

This questionnaire will help you to find the right product for your incontinence. It is important that you seek professional advice as this assessment tool is only a guide and a specialist will be able to advise more accurately.

Name: _____

Address: _____

Telephone: _____

determined by: _____

Date of determination: _____

next check up: _____

Degree of Incontinence

Are you aware of your incontinence?	Yes	0	
	No	1	
Occasional Urinary Incontinence		2	
Frequent urinary incontinence		4	
Bowel- & urine incontinence		8	

Communication / Awareness

Fully awake	0	
Slightly confused and disoriented	2	
Confused and disoriented	4	
No communication	8	

Forms of incontinence

Catheterised		
Normal urination	0	
Stress incontinence <i>leakage when coughing, sneezing, laughing or sports</i>	1	
Frequency <i>frequent urination, more than 10 times a day</i>	3	
Over flow <i>frequent urination, dribbling after urination, difficult starting urination and increased frequency of urination</i>	2	
Urge incontinence <i>strong, irrepressible urge to urinate with unintentional loss of urine</i>	4	
Functional <i>to reach the toilet is not possible.</i>	5	
Night-Time-Wetting	6	
Reflex incontinence <i>The loss of urine at different intervals</i>	10	

Mobility / Agility

Fully mobile	0	
Movement with help	1	
Restricted movement / mobility	2	
Dressing / undressing with help	3	
Wheelchair	4	
Bedridden	10	

Medication

Antidepressants / Betablocker	2	
Diuretics / Codeine / Opiates	5	
Sedatives / Night Sedation	10	

Period: when it has been established

last month	2	
before 1 - 6 month	4	
before 7 - 12 month	6	
a year ago	8	

Average voiding of urine in ml

less than 100 ml	1	
100 - 200 ml	2	
200 - 300 ml	3	
300 - 400 ml	4	
400 ml or more	5	

Intestinal Section		
regularly - independently	0	
requires regular aperients / solid bowel	1	
requires regular aperients / bowel is not solid	2	
Occasional faecal incontinence	3	
Faecal incontinence	5	

Notes

Total score:	
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Points	Products
0 - 4	amd lady extra
5 - 17	amd lady extra amd lady super
18 - 24	amd lady super amd lady maxi
25 - 34	amd form normal amd form extra amd pant extra
35 - 44	amd form super amd form maxi amd pant super amd slip soft amd slip normal
45 - 60	amd form maxi amd slip extra amd slip super
60+	amd slip super amd slip maxi

amd

Please see this worksheet as a guide to the right product for your incontinence.

