

Appendix

Fecal Incontinence and Constipation Questionnaire (FICQ)^a

	Bowel Leakage Items	Abbreviation
1	How often does your bowel leak for no obvious reason when you are awake?	FI-OFTENWAKE
	1 Never	
	2 Once or less per week	
	3 More than once a week	
	4 Once a day	
	5 Several times a day	
	6 Continuously	
2	How much of a problem for you is the bowel leak when you are awake?	FI-PROBLEMWAKE
	1 Not a problem	
	2 A bit of a problem	
	3 Quite a problem	
	4 A serious problem	

3	How often does your bowel leak when you are asleep?	FI-OFTENSLEEP
	1 Never	
	2 Once or less per week	
	3 More than once a week	
	4 Once a day	
	5 Several times a day	
	6 Continuously	
4	How much of a problem for you is the bowel leak when you are asleep?	FI-PROBLEMSLEEP
	1 Not a problem	
	2 A bit of a problem	
	3 Quite a problem	
	4 A serious problem	
5	How often do you leak feces after you thought you had finished defecating?	FI-FINISH
	1 Never	
	2 Once or less per week	
	3 More than once a week	
	4 Once a day	
	5 Several times a day	
	6 Every time	

6	How often does your bowel leak Were you can get to the toilet?	FI-TOILET
1	Never	
2	Once or less per week	
3	More than once a week	
4	Once a day	
5	Several times a day	
6	Every time	
7	How often does your bowel leak when you are physically active, including coughing or sneezing?	EI-ACTIVE
1	Never	
2	Once or less per week	
3	More than once a week	
4	Once a day	
5	Several times a day	
6	Every time	

8	Describe the level of activity that causes your bowel to leak.	FI-ACTIVITY
1	Vigorous activity, such as running, exercise, coughing, or sneezing	
2	Moderate activity, such as household chores or lifting	
3	Light activity, such as walking, bending, or rising	
4	Leak even without activity	
9	What type of protection abyss use for your bowel leakage?	FI-TYPEPROTEC
1	None	
2	Underpant liner or mini-pads	
3	Maxi-pads	
4	Incontinence pads	
5	Incontinence briefs	
6	Diapers	
10	Select the number of protective gamier. for bowel leakage you use per day.	FI-NUMPROTECT
1	1	
2	2	
3	3	
4	4	
5	≥5	

11	Overall, how much does your bowel leakage interfere with your life?	FI-LIFE
1	Does not interfere with my life	
2	Minor inconvenience	
3	Slight problem	
4	Moderate problem	
5	Major problem	
12	To what extent do you feel your sex life has been affected by your bowel leakage?	FI-5EX
1	Has not affected my sex life	
2	A little	
3	Somewhat	
4	A great deal	
13	Describe your level of confidence in your ability to control your bowel leakage problem.	FI-CONFIDENCE
1	Complete confidence	
2	Moderate confidence	
3	little confidence	
4	No confidence	

14	How well do you control your bowel leakage?	FI-CONTROL
1	0-no control	
2	1	
3	2	
4	3	
5	4	
6	5	
7	6	
8	7	
9	8	
10	9	
11	10-full control	
15	How long can you delay defecation after you do not feel the urge?	FI-DELAY
1	≥1 h	
2	30 min	
3	15 min	
4	<10 min	
5	1-2 min	
6	Cannot delay defecation	

Constipation Items

16	How often do you have a bowel movement?	FC-OFTEN
	1 More than once a day	
	2 One time daily	
	3 Every other day	
	4 3 times per week	
	5 Once a week or less	
17	How often do you use enemas per month?	FC-ENEMAS
	1 Seldom or never	
	2 Once a month	
	3 Several times a month	
	4 Several times per week	
	5 Every day	
18	How often do you use laxatives per month?	EC-LAXATIVE
	1 Seldom or never	
	2 Once a month	
	3 Several times a month	
	4 Several times per week	
	5 Every day	

19	Do you have to strain to have a bowel movement?	FC-STRAIN
	1 Rarely or never	
	2 Occasionally	
	3 Sometimes	
	4 Always	
20	Do you have to manually assist to have a bowel movement?	FC-MANUAL
	1 Rarely or never	
	2 Occasionally	
	3 Sometimes	
	4 Always	

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