

QUEENSLAND FEMALE PELVIC FLOOR QUESTIONNAIRE

Patient: _____

Date: _____

PRIMARY PROBLEM: _____

Duration: _____

SECONDARY PROBLEM: _____

Bladder Section

Urinary frequency How many times do you pass urine in the day? 0 Up to 7 1 Between 8-10 2 Between 11-15 3 More than 15	Nocturia How many times do you get up at night to pass urine? 0 0-1 1 2 2 3 3 More than 3 times	Nocturnal enuresis Do you wet the bed before you wake up? * 0 Never 1 Occasionally - less than 1/week 2 Frequently - once or more/week 3 Always - every night
Urgency Do you need to rush/hurry to pass urine when you get the urge? 0 Never 1 Occasionally - less than 1/week 2 Frequently - more than 1/week 3 Daily	Urge incontinence Does urine leak when you rush/hurry to the toilet/Can you make it in time? 0 Never 1 Occasionally - less than 1/week 2 Frequently - more than 1/week 3 Daily	Stress incontinence Do you leak with coughing, sneezing, exercising? 0 Never 1 Occasionally - less than 1/week 2 Frequently - more than 1/week 3 Daily
Weak Stream Is your urinary stream/flow weak/prolonged/slow? 0 Never 1 Occasionally - less than 1/week 2 Frequently - more than 1/week 3 Daily	Incomplete bladder emptying Do you have a feeling of incomplete bladder emptying? 0 Never 1 Occasionally - less than 1/week 2 Frequently - more than 1/week 3 Daily	Strain to empty Do you need to strain to empty your bladder? 0 Never 1 Occasionally - less than 1/week 2 Frequently - more than 1/week 3 Daily
Pad usage Do you have to wear pads? 0 None - Never 1 As a precaution 2 With exercise/during a cold 3 Daily	Reduced fluid intake Do you limit your fluid intake to decrease leakage? 0 Never 1 Before going out/socially 2 Moderately 3 Daily	Recurrent UTI Do you have frequent bladder infections? 0 No 1 1 - 3 per year 2 4 - 12 per year 3 More than 1 per month
Dysuria Do you have pain in your bladder/urethra when you empty your bladder? 0 Never 1 Occasionally - less than 1/week 2 Frequently - more than 1/week 3 Daily	Impact on social life Does urine leakage affect your routine activities (recreation, shopping, etc)? 0 Not at all 1 Slightly 2 Moderately 3 Greatly	How much of a bother Is your bladder problem to you? 0 No problem 1 Slightly 2 Moderately 3 Greatly
Other symptoms (haematuria, pain, etc.)		

Bowel Section

Defaecation frequency How often do you usually open your bowels? 2 Less than 1/week 1 Less than every 3 days 0 More than 3/week or daily 0 More than 1/day	Consistency of bowel motion How is the consistency of your usual stool? 0 Soft 0 Firm 1 Hard / Pebbles 2 Watery 1 Variable	Defaecation straining Do you have to strain a lot to empty your bowels? 0 Never 1 Occasionally - less than 1/week 2 Frequently - once or more/week 3 Daily
Laxative Use Do you use laxatives to empty your bowels 0 Never 1 Occasionally - less than 1/week 2 Frequently - more than 1/week 3 Daily	Do you feel constipated? 0 Never 1 Occasionally - less than 1/week 2 Frequently - more than 1/week 3 Daily	Flatus incontinence When you get wind/flatus, can you control it or does wind leak? 0 Never 1 Occasionally - less than 1/week 2 Frequently - more than 1/week 3 Daily
Faecal urgency Do you get an overwhelming sense of urgency to empty bowels? 0 Never 1 Occasionally - less than 1/week 2 Frequently - more than 1/week 3 Daily	Faecal incontinence with diarrhoea Do you leak watery stool when you don't mean to? 0 Never 1 Occasionally - less than 1/week 2 Frequently - more than 1/week 3 Daily	Faecal inc. with normal stool Do you leak normal stool when you don't mean to? 0 Never 1 Occasionally - less than 1/week 2 Frequently - more than 1/week 3 Daily

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Incomplete bowel evacuation Do you have the feeling of incomplete bowel emptying? 0 Never 1 Occasionally – less than 1/week 2 Frequently – more than 1/week 3 Daily	Obstructed defecation Do you use finger pressure to help empty your bowel? 0 Never 1 Occasionally – less than 1/week 2 Frequently – more than 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

Prolapse sensation Do you get a sensation of tissue protrusion in your vagina/lump/bulging? 0 Never 1 Occasionally – less than 1/week 2 Frequently – more than 1/week 3 Daily	Vaginal pressure of heaviness Do you experience vagina pressure/heaviness/dragging sensation? 0 Never 1 Occasionally – less than 1/week 2 Frequently – more than 1/week 3 Daily	Prolapse reduction to void Do you have to push back your prolapse in order to void? 0 Never 1 Occasionally – less than 1/week 2 Frequently – more than 1/week 3 Daily
Prolapse reduction to defaecate Do you have to push back your prolapse to empty your bowels? 0 Never 1 Occasionally – less than 1/week 2 Frequently – more than 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, vagina bleeding)		

Sexual function Section

Sexually active? Are you sexually active? <input type="checkbox"/> No <input type="checkbox"/> Less than 1/week <input type="checkbox"/> More than 1/week <input type="checkbox"/> Most days/daily	If NOT, why not: <input type="checkbox"/> No partner <input type="checkbox"/> Partner unable <input type="checkbox"/> Vaginal dryness <input type="checkbox"/> Too painful <input type="checkbox"/> Embarrassment <input type="checkbox"/> Other	Sufficient lubrication Do you have sufficient lubrication during intercourse? 1 No 0 Yes
During intercourse vaginal sensation is: 3 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? <input type="checkbox"/> No pain <input type="checkbox"/> At the entrance of the vagina <input type="checkbox"/> Deep inside / in the pelvis <input type="checkbox"/> Both	Coital incontinence Do you leak urine during sex? 0 Never 1 Occasionally 2 Frequently 3 Always
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 (coital flatus or faecal incontinence, vaginismus, etc.)	