

## **Pelvic Floor Distress Inventory Short Form 20**

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### **Pelvic Organ Prolapse Distress Inventory 6 (POPDI-6)**

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**Usually experience pressure in the lower abdomen?**

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

**Usually experience heaviness or dullness in the pelvic area?**

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

**Usually have a bulge or something falling out that you can see or feel in your vaginal area?**

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

**Ever have to push on the vagina or around the rectum to have or complete a bowel movement?**

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

**Usually experience a feeling of incomplete bladder emptying?**

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

**Ever have to push up on a bulge in the vaginal area with your fingers to start or complete urination?**

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

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**Colorectal-anal distress inventory 8 (CRADI-8)**

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**Feel you need to strain too hard to have a bowel movement?**

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

**Feel you have not completely emptied your bowels at the end of a bowel movement?**

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

**Usually lose stool beyond your control if your stool is well formed?**

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

**Usually lose stool beyond your control if your stool is loose?**

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

**Usually lose gas from the rectum beyond your control?**

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

**Usually have pain when you pass your stool?**

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

**Experience a strong sense of urgency and have to rush to the bathroom to have a bowel movement?**

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

**Does part of your bowel ever pass through the rectum and bulge outside during or after a bowel movement?**

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

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### **Urinary Distress Inventory 6 (UDI-6)**

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**Usually experience frequent urination?**

No

Yes

Not at all

Somewhat

Moderately

Quite a bit

**Usually experience urine leakage associated with a feeling of urgency, that is, a strong sensation of needing to go to the bathroom?**

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

**Usually experience urine leakage related to coughing, sneezing, or laughing?**

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

**Usually experience small amounts of urine leakage (that is, drops)?**

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

**Usually experience difficulty emptying your bladder?**

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit

**Usually experience pain or discomfort in the lower abdomen or genital region?**

- No
- Yes
- Not at all
- Somewhat
- Moderately
- Quite a bit