

Anal symptoms questionnaire

You have been referred to a proctology consultation at Máxima MC for further examination. In preparation for your initial consultation, we would appreciate it if you could read the questions below.

Patient sticker

Please tick everything that applies:

Itching	☐ yes	☐ no
Loss of fluid or mucus	☐ yes	☐ no
Bleeding	☐ yes	☐ no
Skin irritation	☐ yes	☐ no
Pain	☐ yes	☐ no
Feeling you need to go to the toilet, but nothing comes out	☐ yes	☐ no
Bloating, as if your intestines are dropping down	☐ yes	☐ no
Difficulty holding your stool (accidents)	☐ yes	☐ no
More difficulty passing stool	☐ yes	☐ no
Do you often spend a long time of the toilet?	☐ yes	☐ no
If yes, do you strain a lot?	☐ yes	☐ no
Do you use wet wipes?	☐ yes	☐ no
Do you have a sedentary job?	☐ yes	☐ no
Are you managing 10,000 steps a day?	☐ yes	☐ no
How many pregnancies have you had?		
How long have you had these symptoms?		

Do you have any allergies? ☐ yes ☐ no

If yes, please specify:

Do you eat between 25 and 30 grams of fibre every day? (This includes pasta, (brown) rice, wholegrain bread and legumes). ☐ yes ☐ no

Do you eat 250 grams of vegetables every day? ☐ yes ☐ no

How many litres of water do you drink in a day, excluding coffee, tea or other drinks?

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Are you taking any pain relief? O yes O no
 If yes, please specify:

Are you taking any medication? O yes O no
 If yes, please specify:

Are you taking any blood-thinning medication? O yes O no
 If yes, please specify:

Has anyone in your family got a gastrointestinal condition? O yes O no
 If yes, please specify:

Are you seeing any other specialists for treatment? O yes O no

Have you ever had a colon examination? O yes O no

Do you feel you can pass stool easily enough? O yes O no

Please fill in the type of stool that resembles yours the most
 (see the Bristol Stool Chart below).

Are you taking anything to pass stool more easily? O yes O no

Have you had any proctology (anal) treatment before? O yes O no

If yes, please specify what and when:

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid