

MOUNTAIN STATES UROGYNECOLOGY

Urinary Distress Inventory (UDI-6) and Incontinence Impact Questionnaire (IIQ-7)

UDI-6

1. Do you experience, and, if so, how much are you bothered by frequent urination?
 Not at all **0** *Slightly* **1** *Moderately* **3** *Greatly* **4**
2. Do you experience, and, if so, how much are you bothered by urine leakage related to the feeling of urgency?
 Not at all **0** *Slightly* **1** *Moderately* **3** *Greatly* **4**
3. Do you experience, and, if so, how much are you bothered by urine leakage related to physical activity, coughing, or sneezing?
 Not at all **0** *Slightly* **1** *Moderately* **3** *Greatly* **4**
4. Do you experience, and, if so, how much are you bothered by small amounts of urine leakage (drops)?
 Not at all **0** *Slightly* **1** *Moderately* **3** *Greatly* **4**
5. Do you experience, and, if so, how much are you bothered by difficulty emptying your bladder?
 Not at all **0** *Slightly* **1** *Moderately* **3** *Greatly* **4**
6. Do you experience, and, if so, how much are you bothered by pain or discomfort in the lower abdominal or genital area?
 4 *Not at all* **0** *Slightly* **1** *Moderately* **3** *Greatly* **4**

IIQ-7

7. Has urine leakage affected your ability to do household chores (cooking, cleaning, laundry, etc)?
 Not at all **0** *Slightly* **1** *Moderately* **3** *Greatly* **4**
8. Has urine leakage affected your physical recreation such as walking, swimming, or other exercise?
 Not at all **0** *Slightly* **1** *Moderately* **3** *Greatly* **4**
9. Has urine leakage affected your entertainment activities (movies, concerts, etc.)?
 Not at all **0** *Slightly* **1** *Moderately* **3** *Greatly* **4**
10. Has urine leakage affected your ability to travel by car or bus more than 30 minutes from home?
 Not at all **0** *Slightly* **1** *Moderately* **3** *Greatly* **4**
11. Has urine leakage affected your participation in social activities outside your house?
 Not at all **0** *Slightly* **1** *Moderately* **3** *Greatly* **4**
12. Has urine leakage affected your emotional health (nervousness, depression, etc.)?
 Not at all **0** *Slightly* **1** *Moderately* **3** *Greatly* **4**
13. Has urine leakage affected your feeling frustrated?
 Not at all **0** *Slightly* **1** *Moderately* **3** *Greatly* **4**

14. Total Score for UDI-6=_____

15. Total Score for IIQ-7=_____