

Postpartum Pelvic Floor Health Index (PFHI) – Screening for pelvic health milestones

Circle the answer which best describes you:

- 1 In the past month, have you had leakage of urine? **YES / NO**
- 2 In the past month, have you had leakage of stool? **YES / NO**
- 3 In the past month, have you had leakage of gas from your rectum? **YES / NO**
- 4 In the past month, have you had a ball or bulge of tissue that you can see or feel falling out of your vagina? **YES / NO**
- 5 In the past month, have you had pain on the outside of your vagina, or between vaginal and anal openings? **YES / NO**
- 6 In the past month, have you had pain inside your vagina? **YES / NO**
- 7 In the past month, have you had pain during sexual intercourse? **YES / NO / NOT SEXUALLY ACTIVE***



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| <p>8 In the past month, have you had decreasing sensation in your genital area during sexual intercourse?</p> | <p>YES / NO /
NOT SEXUALLY
ACTIVE*</p> |
| <p>9 In the past month, have you had decreasing sense of attractiveness in your genital area?</p> | <p>YES / NO /
NOT SEXUALLY
ACTIVE*</p> |
| <p>10 In the past month, have you had avoidance of intimate situations or sexual activity with your partner?</p> | <p>YES / NO</p> |

**If you respond both YES and NOT SEXUALLY ACTIVE, lack of sexual activity can be interpreted as a direct consequence of pain, decreasing sensation or decreasing sense of attractiveness respectively.*

If you respond both NO and NOT SEXUALLY ACTIVE, lack of sexual activity can be interpreted as caused by different reasons. This questionnaire captures sexual difficulties due to pelvic floor issues, and does not address other issues that may impact sexual activities.

**Scoring: YES/NOT SEXUALLY ACTIVE=0; NO=1;
Score of 10/10 is return to optimal pelvic floor health postpartum**

If you answer NO on all the questions, this gives you a score of 10/10 indicating return to optimal pelvic floor health 6 months postpartum or beyond. You may choose to continue [Kegel's exercises](#) to maintain your pelvic floor strength and function.

A score of less than 10/10 indicates that your pelvic floor functioning has not returned to baseline in the postpartum period. We would encourage you to speak to your family doctor for a referral to a pelvic floor health specialist (e.g. pelvic floor physiotherapist, sexual health counsellor, and/or urogynecologist).

