

Functional Constipation Score

Use the score below to indicate the severity of your functional constipation:

Frequency: of bowel movements	Score	Time: minutes in lavatory per attempt	Score
1-2 times per 1-2 days	0	Less than 5 minutes	0
2 times a week	1	5-10 minutes	1
Once a week	2	10-20 minutes	2
Less than once a week	3	20-30 minutes	3
Less than once a month	4	More than 30 minutes	4
Difficulty: painful evacuation effort		Assistance: type of assistance	
Never	0	Without assistance	0
Rarely	1	Stimulative laxatives	1
Sometimes	2	Digital assistance or enema	2
Usually	3	Failure: unsuccessful attempts for evacuation per 24 hours	
Always	4	Never	0
Completeness: feeling incomplete evacuation		1-3 attempts	1
Never	0	4-6 attempts	2
Rarely	1	7-9 attempts	3
Sometimes	2	More than 9 attempts	4
Usually	3	History: duration of constipation (years)	
Always	4	0 years	1
Pain: abdominal pain		1-5 years	2
Never	0	6-10 years	3
Rarely	1	11-20 years	4
Sometimes	2	More than 20 years	5
Usually	3		
Always	4		

Patient Score:

A functional constipation score of 13 or higher corresponds to moderate to severe functional constipation.
Peristeen should be prescribed based on clinical judgement and scores are indicative.

Adapted from the Cleveland Constipation Score, Agachan et al, 1996

Ostomy Care / Continence Care / Wound & Skin Care / Urology Care

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