

Altomare Obstructed Defaecation Syndrome (ODS) Score

Score	0	1	2	3	4
Average time spent on the toilet	<5 min	6-10 min	11-20 min	21-30 min	>30 min
Number of defecation attempts per day	1	2	3-4	5-6	>6
Perianal, anal, vaginal suppression	Never	>1 month	<1 week	1 per week	Every day in a week
Use of laxatives	Never	>1 month	<1 week	1 per week	Every day in a week
Use of enemas	Never	>1 month	<1 week	1 per week	Every day in a week
Insufficient, repeated defecation	Never	>1 month	<1 week	1 per week	Every day in a week
Straining at defecation	Never	<25%	<50%	<75%	100%
Stool consistency	Soft	Solid	Solid and little in amount	Development of fecaloma	

A score of ≥ 9 is widely accepted as diagnostic for ODS