirst Y / N  
 Too hot/cold Y / N  
 Tired/sluggish Y / N  
 Other \_\_\_\_\_

**Respiratory**

Wheezing Y / N  
 Frequent cough Y / N  
 Shortness of breath Y / N  
 Other \_\_\_\_\_

**Gastrointestinal**

Abdominal pain Y / N  
 Nausea/vomiting Y / N  
 Indigestion/heartburn Y / N  
 Other \_\_\_\_\_

**Hematologic/Lymphatic**

Swollen glands Y / N  
 Blood clotting problem Y / N  
 Other \_\_\_\_\_

**Cardiovascular**

Chest pain Y / N  
 Varicose veins Y / N  
 High blood pressure Y / N  
 Other \_\_\_\_\_

**Psychologic**

Are you generally satisfied  
 with your life? Y / N  
 Do you feel severely depressed Y / N  
 Have you considered suicide? Y / N

Physician use only: (Comment/Notes)

# Answer	Level of Service
0-1	1 or 2
2-9	3
>10	4 or 5

MD/Date: \_\_\_\_\_

# WOMEN'S PELVIC HEALTH & CONTINENCE CENTER

---

Peter M. Lotze, M.D., Gilad Filmar, M.D.

7900 Fannin, Suite 4602

Houston, Texas 77054

713-512-7814 (Dr. Lotze, Dr. Filmar)

---

## VOIDING DIARY (UROLOG)

THIS CHART IS A RECORD OF YOUR VOIDING (URINATING) AND LEAKAGE (INCONTINENCE) OF URINE. PLEASE READ THE DIRECTIONS CAREFULLY AND COMPLETE THIS SHEET PRIOR TO YOUR FIRST APPOINTMENT. CHOOSE A 24 HOUR PERIOD TO KEEP THIS RECORD WHEN YOU CAN MEASURE EVERY VOID. START THE CHART WITH THE FIRST VOID WHEN YOU GET UP IN THE MORNING.

WE REALIZE THIS MAY BE AN INCONVENIENCE, BUT THE INFORMATION IT PROVIDES IS VERY IMPORTANT IN ASSESSING YOUR BLADDER PROBLEM. WE MAY HAVE TO RESCHEDULE YOUR APPOINTMENT IF THIS DIARY IS NOT AVAILABLE AT YOUR FIRST APPOINTMENT.

YOU MAY MEASURE AMOUNTS IN OUNCES OR IN CC'S-BUT PLEASE INDICATE WHICH YOU ARE USING.

NOTE: 1 CUP = 8 OUNCES = 240 CC'S

1. TIME Record time of every time you void, leak or drink.
2. AMOUNT VOIDED Measure and write down amount of urine voided.
3. ACTIVITY Write down what you were doing when you leaked or lost control of your bladder. Examples are: getting out of a chair, bending over, vacuuming, gardening, doing dishes, taking shower, etc. If you were NOT doing anything active, write down whether you were standing, sitting or lying down.
4. AMOUNT LEAKED Estimate the amount you leaked according to this scale:  
  
1 = damp, few drops only.  
2 = wet underwear or pad.  
3 = soaked pad or clothing or bladder emptied completely.
5. URGE PRESENT If you had an urge to void before or at the time of the leakage write YES. If there was NO urge or you didn't realize you were voiding write NO
6. AMOUNT AND TYPE OF FLUID Measure and write down the amount and type of all liquids you drink.

NAME: \_\_\_\_\_



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Do you experience, and if so, how much are you bothered by:	Not at All	Slightly	Moderately	Greatly
1. Urine leakage related to the feeling of urgency	0	1	2	3
2. (sudden desire to urinate)?	0	1	2	3
3. Urine leakage related to physical activity,	0	1	2	3
4. coughing, or sneezing?	0	1	2	3
5. Small amounts of urine leakage (drops)?	0	1	2	3
6. Difficulty emptying your bladder?	0	1	2	3
7. Pain or discomfort in the lower abdominal or genital area?	0	1	2	3

*Urogenital Distress Inventory-Short form*

**UDI-6 Scoring.** Item responses are assigned values of 0 for "not at all," 1 for "slightly," 2 for "moderately," and 3 for "greatly." The average score of items responded to is calculated. The average, which ranges from 0 to 3, is multiplied by 33 1/3 to put scores on a scale of 0 to 100.

