

The Biophysiology Center at Shady Grove Adventist Hospital

OBSTRUCTED DEFECATION SCORE

1. How often do you use an enema or suppository to move your bowels?

Answer	Score
Never	0
Less than weekly	1
1-6 times a week	2
Daily	3
2. How often do you have difficulty evacuating?

Answer	Score
Never	0
Less than weekly	1
1-6 times a week	2
Daily	3
3. How often do you need to put a finger in the vagina or rectum to move your bowels?

Answer	Score
Never	0
Less than weekly	1
1-6 times a week	2
Daily	3
4. How often do you need to return to the toilet after having a bowel movement?

Answer	Score
Never	0
Less than weekly	1
1-6 times a week	2
Daily	3
5. How often do you feel that you have not emptied your bowels during a movement?

Answer	Score
Never	0
Less than weekly	1
1-6 times a week	2
Daily	3
6. How often do you have to strain or push to have a bowel movement?

Answer	Score
Never	0
Sometimes	1
Often	2
Always	3
7. How much time do you need to spend on the toilet to have a bowel movement?

Answer	Score
Less than 5 minutes	0
6-10 minutes	1
11-20 minutes	2
More than 20 minutes	3
8. How often do you change your lifestyle/habits because of difficulties with bowel movements?

Answer	Score
Never	0
Rarely	1
Sometimes	2
Always	3

TOTAL SCORE = _____ (Maximum is 24: Higher scores = the worse the problem)



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FECAL INCONTINENCE SCORE

1. How often do you lose control of a solid bowel movement?

Answer	Score
Never	0
Occasionally	1
Monthly	2
Weekly	3
Daily	4

2. How often do you lose control of liquid bowel movement?

Answer	Score
Never	0
Occasionally	1
Monthly	2
Weekly	3
Daily	4

3. How often do you lose control of gas (flatus)?

Answer	Score
Never	0
Occasionally	1
Monthly	2
Weekly	3
Daily	4

4. How often do you wear a pad because of loss of bowel control?

Answer	Score
Never	0
Occasionally	1
Monthly	2
Weekly	3
Daily	4

5. How often are your life, habits, and routine, affected by loss of bowel control?

Answer	Score
Never	0
Occasionally	1
Monthly	2
Weekly	3
Daily	4

TOTAL SCORE = _____ (Maximum is 20: Higher scores = the worse the problem)