

BPH Symptom Score Index

	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
1. Over the past month, how often have you had a sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5
2. Over the past month, how often have you had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5
3. 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. Over the past month, how often have you found it difficult to postpone urination?	0	1	2	3	4	5
5. Over the past month, how often have you had a weak urinary stream?	0	1	2	3	4	5
6. Over the past month, how often have you had to push or strain to begin urination?	0	1	2	3	4	5
	None	1 time	2 times	3 times	4 times	5 or more times
7. Over the past month, how many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	0	1	2	3	4	5
Total Symptom Score						

Mild symptoms that don't bother you (AUA score 0 to 7): If you are not bothered by your symptoms, and they don't affect your daily life, watchful waiting is the best option for you. You should get regular checkups to make sure that you are not developing complications.

Moderate to severe symptoms (AUA score of 8 or more): If you are not bothered by your symptoms, you may choose watchful waiting. However, if your symptoms do start to interfere, you may choose medication, a minimally invasive procedure, or surgery.

Moderate to severe symptoms (AUA score of 8 or more) with complications: If symptoms are bothersome and you have developed complications such as inability to urinate, you may need a catheter, surgery, or another treatment.