**Quality of life due to urinary problems**

If you were to spend the rest of your life with your urinary condition just the way it is now, how would you feel about that? **Please draw an "X"** across the scale below to best reflect your feelings about your urinary problem.

Pleased Terrible

|-----|-----|-----|-----|-----|-----|

Some people find that accidental urine loss may affect their activities, relationships, and feelings. The questions below refer to areas in your life that may have been influenced or changed by your problem. For each question, circle the response that best describes how much your activities, relationships, and feelings are being affected by urine leakage.

Has urine leakage affected your...	Not at All	Slightly	Moderately	Greatly
1. Ability to do household chores (cooking, house cleaning, laundry)?	0	1	2	3
2. Physical recreation such as walking, swimming, or other exercise?	0	1	2	3
3. Entertainment activities (movies, concerts, etc.)?	0	1	2	3
4. Ability to travel by car or bus more than 30 minutes from home?	0	1	2	3
5. Participation in social activities outside your home?	0	1	2	3
6. Emotional health (nervousness, depression, etc.)?	0	1	2	3
7. Feeling frustrated?	0	1	2	3

*Incontinence Impact Questionnaire- Short Form IIQ-7*

Items 1 and 2 = physical activity, 3 and 4 = travel, 5 = social/relationships, 6 and 7 = emotional health

**Scoring.** Item responses are assigned values of 0 for "not at all," 1 for "slightly," 2 for "moderately," and 3 for "greatly." The average score of items responded to is calculated. The average, which ranges from 0 to 3, is multiplied by 33 1/3 to put scores on a scale of 0 to 100.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

These questions ask about symptoms you may have related to urine leakage. Please circle the number that represents how frequently you experience each symptom.

	0 Never	1 Rarely	2 Sometimes	3 Often
Does coughing gently cause you to lose urine?				
Does coughing hard cause you to lose urine?				
Does sneezing cause you to lose urine?				
Does lifting things cause you to lose urine?				
Does bending cause you to lose urine?				
Does laughing cause you to lose urine?				
Does walking briskly or jogging cause you to lose urine?				
Does straining, if you are constipated, cause you to lose urine?				
Does getting up from a sitting to a standing position cause you to lose urine?				
Some women receive very little warning and suddenly find that they are losing, or are about to lose, urine beyond their control. How often does this happen to you?				
If you can't find a toilet or find that the toilet is occupied, and you have an urge to urinate, how often do you end up losing urine or wetting yourself?				
Do you lose urine when you suddenly have the feeling that your bladder is very full?				
Does washing your hands cause you to lose urine?				
Does cold weather cause you to lose urine?				
Does drinking cold beverages cause you to lose urine?				

**MESA Questionnaire**

Urge incontinence: maximum total score is 18 based on 6 questions, with a maximum score of 3 for each question.

Stress incontinence: maximum score is 27, based on a question with a maximum score of 3 for each question.

Determine predominance: urge score divided by 18 x 100 vs. stress score divided by 27 x 100

## INSTRUCTIONS

Some women find that bladder, bowel or vaginal symptoms affect their activities, relationships, and feelings. For each question, place an **X** in the response that best describes how much your activities, relationships or feelings have been affected by your bladder, bowel or vaginal symptoms or conditions **over the last 3 months**. You may or may not have symptoms in each of these three areas, but please be sure to mark an answer in **all 3 columns** for each question. If do not have symptoms in one of these areas, then the appropriate answer would be “Not at all” in the corresponding column for each question.

