

International Prostate Symptom Score (I-PSS)

| | 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 |
|---|------------|-----------------------|-------------------------|---------------------|-------------------------|-----------------|------------|
| 1. Incomplete emptying Over the past month, how often have you had a sensation of not emptying your bladder completely after you finished urinating? | 0 | 1 | 2 | 3 | 4 | 5 | |
| 2. Frequency 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 | |
| 3. Intermittency 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 | |
| 4. Urgency Over the past month, how often have you found it difficult to postpone urination? | 0 | 1 | 2 | 3 | 4 | 5 | |
| 5. Weak stream Over the past month, how often have you had a weak urinary stream? | 0 | 1 | 2 | 3 | 4 | 5 | |
| 6. Straining 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 or more times | |
| 7. Nocturia Over the past 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? | 0 | 1 | 2 | 3 | 4 | 5 | |
| Total I-PSS Score = | | | | | | | |

Quality of Life due to Urinary Symptoms

| | Delighted | Pleased | Mostly satisfied | Mixed—about equally satisfied and dissatisfied | Mostly dissatisfied | Unhappy | Terrible |
|---|-----------|---------|------------------|--|---------------------|---------|----------|
| If you were to spend the rest of your life with your urinary condition just the way it is now, how would you feel about that? | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

BPH Patient Assessment Symptom Scorecard

The International Prostate Symptom Score (I-PSS) is based on the answer to seven questions concerning urinary symptoms.

Each question allows the patient to choose *one out of five 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).

Furthermore, the International Consensus Committee (ICC) recommends the use of only a *single question* to assess the quality of life. The answers to this question range from "delighted" to "terrible" or 0 to 6. Although this single question may or may not capture the global impact of BPH symptoms or quality of life, it may serve as a valuable starting point for a doctor-patient conversation.

The ICC strongly recommends that all physicians who counsel patients suffering from symptoms of prostatism utilize these measures not only during the initial interview but also during and after treatment in order to monitor treatment response.

The International Consensus Committee (ICC) under the patronage of the World Health Organization (WHO) has agreed to use the *symptom index for benign prostatic hyperplasia (BPH)*, which has been developed by the *American Urological Association (AUA) Measurement Committee*, as the official worldwide symptoms assessment tool for patients suffering from prostatism.