

American Urological Association (AUA) Symptom Index for Benign Prostatic Hyperplasia (BPH) and the Disease Specific Quality of Life Question

What are your scores?

BPH means that the prostate is enlarged. Over time, it may grow large enough to slow or stop urination. If you are concerned about your urinary symptoms, take this test and show the results to your healthcare provider. The test rates the frequency of these symptoms. Circle your answer for each question. Put the answer under "Your Symptom Score." Add the seven numbers to get your total symptom score.

The American Urological Association Symptom Index for Benign Prostatic Hyperplasia (BPH) and the Disease Specific Quality of Life Question

Over the past month:	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 Symptom Score
1. How often have you had a sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5	
2. How often have you had to urinate again less than 2 hours after you finished urinating?	0	1	2	3	4	5	
3. How often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5	
4. How often have you found it difficult to postpone urination?	0	1	2	3	4	5	
5. How often have you had a weak urinary stream?	0	1	2	3	4	5	
6. How often have you had to push or strain to begin urination?	0	1	2	3	4	5	
	None	1 time	2 times	3 times	4 times	5 or more times	
7. How many times have you most typically gotten 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	
Your Total Symptom Score:							

How much does BPH affect your quality of life?

Circle one number. Talk to your provider about your answer.

On a scale of 0 to 6:	Delighted ←—————→ Terrible						
"If you were to spend the rest of your life with your urinary condition just the way it is now, how would you feel about that?"	0	1	2	3	4	5	6

Benign Prostatic Hyperplasia (BPH) Impact Index

What is your score?

Take this test to rate how much your urinary problems affect your life. Circle your answer for each question. Put the number value for your answer under "Your Score." Add the four numbers for your total score.

Benign Prostatic Hyperplasia (BPH) Impact Index

Over the past month:	0	1	2	3		Your Score
1. How much physical discomfort did any urinary problems cause you?	None	Only a little	Some	A lot		
2. How much did you worry about your health because of any urinary problems?	None	Only a little	Some	A lot		
3. How bothersome has any trouble with urination been overall?	Not at all bothersome	Bothers me a little	Bothers me some	Bothers me a lot		
	0	1	2	3	4	
4. How much of the time has any urinary problem kept you from doing things you would usually do?	None of the time	A little of the time	Some of the time	Most of the time	All of the time	
Your Total Score:						

Adapted from American Urological Association Education and Research, Inc. McVary K, Roehrborn C, Avins A, et al. American Urological Association Guideline: Management of Benign Prostatic Hyperplasia (BPH), Revised 2010. Linthicum, MD; 2010

Talk to your healthcare provider about your scores.