The Neurogenic Bowel Dysfunction score – NBD Score

1. How often do you defaecate?
   - Daily (score 0)
   - 2-6 times per week (score 1)
   - Less than once per week (score 6)

2. How much time do you spend on each defaecation?
   - Less than 30 min. (score 0)
   - 31-60 min. (score 3)
   - More than an hour (score 7)

3. Do you experience uneasiness, sweating or headaches during or after defaecation?
   - Yes (score 2)
   - No (score 0)

4. Do you take medication (tablets) to treat constipation?
   - Yes (score 2)
   - No (score 0)

5. Do you take medication (drops or liquid) to treat constipation?
   - Yes (score 2)
   - No (score 0)

6. How often do you use digital evacuation?
   - Less than once per week (score 0)
   - Once or more per week (score 6)

7. How often do you have involuntary defaecation?
   - Daily (score 13)
   - 1-6 times a week (score 7)
   - 3-4 times a month (score 6)
   - A few times a year or less (score 0)

8. Do you take medication to treat faecal incontinence?
   - Yes (score 4)
   - No (score 0)

9. Do you experience uncontrollable flatus?
   - Yes (score 2)
   - No (score 0)

10. Do you have peri-anal skin problems?
    - Yes (score 3)
    - No (score 0)

Total score (between 0 and 47)

General satisfaction
Please mark the scale with a cross (x) to represent your general satisfaction with your bowel management.
(Total dissatisfaction = 0 / Perfect satisfaction = 10)

0 1 2 3 4 5 6 7 8 9 10

Severity of bowel dysfunction
Score 0-6: Very minor
Score 7-9: Minor
Score 10-13: Moderate
Score 14+: Severe