

## Pelvic Floor Screening Female

<b>Do You...</b>	<b>Yes</b>	<b>No</b>	<b>Sometimes</b>
Accidentally leak urine when exercise, play sport, laugh, cough or sneeze?			
Need to get to the toilet in a hurry - or not make it there in time?			
Constantly need to go to the toilet?			
Find it difficult to empty your bladder or bowel?			
Accidentally lose control of your bowel?			
Accidentally pass wind often?			
Have a prolapse (e.g. bulge or feeling heaviness, discomfort, pulling or dropping of the vagina?)			
If you have a prolapse do you use a pessary?			
Suffer from pelvic pain or experience pain during or after intercourse?			
Do you regularly drink coffee or caffeinated drinks?			
Do you exercise regularly? Please list activity			
Do you have lower back pain? Please list if you have had a diagnosis of back Injury or condition			
Do you suffer from constipation or regular toilet strain?			
Do you have a chronic cough or sneeze (e.g. asthma, smoking, hay fever)			
<b>About You...</b>	<b>Yes</b>	<b>No</b>	
Are you on any medication? Certain medications may affect your bladder or pelvic floor. Please list			
Have you had a hip replacement?			
Are you going through or have been through the menopause?			
Have you even undergone any gynaecological surgery (e.g. hysterectomy)			
Do you have hypermobility or connective tissue disorders such as EDS			
Do you have osteoporosis?			

Have you ever injured your pelvic region? (e.g. a fall or pelvic radio therapy)		
Are you classed as very overweight by your doctor or have a BMI above 25?		
Do you frequently lift heavy objects?		
Do you leak urine when you lift objects?		
Are there any other circumstances when you leak urine that you wish to mention? Please state		
Have you ever had medical treatment for pelvic floor issues? If so who with?		

<b>About you if you have had a pregnancy</b>	<b>Yes</b>	<b>No</b>
Are you currently Pregnant?		
Have you ever been pregnant beyond 18 weeks?		
How many children do you have?		
How long ago was your last child birth?		
Did you have a forceps delivery?		
Did you have a serious tear or cut during your labour?		
Did you have large babies?		
List anything else you may feel you wish to mention about any pregnancy or labour (that may be relevant to pelvic floor)		
Has your pelvic floor been worse since your pregnancy?		