

## Pelvic Floor Distress Inventory Questionnaire- Short Form 20

Patient name: \_\_\_\_\_ Date: \_\_\_\_\_

Please answer all of the questions in the following survey. These questions will ask you if you have certain bowel, bladder or pelvic symptoms and if you do how much they bother you. Answer each question by putting an **X** in the appropriate box or boxes. If you are unsure about how to answer, please give it your best answer you can. While answering these questions, please consider your symptoms over the **last 3 months**.

**If yes, how much does it bother you?**

			Not at all	Somewhat	Moderately	Quite a bit
1	Do you usually experience pressure in the lower abdomen?	<input type="radio"/> Yes <input type="radio"/> No				
2	Do you usually experience heaviness or dullness in the lower abdomen?	<input type="radio"/> Yes <input type="radio"/> No				
3	Do you usually have a bulge or something falling out that you can see or feel in the vaginal area?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
4	Do you usually have to push on the vagina or around the rectum to have a complete bowel movement?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
5	Do you usually experience a feeling of incomplete bladder emptying?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
6	Do you ever have to push up in the vaginal area with your fingers to start or complete urination?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
7	Do you feel you need to strain too hard to have a bowel movement?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
8	Do you feel you have not completely emptied your bowels at the end of a bowel movement?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
9	Do you usually lose stool beyond your control if your stool is well formed?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
10	Do you usually lose stool beyond your control if your stool is loose or liquid?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
11	Do you usually lose gas from the rectum beyond your control?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
12	Do you usually have pain when you pass your stool?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
13	Do you experience a strong sense of urgency and have to rush to the bathroom to have a bowel movement?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
14	Does part of your stool ever pass through the rectum and bulge outside during or after a bowel movement?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
15	Do you usually experience frequent urination?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
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="radio"/> Yes <input checked="" type="radio"/> No				
17	Do you usually experience urine leakage related to laughing, coughing, or sneezing?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
18	Do you usually experience small amounts of urine leakage (that is, drops)?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
19	Do you usually experience difficulty emptying your bladder?	<input type="radio"/> Yes <input checked="" type="radio"/> No				
20	Do you usually experience pain or discomfort in the lower abdomen or genital region?	<input type="radio"/> Yes <input checked="" type="radio"/> No				