



SHU & YOU

WOMEN'S HEALTH CENTER

SACRED HEART UNIVERSITY

PELVIC DYSFUNCTION SCREENING PROTOCOL

Instructions: Check all that apply.

- ☐ I sometimes have pelvic pain (in genitals, perineum, pubic or bladder area, or pain with urination) that exceeds a 3 on a 1 to 10 pain scale, with 10 being the worst pain imaginable
- ☐ I sometimes experience one or more of the following urinary symptoms:
 - Accidental loss of urine
 - Feeling unable to completely empty my bladder
 - Having to void within a few minutes of a previous void
 - Pain or burning with urination
 - Difficulty starting or frequent stopping/starting of urine stream
- ☐ I often or occasionally have to get up to urinate two or more times at night
- ☐ I sometimes have a feeling of increased pelvic pressure or the sensation of my pelvic organs slipping down or falling out
- ☐ I sometimes experience one or more of the following bowel symptoms:
 - Loss of bowel control
 - Feeling unable to completely empty my bowels
 - Straining or pain with a bowel movement
 - Difficulty initiating a bowel movement
- ☐ I sometimes experience pain or discomfort with sexual activity or intercourse

If you checked 1 or more, pelvic floor dysfunction is likely. A pelvic floor occupational therapy consultation may be helpful for you.

[Request an appointment](#) for a consultation and one of the therapists at SHU will contact you.