

## Interstitial Cystitis Symptom and Problem Questionnaire

To help your physician determine if you have interstitial cystitis, please put a check mark next to the most appropriate response to each of the questions below. Then add up the numbers to the left of the check marks and write the total below.

### Symptom index

During the past month:

#### Q1. How often have you felt the strong need to urinate with little or no warning?

- 0.  Not at all.
- 1.  Less than 1 time in 5.
- 2.  Less than half the time.
- 3.  About half the time.
- 4.  More than half the time.
- 5.  Almost always.

#### Q2. Have you had to urinate less than two hours after you finished urinating?

- 0.  Not at all.
- 1.  Less than 1 time in 5.
- 2.  Less than half the time.
- 3.  About half the time.
- 4.  More than half the time.
- 5.  Almost always.

#### Q3. How often did you most typically get up at night to urinate?

- 0.  None.
- 1.  Once.
- 2.  Two times.
- 3.  Three times.
- 4.  Four times.
- 5.  Five or more times.

#### Q4. Have you experienced pain or burning in your bladder?

- 0.  Not at all.
- 2.  A few times.
- 3.  Almost always.
- 4.  Fairly often.
- 5.  Usually.

Add the numeric values of the checked entries;  
total score: \_\_\_\_\_

### Problem index

During the past month, how much has each of the following been a problem for you?

#### Q1. Frequent urination during the day?

- 0.  No problem.
- 1.  Very small problem.
- 2.  Small problem.
- 3.  Medium problem.
- 4.  Big problem.

#### Q2. Getting up at night to urinate?

- 0.  No problem.
- 1.  Very small problem.
- 2.  Small problem.
- 3.  Medium problem.
- 4.  Big problem.

#### Q3. Need to urinate with little warning?

- 0.  No problem.
- 1.  Very small problem.
- 2.  Small problem.
- 3.  Medium problem.
- 4.  Big problem.

#### Q4. Burning, pain, discomfort, or pressure in your bladder?

- 0.  No problem.
- 1.  Very small problem.
- 2.  Small problem.
- 3.  Medium problem.
- 4.  Big problem.

Add the numeric values of the checked entries;  
total score: \_\_\_\_\_

**Figure 1.** O'Leary-Sant Symptom and Problem Index. A total score (symptom + problem index) greater than 6 suggests that interstitial cystitis/painful bladder syndrome is possible, and a score greater than 12 is strong evidence in favor of the diagnosis.

*Adapted with permission from O'Leary MP, Sant GR, Fowler FJ Jr, Whitmore KE, Spolarich-Kroll J. The interstitial cystitis symptom index and problem index. Urology. 1997;49(5A suppl):62.*