

Nancy E. Boyden, ARNP

Name: _____ Date: _____

International Prostate System Score (IPSS)

Please answer the following questions about your urinary symptoms.
Write your score for each question at the end of each row.

Over the past month, how often have you...	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	Your 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...stopped and started again several times when you urinated?	0	1	2	3	4	5	
4...found it difficult to postpone urinating?	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	
And finally...	None	Once	Twice	3 times	4 times	5 times or more	
7. Over the past 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	
Add up your total score and write it in the box.							Total

The results from the questionnaire will help your doctor assess if you have an enlarged prostate.

This is a common and benign (non-cancerous) condition that often occurs in older men.

(The results **do not** help to diagnose prostate cancer.) in general, a score of:

* 0-7 indicates mild symptoms

* 8-19 indicates moderate symptoms

*20-35 indicates severe symptoms

See your doctor to discuss the results if you score indicates a moderate or severe symptoms.