

# Interstitial Cystitis (IC) Symptom and Problem Questionnaire

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## Identifying IC

To help your physician determine if you have IC, please put a check mark next to the most appropriate response to each of the questions shown below. Then add up the numbers to the left of the check marks and write the total below.

### IC symptom index

*During the past month:*

**Q1.** How often have you felt the strong need to urinate with little or no warning?

- 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

**Q2.** Have you had to urinate less than 2 hours after you finished urinating?

- 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

**Q3.** How often did you most typically get up at night to urinate?

- 0.  None
- 1.  Once
- 2.  2 times
- 3.  3 times
- 4.  4 times
- 5.  5 or more times

**Q4.** Have you experienced pain or burning in your bladder?

- 0.  Not at all
- 2.  A few times
- 3.  Almost always
- 4.  Fairly often
- 5.  Usually

Add the numerical values of the checked entries; total score:\_\_\_\_\_.

### IC problem index

*During the past month how much has each of the following been a problem for you:*

**Q1.** Frequent urination during the day?

- 0.  No problem
- 1.  Very small problem
- 2.  Small problem
- 3.  Medium problem
- 4.  Big problem

**Q2.** Getting up at night to urinate?

- 0.  No problem
- 1.  Very small problem
- 2.  Small problem
- 3.  Medium problem
- 4.  Big problem

**Q3.** Need to urinate with little warning?

- 0.  No problem
- 1.  Very small problem
- 2.  Small problem
- 3.  Medium problem
- 4.  Big problem

**Q4.** Burning, pain, discomfort, or pressure in your bladder?

- 0.  No problem
- 1.  Very small problem
- 2.  Small problem
- 3.  Medium problem
- 4.  Big problem

Add the numerical values of the checked entries; total score:\_\_\_\_\_.

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Adapted with permission from O'Leary MP, Sant GR, Fowler FJ, Whitmore KE, Spolarich-Kroll J. The interstitial cystitis symptom index and problem index. *Urology*. 1997;49(suppl 5A):58-63.