

Are you experiencing BPH symptoms?

The International Prostate Symptom Score (IPSS) is a common method for screening and diagnosing benign prostatic hyperplasia (BPH). This survey asks seven urinary symptom questions and one quality of life question to help determine the severity of your BPH.

Determine Your BPH Symptoms. Circle your answers and add up your scores.

Over the past month	Not at all	Less than one time in five	Less than half the time	About half the time	More than half the time	Almost always
Incomplete emptying –How often have you had the sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5
Frequency – How often have you had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5
Intermittency – How often have you had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5
Urgency – How often have you found it difficult to postpone urination?	0	1	2	3	4	5
Weak stream – How often have you had a weak urinary stream?	0	1	2	3	4	5
Straining – How often have you had to push or strain to begin urination?	0	1	2	3	4	5
Sleeping –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
Add Symptom Scores		+	+	+	+	+

Total International Prostate Symptom Score = _____

Quality of Life (QoL)

1 - 7 mild symptoms | 8 - 19 moderate symptoms | 20 - 35 severe symptoms

	Delighted	Pleased	Mostly Satisfied	Mixed	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
Have you tried medications to help your symptoms?						Yes	No

Did these medications help your symptoms? (circle)

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

No Relief

Complete Relief



Stephen Siegel, MD



Carolyn Fronczak, MD

IF YOU ARE CONCERNED...

about your symptoms or these results, please contact Carolyn Fronczak, MD or Stephen Siegel, MD in the urology department at Boulder Medical Center to talk about treatment options.

CALL (303) 440-3093
FOR AN APPOINTMENT