### EXAMPLE

For the following question:

If your bladder symptoms interfere with your ability to drive a car *moderately*, and your bowel symptoms interfere with your ability to drive a car *somewhat*, but your vaginal or pelvic symptoms do not interfere with your ability to drive a car or you have no vaginal or pelvic symptoms then you should place an X in the corresponding boxes as indicated below:

How do symptoms or conditions related to the following usually affect your ↓	→→→→	<b>Bladder or urine</b>	<i>Bowel or rectum</i>	<i>Vagina or Pelvis</i>
1. ability to drive a car		<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input checked="" type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input checked="" type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input checked="" type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit

**Please make sure to answer all 3 columns for each and every question.**

**Thank you for your cooperation**

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

PLEASE REFER TO THE BACK OF THIS PAGE FOR INSTRUCTIONS ON HOW TO COMPLETE THIS FORM.

Pelvic Floor Impact Questionnaire – short form 7

<i>How do symptoms or conditions related to the following usually affect your....</i>	<i>Bladder or urine</i>	<i>Bowel or rectum</i>	<i>Vagina or Pelvis</i>
1. Ability to do household chores (cooking, house cleaning, laundry)?	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit
2. Physical recreation such as walking, swimming, or other exercise?	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit
3. Entertainment activities (movies, concerts, etc.)?	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit
4. Ability to travel by car or bus more than 30 minutes from home?	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit
5. Participation in social activities outside your home?	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit
6. Emotional health (nervousness, depression, etc.)?	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit
7. Feeling frustrated?	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit	<input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately <input type="checkbox"/> Quite a bit

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:**

Please answer these questions by putting a **X** in the appropriate box. If you are unsure about how to answer a question, give the best answer you can. While answering these questions, please consider your symptoms over the **last 3 months**. Thank you for your help.

		<b>Not at all</b>	<b>Somewhat</b>	<b>Moderately</b>	<b>Quite a bit</b>
1. Do you usually experience pressure in the lower abdomen?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
2. Do you usually experience heaviness or dullness in the pelvic area?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
3. Do you usually have a bulge or something falling out that you can see or feel in the vaginal area?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
4. Do you usually have to push on the vagina or around the rectum to have or complete a bowel movement?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
5. Do you usually experience a feeling of incomplete bladder emptying?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
6. Do you ever have to push up on a bulge in the vaginal area with your fingers to start or complete urination?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
7. Do you feel you need to strain too hard to have a bowel movement?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
8. Do you feel you have not completely emptied your bowels at the end of a bowel movement?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
9. Do you usually lose stool beyond your control if your stool is well formed?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
10. Do you usually lose stool beyond your control if your stool is loose or liquid?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4

Name: \_\_\_\_\_

		<b>Not at all</b>	<b>Somewhat</b>	<b>Moderately</b>	<b>Quite a bit</b>
11. Do you usually lose gas from the rectum beyond your control?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
12. Do you usually have pain when you pass your stool?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
13. Do you experience a strong sense of urgency and have to rush to the bathroom to have a bowel movement?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
14. Does a part of your bowel ever pass through the rectum and bulge outside during or after a bowel movement?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
15. Do you usually experience frequent urination?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
16. Do you usually experience urine leakage associated with a feeling of urgency that is a strong sensation of needing to go to the bathroom?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
17. Do you usually experience urine leakage related to coughing, sneezing, or laughing?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
18. Do you usually experience small amounts of urine leakage (that is, drops)?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
19. Do you usually experience difficulty emptying your bladder?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4
20. Do you usually experience <i>pain or discomfort</i> in the lower abdomen or genital region?	<input type="checkbox"/> No → <i>Go to next question</i> <input type="checkbox"/> Yes → how much does this bother you? →	1	2	3	4

*Pelvic Floor Distress Inventory – Short Form 20*

**Pelvic Organ Prolapse / Urinary Incontinence Sexual Function Questionnaire (PISQ-12)**

Instructions: Following are a list of questions about you and your partner’s sex life. All information is strictly confidential. Your confidential answers will be used only to help doctors understand what is important to patients about their sex lives. Please check the box that best answers the question for you. While answering the questions, consider your sexuality over the past six months. Thank you for your help.

