

Could your frequent urination be caused by BPH?

Answer these simple questions and share them with your doctor.

American Urological Association BPH Symptom Score Index Questionnaire

Point Scale	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
	0	1	2	3	4	5

1. INCOMPLETE EMPTYING

0 1 2 3 4 5

Over the last month, how often have you had a sensation of not emptying your bladder completely after you finished urinating?

2. FREQUENCY

0 1 2 3 4 5

During the last month, how often have you had to urinate again less than two hours after you finished urinating?

3. INTERMITTENCY

0 1 2 3 4 5

During the last month, how often have you stopped and started again several times when you urinated?

4. URGENCY

0 1 2 3 4 5

During the last month, how often have you found it difficult to postpone urination?

5. WEAK STREAM

0 1 2 3 4 5

During the last month, how often have you had a weak urinary stream?

6. STRAINING

0 1 2 3 4 5

During the last month, how often have you had to push or strain to begin urination?

7. NOCTURIA

0 1 2 3 4 5

During the last 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?

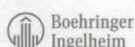
Now add up your Symptom Score (1-7 Mild, 8-19 Moderate, 20-35 Severe):

Name and date:

Adapted from Barry MJ, Fowler FJ Jr, O'Leary MP, et al, and the Measurement Committee of the American Urological Association. The American Urological Association symptom index for benign prostatic hyperplasia. *J Urol.* 1992;148:1549-1557. Copyright © 1992 American Urological Association

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