



MESA

PART I: STRESS SYMPTOMS	Never	Rarely	Sometimes	Often
1. Does coughing gently cause you to lose urine?	0	1	2	3
2. Does coughing hard cause you to lose urine?	0	1	2	3
3. Does sneezing cause you to lose urine?	0	1	2	3
4. Does lifting things cause you to lose urine?	0	1	2	3
5. Does bending cause you to lose urine?	0	1	2	3
6. Does laughing cause you to lose urine?	0	1	2	3
7. Does walking briskly or jogging cause you to lose urine?	0	1	2	3
8. Does straining, if you are constipated, cause you to lose urine?	0	1	2	3
9. Does getting up from a sitting to a standing position cause you to lose urine?	0	1	2	3

PART II: URGE SYMPTOMS	Never	Rarely	Sometimes	Often
1. Some women receive very little warning and suddenly find that they are losing, or are about to lose urine beyond their control. How often does this happen to you?	0	1	2	3
2. If you can't find a toilet or find that the toilet is occupied, and you have an urge to urinate, how often do you end up losing urine or wetting yourself?	0	1	2	3
3. Do you lose urine when you suddenly have the feeling that your bladder is very full?	0	1	2	3
4. Does washing your hands cause you to lose urine?	0	1	2	3
5. Does cold weather cause you to lose urine?	0	1	2	3
6. Does drinking cold beverages cause you to lose urine?	0	1	2	3

PGI-S

	Normal	Mild	Moderate	Severe
1. Circle the one number that best describes how your urinary tract condition is now.	1	2	3	4