PELVIC FLOOR DISTRESS INVENTORY

NAME_____ DATE_____/_____/_____

Please check the appropriate box to answer each of the following questions based on how much you have been affected by bowel, bladder, or pelvic symptoms over the past 3 months. If you are unsure about how to answer, please give the best answer you can.

Have you experienced the following conditions or situations over the past 3 months, and if so, how much has it bothered you?		No	Yes	If yes, how much does it bother you?			
				Not at all	Slightly	Moderately	Greatly
1.	Pressure in the lower abdomen	☐	☐	☐	☐	☐	☐
2.	Heaviness or dullness in the lower abdomen	☐	☐	☐	☐	☐	☐
3.	A bulge or something falling out that you can see or feel in the vaginal area	☐	☐	☐	☐	☐	☐
4.	The need to push on the vagina or around the rectum to have a complete bowel movement	☐	☐	☐	☐	☐	☐
5.	The feeling of incomplete bladder emptying	☐	☐	☐	☐	☐	☐
6.	The need to push up in the vaginal area with your fingers to start or complete urination	☐	☐	☐	☐	☐	☐
7.	The need to strain too hard to have a bowel movement	☐	☐	☐	☐	☐	☐
8.	Feeling that you have not completely emptied your bowels at the end of a bowel movement	☐	☐	☐	☐	☐	☐
9.	Losing stool beyond your control if your stool is well formed	☐	☐	☐	☐	☐	☐
10.	Losing stool beyond your control if your stool is loose or liquid	☐	☐	☐	☐	☐	☐
11.	Losing gas from the rectum beyond your control	☐	☐	☐	☐	☐	☐
12.	Having pain when you pass your stool	☐	☐	☐	☐	☐	☐
13.	A strong sense of urgency and need to rush to the bathroom to have a bowel movement	☐	☐	☐	☐	☐	☐
14.	Passing part of your stool through the rectum and bulging outside during or after a bowel movement	☐	☐	☐	☐	☐	☐
15.	Frequent urination	☐	☐	☐	☐	☐	☐
16.	Urine leakage associated with a feeling of urgency (i.e., a strong sensation of needing to go to the bathroom)	☐	☐	☐	☐	☐	☐
17.	Urine leakage related to laughing, coughing, or sneezing	☐	☐	☐	☐	☐	☐
18.	Small amounts of urine leakage (that is, drops)	☐	☐	☐	☐	☐	☐
19.	Difficulty emptying your bladder	☐	☐	☐	☐	☐	☐
20.	Pain or discomfort in the lower abdomen or genital region	☐	☐	☐	☐	☐	☐