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
- □ 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

**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
Consider seeking medical attention for assessment of symptoms.

Consider seeking medical assessment for bladder function.

Self-manage and monitor symptoms.

Monitor and consider seeking medical assessment.

<table>
<thead>
<tr>
<th>Symptom Category</th>
<th>Total</th>
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<tbody>
<tr>
<td>Actionable</td>
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<tr>
<td>Bladder</td>
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<tr>
<td>Urine Quality</td>
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<td>Constitutional</td>
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<tr>
<td>Aches &amp; Pains</td>
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<tr>
<td>Bowel &amp; Abdominal</td>
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