

Assessing Prostate Symptoms

By filling in this form, you will help your doctor to assess if you have an enlarged prostate, and how badly it is affecting you. An enlarged prostate is a common and benign (non-cancerous) condition that often occurs in older men. (The results *do not* help to diagnose prostate cancer.)

1. The International Prostate Symptom Score (IPSS)

Please answer the following questions about your urinary symptoms.
Write your score for each question at the end of each row.

Over the past month, how often have you...	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always	Your Score
1. ...had a sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5	
2. ...had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5	
3. ...stopped and started again several times when you urinated?	0	1	2	3	4	5	
4. ...found it difficult to postpone urination?	0	1	2	3	4	5	
5. ...had a weak urinary stream?	0	1	2	3	4	5	
6. ...had to push or strain to begin urination?	0	1	2	3	4	5	
And finally..							
	None	Once	Twice	3 times	4 times	5 times or more	
7. Over the past month, how many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	0	1	2	3	4	5	
Add up your total score and write it in the box.							Total

Supplementary question - Quality of life due to urinary symptoms.

If you were to spend the rest of your life with your urinary condition the way it is now, how would you feel about that? (Please tick which best describes how you would feel.)

0. Delighted
1. Pleased
2. Mostly satisfied
3. Mixed - about equally satisfied and dissatisfied
4. Mostly dissatisfied
5. Unhappy
6. Terrible

2. Assessment of sexual function

An enlarged prostate can sometimes affect sexual function. These questions aim to assess if you have problems with your sexual function. Write your score for each question at the end of each row.

Can you obtain an erection?	Score
Yes, with normal rigidity score 0 Yes, with slightly reduced rigidity score 1 Yes, with much reduced rigidity score 2 No, can not obtain an erection score 3	
If you have problems obtaining an erection, how big is the problem for you?	Score
No problem score 0 Small problem score 1 Moderate problem score 2 Big problem score 3	
Do you ejaculate?	Score
Yes, with normal volume score 0 Yes, with slightly reduced volume score 1 Yes, with much reduced volume score 2 No score 3	
If you experience reduced or no ejaculation, how big is the problem for you?	Score
No problem score 0 Small problem score 1 Moderate problem score 2 Big problem score 3	
If you do ejaculate, do you ever experience pain or discomfort during ejaculation?	Score
No score 0 Yes, with slight pain or discomfort score 1 Yes, with moderate pain or discomfort score 2 Yes, with severe pain or discomfort score 3	
If you experience pain/discomfort during ejaculation, how big is the problem for you?	Score
No problem score 0 Small problem score 1 Moderate problem score 2 Big problem score 3	

Assessment

In general, an IPSS score of:

- 0-7 indicates mild symptoms
- 8-19 indicates moderate symptoms
- 20-35 indicates severe symptoms.

The answers to the supplementary question to the IPSS and the sexual assessment questions help your doctor to assess how badly your quality of life is affected by your symptoms.

References:

Barry MJ, et al. (1992). The American Urological Association symptom index for benign prostatic hyperplasia. *Journal of Urology*, 148: 1549–1557.

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