

# International Prostate Symptom Score (IPSS)

This symptom score helps evaluate the severity of your symptoms (if any) when due to the benign enlargement of the prostate and quantify how much bother it causes.

<b>PART 1</b>	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	Score
<b>Please circle your answer</b>							
<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	

<b>PART 2</b>	None	1 time	2 times	3 times	4 times	5 times or more	Score
<b>Please circle your answer</b>							
<b>Nocturia (waking from sleep at night to pass urine)</b> Over the past month, how many times did you most typically get up to urinate from the time you went to bed until you got up in the morning?	0	1	2	3	4	5+	
<b>TOTAL IPSS SCORE</b>							

<b>PART 3</b>	Delighted	Pleased	Mostly satisfied	Mixed – equally satisfied and dissatisfied	Mostly dissatisfied	Unhappy	Terrible
<b>Please circle your answer</b>							
<b>Quality of life due to urinary symptoms</b> 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

**Total score: 0-7 = mildly symptomatic; 8-19 = moderately symptomatic; 20-35 = severely symptomatic**