

Date: _____

Neurogenic Bowel Dysfunction score¹ - 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

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