



### What is the International Prostate Symptom Score (IPSS)?

The IPSS is the official worldwide symptoms assessment tool for patients suffering with LUTs (Lower Urinary Tract symptoms and BPH (Benign Prostatic Hyperplasia).

The IPSS is based on the answers given to a set of questions concerning urinary symptoms and one question concerning quality of life. Each question concerning urinary symptoms allows the patient to choose one out of six answers indicating increasing severity of the particular symptom. The answers are assigned points from 0 to 5. The total score can therefore range from 0 to 35 (asymptomatic to very symptomatic).

The IPSS questionnaire allows your urologist to better understand the severity of your water work symptoms. It is used for men who are having problems that are likely to be related to an enlarged prostate. It is helpful in determining which treatment option is best for you and then monitoring any improvement.

### Completing the IPSS Questionnaire

There are 7 questions relating to different symptoms you might be experiencing and one question relating to your overall quality of life.

Answer each question honestly so it represents how you really feel about your urinary symptoms.

Once you have scored each question the values are added together to give an indication of the severity of your symptoms. Your consultant will then use this in discussion with you on making improvements and choosing the most suitable treatment.

IPSS – International Prostate Symptom Score Form

Name:	Date:
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	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
<b>Incomplete emptying</b> Over the past month, how often have you had a sensation of not emptying your bladder completely after you finish urinating?	0	1	2	3	4	5	
<b>Frequency</b> Over the past month, how often have you had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5	
<b>Intermittency</b> Over the past month, how often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5	
<b>Urgency</b> Over the last month, how difficult have you found it to postpone urination?	0	1	2	3	4	5	
<b>Weak stream</b> Over the past month, how often have you had a weak urinary stream?	0	1	2	3	4	5	
<b>Straining</b> Over the past month, how often have you had to push or strain to begin urination?	0	1	2	3	4	5	
	None	1 time	2 times	3 times	4 times	5 times or more	Your score
<b>Nocturia</b> Over the past month, how many times did you most typically get up to urinate from the time you went to bed until the time you got up in the morning?	0	1	2	3	4	5	
<b>Total IPSS score</b>							
<b>Total score:</b> 0-7 Mildly symptomatic; 8-19 moderately symptomatic; 20-35 severely symptomatic.							
<b>Quality of life due to urinary symptoms</b>	Delighted	Pleased	Mostly satisfied	Mixed: Equally satisfied / dissatisfied	Mostly dissatisfied	Unhappy	Terrible
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?	0	1	2	3	4	5	6