TOOL 1 OF 7 · BOOK "YOUR PROSTATE" (CHAPTER 4)

INTERNATIONAL PROSTATE SYMPTOM SCORE (I-PSS)

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Name (optional): _____ **Age:** _____ yrs **Date:** ____ / ____ / 20____

How to complete: Think about your urination over the **past 30 days**. Circle one number from **0 to 5** on each row, write it in the right-hand box, and add all 7 rows at the bottom. Bring this sheet to your urologist.

Over the past month	0 Not At All	1 Less Than 1 Time In 5	2 Less Than Half The Time	3 About Half The Time	4 More Than Half The Time	5 Almost Always	Score (0–5)
1. Incomplete Emptying Over the past month, how often have you had a sensation of not emptying your bladder completely after you finish urinating?	(0)	(1)	(2)	(3)	(4)	(5)	
2. Frequency Over the past month, how often have you had to urinate again less than two hours after you have finished urinating?	(0)	(1)	(2)	(3)	(4)	(5)	
3. Intermittency Over the past month, how often have you found you stopped and started again several times when you urinated?	(0)	(1)	(2)	(3)	(4)	(5)	
4. Urgency Over the past month, how often have you found it difficult to postpone urination?	(0)	(1)	(2)	(3)	(4)	(5)	
5. Weak Stream Over the last month, how often have you had a weak urinary stream?	(0)	(1)	(2)	(3)	(4)	(5)	
6. Straining Over the past month, how often have you had to push or strain to begin urination?	(0)	(1)	(2)	(3)	(4)	(5)	
7. Nocturia Over the past month how many times did you most typically get up each night to urinate from the time you went to bed until the time you got up in the morning? **(0=None · 1=Once · 2=Twice · 3=3 times · 4=4 times · 5=5 or more)**	(0)	(1)	(2)	(3)	(4)	(5)	

TOTAL SYMPTOM SCORE (QUESTIONS 1–7)
TOTAL IPSS: _____ / 35

0 to 7 points · Mild
Watchful waiting and simple fluid/lifestyle adjustments are usually sufficient.

8 to 19 points · Moderate
Warrants uroflowmetry, post-void residual ultrasound, and discussion of treatment.

20 to 35 points · Severe
High impact: schedule prompt urological evaluation to protect your bladder muscle.

8. Quality of Life due to Urinary Symptoms: 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
Delighted	Pleased	Mostly satisfied	Mixed	Mostly dissatisfied	Unhappy	Terrible

Two key clinical reminders: 1) The IPSS measures urinary bother · **it never diagnoses or rules out prostate cancer**. 2) A thickened bladder muscle can silently compensate for severe obstruction with few symptoms: always interpret IPSS alongside uroflowmetry and post-void residual volume.

Scientific validation & source: Barry MJ, Fowler FJ Jr, O'Leary MP, Bruskewitz RC, Holtgrewe HL, Mebust WK, Cockett AT; Measurement Committee of the American Urological Association. The American Urological Association symptom index for benign prostatic hyperplasia. J Urol. 1992 Nov;148(5):1549-1557. doi:10.1016/S0022-5347(17)36966-5. PMID: 1279218.