

Date: _____

The Neurogenic Bowel Dysfunction score – NBD Score¹

	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

1. Krogh K, Christensen P, Sabroe S, Laurberg S. Neurogenic bowel dysfunction score. Spinal Cord 2006;44:625-631