

Patient – Clinician Questionnaire

Answer accurately yes or no or unsure. Take this to your doctor or women’s health physiotherapist for further discussion

Doctor..... WH Physiotherapist.....

Date of visit.....

Don’t be afraid to ask questions and don’t be afraid to ask to be shown what to do.



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| My Questions | Clinician answered satisfactory | I’ve been shown | Other notes such as leaflet on subject given |
|---|---------------------------------|-----------------|--|
| General Questions | | | |
| 1. What is involved with my initial assessment of my pelvic floor? | | | |
| 2. Should I keep a bladder/pelvic floor diary? | | | |
| 3. Can I email you if I have any questions? | | | |
| 4. Can you do an internal examination whilst I have my period? | | | |
| 5. My pelvic floor is hypertonic (tight) can you should me how to relax it? | | | |
| 6. Will you do a myofascial release to help my hypertonic pelvic floor? | | | |
| 7. Am I breathing properly? | | | |
| Kegel / Exercise Questions | | | |
| 1. How do I know if I’m doing the Kegels correctly? | | | |
| 2. How many Kegels should I do in a day? | | | |
| 3. Should I do ALL the Kegels at once or is it better to split the routine? | | | |
| 4. If I have cramping pains should I still continue my Kegels? | | | |

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|---|--|--|--|
| 5. What if I go over your recommended Kegels amount, will it make my prolapse worse? | | | |
| 6. Can I do Kegel’s in any position? Or is it better to stay with one position repetitions? | | | |
| 7. Can just doing Kegels reduce my prolapse ? | | | |
| 8. Is it safe to do hypopressives in addition to the exercises you have given me? | | | |
| 9. How soon can I go back running? | | | |
| 10. Should I continue with Kegel’s with my hypertonic pelvic floor? | | | |
| Prolapse Questions | | | |
| 11. Is it safe for me to have sex with my prolapse | | | |
| 12. How will you assess my progress? | | | |
| 13. Will my partner know I have a prolapse when we have sex? | | | |
| 14. Which position is it best to have coitus in with a prolapse? | | | |
| 15. What type(s) of prolapse do I have? | | | |
| 16. What grade of prolapse do I have? | | | |
| 17. Will you examine my prolapse in both lying down AND standing positions? | | | |

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| 18. Is it normal I can see a ball like image at the entrance of my vagina? What is it? | | | |
| Bladder & bowel Questions | | | |
| 19. I experience urine leakage when lifting/jumping/coughing/sneezing Can I have a pessary? | | | |
| 20. Are there any devices/techniques/diets I should avoid? | | | |
| 21. Should I look at investing in FODMAPS? | | | |
| 22. Can you suggest a good nutritionist ? | | | |
| 23. I suffer with faecal incontinence, can a pessary help? | | | |
| 24. What can I do about constipation? | | | |
| 25. I only leak when I run, and don’t have prolapse, can I use a pessary for support during sports? | | | |
| Hypermobility Questions | | | |
| 26. I have EDS can I use a pessary? | | | |
| 27. I have hypermobility, which exercises are good for me? | | | |
| Pessary Questions | | | |
| 28. Will a pessary prevent my prolapse from worsening? | | | |
| 29. When should I return for a pessary check up? | | | |
| 30. Can I use a pessary with a hypertonic pelvic floor? | | | |
| 31. Can I have sex with this pessary in? | | | |
| 32. Which lubricant should I use ? | | | |

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| 33. When do I have to remove the pessary? | | | |
| 34. Can I still apply vaginal Oestrogen with my pessary? | | | |
| 35. Can I exercise with the pessary in situ? | | | |
| 36. What should I do, I can't urinate/open bowels properly with this pessary in? | | | |
| 37. Can I use this pessary the same time I'm menstruating? | | | |
| 38. Should I remove the pessary when using an electrical stimulation device | | | |
| 39. Will my insurance cover the pessaries? | | | |
| 40. I've had mesh removed, can I use a pessary? | | | |
| 41. I have IC (Interstitial Cystitis bladder / painful bladder syndrome. Will a pessary help? | | | |
| 42. Will a pessary help my over active bladder (urgency) ? | | | |
| 43. Can I obtain other pessaries which are not on NHS prescription? | | | |
| 44. How soon after delivering my baby can I use a pessary? | | | |
| 45. Can I use a pessary during pregnancy? | | | |
| 46. Which pessary can I use for a vaginal vault? I had a hysterectomy and now have prolapsed again! | | | |
| 47. How do I clean my pessary? | | | |

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| 48. What should I use to clean my pessary? | | | |
| 49. How can I store my pessary ? | | | |
| 50. I’m new to the pessary world, what signs should I be aware of if my body is rejecting the pessary? | | | |

Medication currently on

| Medication | Quantity per day/week | Reason |
|------------|-----------------------|--------|
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