Bladder Health Questionnaire

Instructions: Bladder problems can affect the way you live. These problems can include frequent visits to the bathroom even when you do not feel the need a sudden or strong urge to urinate, accidental loss of urine, blood in the urine, and pain with urination. Please take a minute to answer the questions below about the past 4 weeks by circling the best response. For questions 1 through 5, write in the number you circle for each question in the box labeled "score". Once you have completed the questionnaire, add your score for questions 1 through 5. The TOTAL score will help you and your doctor decide how serious your bladder problems may be.

Please answer Yes or No to questions A and B.

A. Have you noticed any blood in your urine or "pink" urine? ___No ___Yes
B. Have you had pain with urination? ___No ___Yes

If you answered "Yes" to A or B, it is recommended that you seek medical attention immediately. If you answered "No" to both questions, please continue.

How often in the past 4 weeks...	Not a problem	Less than once a week	About 1 to 2 days a week	About 3 to 4 days a week	5 or more days a week	Score
1...did you wake up at night to urinate 2 or more times?	0	5	10	15	20	
2...did you have a sudden uncomfortable feeling you had to urinate soon?	0	5	10	15	20	
3...were you bothered or concerned about bladder control?	0	5	10	15	20	
4...did you lose or leak urine for any reason?	0	5	10	15	20	
5... did you wear a pad or other material to absorb urine you may have lost?	0	5	10	15	20	
TOTAL						

If your score is over 60, you would very likely benefit from care or treatment.
If your score is between 20 and 60, you would probably benefit from care or treatment.
If your score is 20 or less, you are less likely to need treatment.

Please discuss these results with your health care provider. Only he or she can evaluate or diagnose your bladder health. Effective treatment is available for most bladder disorders. For more information on how the Women's Continence Center at Associates in Women's Health, P.A. might be able to assist you call 316-682-4572.

Adapted from Payne CK, Stewart W, Wein A, et al, on behalf of the NOBLE Program Research Team, WHO/International Consultation on Incontinence. The Bladder Health Questionnaire (BHQ): The First Clinically Validated Screening Tool for Bladder Health Problems. July 2001.