

## Urinary Symptom Questionnaire for Neurogenic Bladder – Intermittent Catheterization (USQNB – IC)

Directions—Under each category, please mark each symptom/s you are experiencing. Fill in the total of each symptom category on page 2. Then, follow the flow chart (page 2) to guide your decision-making for your symptoms.

### ACTIONABLE

- Felt like you had a fever/feverish
- Increase in lower body tone, rigor, or spasticity
- Increase in frequency or increase in discomfort associated with bladder spasms
- Increase or change in quality of pain in the abdomen
- Dizziness
- Headache
- Increase in irritability (non-verbal children)
- Increase in fatigue, lethargy, or weakness (non-verbal children)

\_\_\_\_\_ Total "Actionable" Symptoms

- If one or more symptoms then consider seeking medical attention for assessment of symptoms

### BLADDER

- Increase in burning, irritation, or pain when passing urine
- Increase in burning, irritation, or pain during catheterization
- Increase in incontinence or accidents
- Increase in urinary urgency
- Increase in urine leakage
- Increase in catheterization frequency
- Reduced urine volume during catheterization
- Blood in urine or pink urine

\_\_\_\_\_ Total "Bladder" Symptoms

- If one or more Bladder AND one or more Actionable, then consider seeking medical attention for UTI assessment
- If four or more then consider seeking medical assessment of bladder function
- If one to three and no other symptoms, self-manage + monitor symptoms

### URINE QUALITY

- Bad-smelling, stronger, fouler or more pungent urine
- Dark urine
- Cloudier, milkier, smokier urine or increase in sediment/white discharge

\_\_\_\_\_ Total "Urine Quality" Symptoms

- If one or more and no other symptoms, self manage + monitor symptoms

### CONSTITUTIONAL

- Increase in fatigue, lethargy, or weakness
- Loss of appetite
- General sense of not feeling well
- Altered sleep patterns
- Increase in irritability (verbal children and adults)

\_\_\_\_\_ Total "Constitutional" Symptoms

- If one or more and no other symptoms then monitor and consider seeking medical assessment

### ACHES & PAINS

- Muscle aches
- Increase in positional pain (sitting versus standing versus lying down)
- Increase or change in quality of pain in the lower back
- Increase or change in quality of pain in the legs

\_\_\_\_\_ Total "Aches & Pains" Symptoms

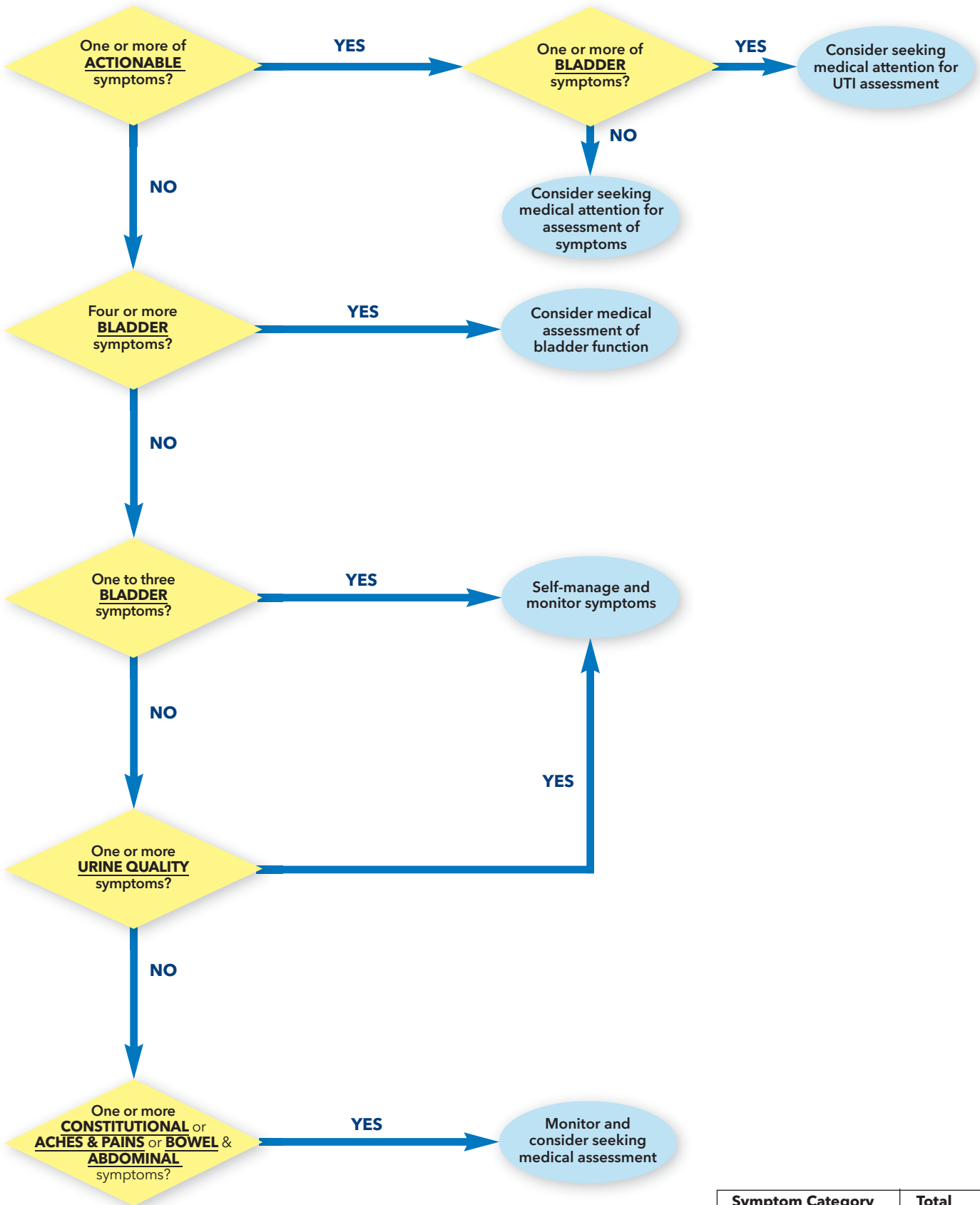
- If one or more and no other symptoms then monitor and consider seeking medical assessment

### BOWEL & ABDOMINAL

- Nausea
- Change in bowel patterns
- Abdominal bloating

\_\_\_\_\_ Total "Bowel & Abdominal" Symptoms

- If one or more and no other symptoms then monitor and consider seeking medical assessment



Symptom Category	Total
Actionable	
Bladder	
Urine Quality	
Constitutional	
Aches & Pains	
Bowel & Abdominal	