

Patient's name: \_\_\_\_\_ Today's date: \_\_\_\_\_

Please circle the answer that best describes how you feel for each question.

		0	1	2	3	4	SYMPTOM SCORE	BOTHER SCORE	
1	How many times do you go to the bathroom during the day?	3-6	7-10	11-14	15-19	20+			
2	a. How many times do you go to the bathroom at night?	0	1	2	3	4+			
	b. If you get up at night to go to the bathroom, does it bother you?	Never bothers	Occasionally	Usually	Always				
3	Are you currently sexually active. YES _____ NO _____								
4	a. If you are sexually active, do you now or have you ever had pain or symptoms during or after sexual activity?	Never	Occasionally	Usually	Always				
	b. If you have pain, does it make you avoid sexual activity?	Never	Occasionally	Usually	Always				
5	Do you have pain associated with your bladder or in your pelvis (vagina, labia, lower abdomen, urethra, perineum, penis, testes or scrotum)?	Never	Occasionally	Usually	Always				
6	a. If you have pain, is it usually		Mild	Moderate	Severe				
	b. Does your pain bother you?	Never	Occasionally	Usually	Always				
7	Do you still have urgency after you go to the bathroom?	Never	Occasionally	Usually	Always				
8	a. If you have urgency, is it usually		Mild	Moderate	Severe				
	b. Does your urgency bother you?	Never	Occasionally	Usually	Always				
SYMPTOM SCORE (1, 2a, 4a, 5, 6a, 7, 8a)									
BOTHER SCORE (2b, 4b, 6b, 8b)									
TOTAL SCORE (Symptom Score + Bother Score) =									

Total score ranges are from 1 to 35. A total score of 10-14 = 74% likelihood of positive PST; 15-19 = 76%; 20+ = 91% potassium positive

©2000 C. Lowell Parsons, MD

Figure 1. The Pelvic Pain and Urgency/Frequency Patient Symptom (PUF) scale. PST = potassium sensitivity test. (Courtesy of C. Lowell Parsons, MD, 2000.)

## 骨盆腔疼痛及病友尿急、頻尿症狀量表

請針對以下問題圈選您認為最適當描述您狀況的答案

		分數	0	1	2	3	4	症狀級數	困擾級數
1	日間多久上一次洗手間		3-6 次	7-10 次	11-14 次	15-19 次	20 以上		
2	a. 夜間多久上一次洗手間		0 次	1 次	2 次	3 次	4 次以上		
	b. 夜間起床尿尿，對您是否困擾？		不會	偶爾覺得	時常覺得	隨時感覺困擾			
3	您的性生活活躍嗎？		是 _____		否 _____				
4	a. 假如您的性生活活躍，性活動前後是否有疼痛或不適症狀？		不會	偶爾會	時常	隨時伴隨			
	b. 假如您感到疼痛，是否會使您避免性活動？		不會	偶爾會	時常	隨時伴隨			
5	您的疼痛是否伴隨著膀胱部位或骨盆腔（陰道、會陰部、陰唇、下腹腔尿道、睪丸、陰囊）		不會	偶爾會	時常	隨時伴隨			
6	上了洗手間還有尿急的感覺嗎？		不會	偶爾會	時常	隨時伴隨			
7	a. 若產生疼痛，通常是			輕微疼痛	中度疼痛	嚴重疼痛			
	b. 疼痛會對您造成困擾？		不會	偶爾	經常	一直感覺困擾			
8	a. 若有尿急感，通常是			輕微疼痛	中度疼痛	嚴重疼痛			
	b. 尿急是否造成困擾？		不會	偶爾	經常	時時刻刻			
症狀級數合計（第 1, 2a, 4a, 5, 6, 7a, 8a 題）									
困擾級數合計（第 2b, 4b, 7b, 8b 題）									
總合計（症狀級數+困擾級數）									