

Today's Date \_\_\_\_\_

Name \_\_\_\_\_

Birthdate \_\_\_\_\_

Phone \_\_\_\_\_

Doctor \_\_\_\_\_

## Your IPSS Score

The International Prostate Symptom Score (IPSS) is used to assess the severity of BPH symptoms. To calculate your score, rate your symptoms based on your experience during the last month.

During the last month how often have you...	NOT AT ALL	LESS THAN 1 IN 5 TIMES	LESS THAN HALF THE TIME	ABOUT HALF THE TIME	MORE THAN HALF THE TIME	ALMOST ALWAYS	SCORE
1. Had a sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5	
2. Had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5	
3. Found you stopped and started again several times when you urinated?	0	1	2	3	4	5	
4. Found it difficult to postpone urination?	0	1	2	3	4	5	
5. Had a weak urinary stream?	0	1	2	3	4	5	
6. 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	SCORE
7. During the last 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 SYMPTOM SCORE							

Quality of life due to urinary symptoms	DELIGHTED	PLEASED	MOSTLY SATISFIED	MIXED	MOSTLY DISSATISFIED	UNHAPPY	TERRIBLE
8. 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

The total possible score ranges from 0 to 35 with the following BPH symptom correlation:  
 0-7 Mild symptoms, 8-19 Moderate symptoms, 20-35 Severe symptoms

