

Patient Name:

DOB:

Doctor:

Office:

Provider DX: DX Description:

Patient Intake & Progress Report (Provider Summary @ bottom of pg.3)

Patient-Reported Symptoms:

Stress Urinary Freq Urge Inc. Pelvic Pain Fecal Inc. Fecal Urge IC Pelvic Muscle Wasting

Urge Nocturia Dyspareunia Prolapse Constipation Enuresis Non-Relax Puborectalis Atrophy

S	Patient	Pelvic Floor Specialist
Avg. # of times per day during waking hours you empty your bladder?		
Average number of times per night you empty your bladder?		
Do you ever leak urine when laugh, cough, jump or sneeze?		
Do you ever leak urine with intercourse?		
Are you able to stop your urine flow when you are voiding?		
O	Patient	Pelvic Floor Specialist
Do you ever feel a frequent need to empty your bladder?		
Do you ever feel sudden need to empty bladder?		
Do you ever have bladder leakage on way to bathroom?		
Do you ever have bladder leakage and not aware of it?		
Do you ever leak urine while sleeping?		
Have you ever taken medication for OAB?		
Did medications help?		
P	Patient	Pelvic Floor Specialist
Do you feel like you empty your bladder completely?		
Any drops immediately after empty bladder when stand?		
Ever feel lump or bulge coming down in vagina?		
Which word describes your stream when you empty your bladder?		
F	Patient	Pelvic Floor Specialist
Do you ever have difficulty holding back gas?		
Have you ever had a slight smearing of stool?		
Have you ever leaked liquid or solid stool?		
Average # of stool leaks or smears per month:		
Any triggers for stool leakage?		

F continued	Patient	Pelvic Floor Specialist
Do you ever have a sudden urge for bowel movement?		
Was there an event when fecal leakage began?		
C	Patient	Pelvic Floor Specialist
Average # of bowel movements per week.		
Do you ever have less than 2 bowel movements per week?		
Description of stool?		
Do have any history of constipation?		
Do you ever have to strain with a bowel movement?		
How do you control constipation?		
Do you ever need to perform a manual evacuation?		
Do you feel sensation to empty but cannot go?		
Ever feel like your bowels don't empty completely?		
Dys/PP	Patient	Pelvic Floor Specialist
Do you experience pain or discomfort with any of these?		
What level is your pelvic pain?		
If pain is with sex, is it at insertion or penetration?		
How would you describe the pain?		
Have you ever had intercourse w/o pain or discomfort?		
Do you have difficulty achieving an orgasm?		
Do you feel your vagina is too loose or lax?		
Do you experience vaginal dryness?		
MISC	Patient	Pelvic Floor Specialist
Average number of pads worn daily?		
When you change pads, if any leakage, are they.....		
Is the size of pads....		

Bladder Diary - PF Specialist				Bowel Tracker - PF Specialist			
	First	Second	Third		First	Second	Third
# Sm/Med/Lg # Urge in day				Bowel Movement/week			
Avg Void Volume				Bowel Urge rating (1 is low – 5)			
Avg Leak Vol				Stool Description			
Activities at leak				# Fecal Leaks Per Month			
Daily Fluids				Amount of Soil			
Avg H2O/Total Fluids Daily				Daily Fiber Intake			

Plan of Care : PF Specialist

Patient Education Plan: PF Specialist

Bladder/ Bowel Diary		OAB (H2O)		Fecal Inc. (H2O)		3 Elements		3 MOA	
Intake		Irritants		Fecal Urge		Cycle Dyspareunia		Compare Diary	
Mano / Estem		JIC		Constipation (H2O)		Dilator		Update Symptoms	
Contacts & RS		Fluid Mgmt		Holy Tea		Vaginal Rejuv.		Maint.	
Pt Ed Videos		911		Fiber Mgmt		IC		Review / IHC Commitment	
Expectations		Nocturia		Squatty Potty					
Fast & Slow Instruct.		Prolapse							
STRESS		Pelvic Safe Activity							

Provider Summary: Symptoms & Patient Progress

Provider Signature:

Date: