Pelvic Floor Distress Inventory Short Form 20

POPDI-6	Please circle the answer that best fits you					
1) Usually experience pressure in the lower						Quite a
abdomen?	No	Yes	Not at all	Somewhat	Moderately	bit
2) Usual experience heaviness or dullness in the						Quite a
pelvic area?	No	Yes	Not at all	Somewhat	Moderately	bit
3) Usually have a bulge or something falling out that						Quite a
you can see or feel in your vaginal area?	No	Yes	Not at all	Somewhat	Moderately	bit
4) Ever have to push on the vagina or around the						Quite a
rectum to have or complete a bowel movement?	No	Yes	Not at all	Somewhat	Moderately	bit
5) usually experience a feeling of incomplete bladder						Quite a
emptying?	No	Yes	Not at all	Somewhat	Moderately	bit
6) Ever have to push up on a bulge in the vagina with						Quite a
your fingers to start or complete urination?	No	Yes	Not at all	Somewhat	Moderately	bit
CRADI-8					·美国的经验的思维方案。	
1) Feel you need to strain too hard to have a bowel				~		Quite a
movement?	No	Yes	Not at all	Somewhat	Moderately	bit
		103	Nocacan	Somewhat	Wioderatery	
2) Feel you have no completely emptied your bowels						Quite a
at the end of a bowel movement?	No	Yes	Not at all	Somewhat	Moderately	bit
3) usually lose stool beyond your control, and your		V	N - 1 - 1 - 11			Quite a
stool is well formed?	No	Yes	Not at all	Somewhat	Moderately	bit
4) Usually lose stool beyond your control, and your stool is loose?	No	Vos	Notatall	Camazzuhat	Nadaustali	Quite a
5) Usually lose gas from the rectum beyond your	No	Yes	Not at all	Somewhat	Moderately	bit Ouite a
control?	No	Yes	Not at all	Somewhat	Moderately	Quite a bit
Controls	140	163	NOT at all	Joinewhat	Moderatery	Quite a
6) Usually have pain when you pass your stool?	No	Yes	Not at all	Somewhat	Moderately	bit
of osuany nave pain when you pass your stoon.	110	103	Notatan	Somewhat	Wioderatery	- Dit
7) Experience a strong sense of urgency and have to						Quite a
rush to the bathroom to have a bowel movement?	No	Yes	Not at all	Somewhat	Moderately	bit
8) Does part of your bowel ever pass through the						
rectum and bulge outside of the body either during						Quite a
or after a bowel movement?	No	Yes	Not at all	Somewhat	Moderately	bit
of after a bower movement:	140	163	NOT at all	Somewhat	Wioderately	DIL
UDI-6						0
1) Havelly association of for association?	Nia	V	Niet et ell	Companies	Madayatalı	Quite a
1) Usually experience frequent urination?	No	Yes	Not at all	Somewhat	Moderately	bit
2) Usually experience urine leakage associated with a						Quite a
feeling of urgency, that is, a strong sensation or	No	Yes	Not at all	Somewhat	Moderately	bit
needing to go to the bathroom?  3) usually experience urine leakage related to cough,	NO	163	NOT at all	Joinewhat	Moderatery	Quite a
sneeze or laugh?	No	Yes	Not at all	Somewhat	Moderately	bit
4) Usually experience small amounts of urine leakage	140	162	NOT at all	Jonnewnat	wioderatery	Quite a
(that is, drops)?	No	Yes	Not at all	Somewhat	Moderately	bit
5) Usually experience difficulty emptying you	140	162	NOLGEGII	Jonnewnat	Moderatery	Quite a
bladder?	No	Yes	Not at all	Somewhat	Moderately	bit
6) Usually experience pain or discomfort in the lower	110	163	NOT at all	Jonnewnat	Moderatery	Quite a
abdomen or genital region?	No	Yes	Not at all	Somewhat	Moderately	bit
abdomen of genical region:	140	163	NOT at all	Jonnewhat	Moderatery	DIL