1. How frequently do you feel sexual desire? This feeling may include wanting to have sex, planning to have sex, feeling frustrated due to lack of sex, etc.	Always <input type="checkbox"/>	Usually <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Seldom <input type="checkbox"/>	Never <input type="checkbox"/>
2. Do you climax (have an orgasm) when having <u>sexual intercourse</u> with your partner?	Always <input type="checkbox"/>	Usually <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Seldom <input type="checkbox"/>	Never <input type="checkbox"/>
3. Do you feel sexually excited (turned on) when having sexual activity with your partner?	Always <input type="checkbox"/>	Usually <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Seldom <input type="checkbox"/>	Never <input type="checkbox"/>
4. How satisfied are you with the variety of sexual activities in your current sex life?	Always <input type="checkbox"/>	Usually <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Seldom <input type="checkbox"/>	Never <input type="checkbox"/>
5. Do you feel pain during sexual intercourse?	Always <input type="checkbox"/>	Usually <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Seldom <input type="checkbox"/>	Never <input type="checkbox"/>
6. Are you incontinent of urine (leak urine) with sexual activity?	Always <input type="checkbox"/>	Usually <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Seldom <input type="checkbox"/>	Never <input type="checkbox"/>
7. Does fear of incontinence (either stool or urine) restrict your sexual activity?	Always <input type="checkbox"/>	Usually <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Seldom <input type="checkbox"/>	Never <input type="checkbox"/>
8. Do you avoid sexual intercourse because of bulging in the vagina (either the bladder, rectum or vagina falling out)?	Always <input type="checkbox"/>	Usually <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Seldom <input type="checkbox"/>	Never <input type="checkbox"/>
9. When you have sex with your partner, do you have negative emotional reactions such as fear, disgust, shame or guilt?	Always <input type="checkbox"/>	Usually <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Seldom <input type="checkbox"/>	Never <input type="checkbox"/>
10. Does your partner have a problem with <u>erections</u> that affects your sexual activity?	Always <input type="checkbox"/>	Usually <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Seldom <input type="checkbox"/>	Never <input type="checkbox"/>
11. Does your partner have a problem with premature ejaculation that affects your sexual activity?	Always <input type="checkbox"/>	Usually <input type="checkbox"/>	Sometimes <input type="checkbox"/>	Seldom <input type="checkbox"/>	Never <input type="checkbox"/>
12. Compared to orgasms you have had in the past, how intense are the orgasms you have had in the past six months?	Much less of the time <input type="checkbox"/>	Less intense <input type="checkbox"/>	Same intensity <input type="checkbox"/>	More intense <input type="checkbox"/>	Much more intense <input type="checkbox"/>

Scoring:








Scores are calculated by totaling the scores for each question with 0=never, 4=always. Reverse scoring is used for items 1,2,3 and 4. The short form questionnaire can be used with up to two missing responses. To handle missing values the sum is calculated by multiplying the number of items by the mean of the answered items. If there are more than two missing responses, the short form no longer accurately predicts long form scores. Short form scores can only be reported as total or on an item basis. Although the short form reflects the content of the three factors in the long form, it is not possible to analyze data at the factor level. To compare long and short form scores multiply the short form score by 2.58 (12/31).

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Bristol Stool Form Scale

Please put a check in **a single box** next to the description that best matches your current bowel habits.

<input type="checkbox"/>		<b>Type 1</b> Separate hard lumps, like nuts
<input type="checkbox"/>		<b>Type 2</b> Sausage-like but lumpy
<input type="checkbox"/>		<b>Type 3</b> Like a sausage but with cracks in the surface
<input type="checkbox"/>		<b>Type 4</b> Like a sausage or snake, smooth and soft
<input type="checkbox"/>		<b>Type 5</b> Soft blobs with clear-cut edges
<input type="checkbox"/>		<b>Type 6</b> Fluffy pieces with ragged edges, a mushy stool
<input type="checkbox"/>		<b>Type 7</b> Watery, no solid pieces

If you checked off a box for Type 1, Type 2, or Type 3: Have you had stool like this for 3 months or greater?

- Yes
- No

Do you have any of the following?

**Yes**    **No**

- Unintended weight loss greater than 10 pounds
- Onset of constipation after the age of 50 that has not been evaluated by a colon/GI doctor
- Family history of colon cancer
- Anemia