AUSTRALIAN PELVIC FLOOR QUESTIONNAIRE

Patient's Name:	

Date of Birth:

Date completed: _____

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

BLADDER FUNCTION		(/ 4
Q1. How many times do you pass urine in a day?) Up to 7) Between 8-10 2 Between 11-15 3 More than 15	Q2. How many times do you get up at night to pass urine?00-112233More than 3 times	Q3. Do you wet the bed before you wake up at night?0Never1Occasionally - less than once per wee2Frequently - once or more per week3Always - every night
Q4. Do you need to rush/hurry to pass	Q5. Does urine leak when you rush or	Q6. Do you leak with coughing, sneezing,
irine when you get the urge?	hurry to the toilet or can't you make it in	laughing or exercising?
) Can hold on	time?	
Occasionally have to rush – less than once/week	0 Not at all	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
B Daily	2 Frequently – once or more per week	3 Daily
	3 Daily	,
Q7. Is your urinary stream (urine flow)	Q8. Do you have a feeling of incomplete	Q9. Do you need to strain to empty your bladder?
veak, prolonged or slow?	bladder emptying? 0 Never	0 Never
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
B Daily	3 Daily	3 Daily
Q10. Do you have to wear pads because of	Q11. Do you limit your fluid intake to	Q12. Do you have frequent bladder
urinary leakage?	decrease urinary leakage?	infections?
None - Never	0 Never	0 No
As a precaution	1 Before going out	1 1-3 per year
When exercising / during a cold	2 Moderately	2 4-12 per year
B 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
irethra when you empty your bladder?	routine activities like recreation,	problem bother you?
) Never	socializing, sleeping, shopping etc?	0 Not at all
Occasionally – less than once per week	0 Not at all	1 Slightly
2 Frequently – once or more per week	1 Slightly	2 Moderately
B Daily	2 Moderately 3 Greatly	3 Greatly
Other symptoms (haematuria, pain etc.)		
BOWEL FUNCTION		(/ 3
Q16. How often do you usually open your powels?	Q17. How is the consistency of your usual stool?	Q18. Do you have to strain to empty your bowels?
) Ever other day or daily	0 Soft	0 Never
Less than every 3 days	0 Firm	1 Occasionally – less than once per week
Less than once a week	0 Hard (pebbles)	2 Frequently – once or more per week
More than once per day	1 Variable 2 Watery	3 Daily
Q19. Do you use laxatives to empty your	Q20. Do you feel constipated?	Q21. When you get wind or flatus, can yo
owels?		control it, or does wind leak?
) Never	0 Never	0 Never
	1 Occasionally – less than once per week	
Occasionally – less than once per week		1 Occasionally – less than once per week
Occasionally – less than once per week Frequently – once or more per week Daily	2 Frequently – once or more per week 3 Daily	2 Frequently – once or more per week 3 Daily

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Patient's Name: _____

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
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
B 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 proble
oowel emptying?	empty your bowel?	bother you?
) 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		(/1:
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?
	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	· · · ·	(/2
Q33. Are you sexually active?	Q34. If you are not sexually active,	Q35. Do you have sufficient vaginal
	please tell us why?	lubrication during intercourse?
□ No	Do not have a partner	-
□ 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
S:	loose or lax?	tight?
) Normal / pleasant	0 Never	0 Never
1 Minimal	1 Occasionally	1 Occasionally
1 Painful	2 Frequently	2 Frequently
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?
) 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		