

NBD score – The Neurogenic Bowel Dysfunction score¹

Dear Colleague,

We are pleased to offer you a symptom-based tool, the Neurogenic Bowel Dysfunction (NBD) score, a validated questionnaire to assess the impact of colorectal symptoms on patients' quality of life.¹

The questionnaire could help identify those people who may benefit from using Peristeen® for transanal irrigation. The NBD score may also be useful to assess any change in the persons condition when tested 2–3 months after the initiation of irrigation. This in turn could improve patient adherence to treatment.

This questionnaire is simple and can be self-administered by individual patients. It contains 10 questions; giving a total score of between 0 and 47, corresponding to the severity of colorectal disorders. A score ≥ 10 corresponds to moderate to severe bowel dysfunction and would justify the use of Peristeen.

Date: _____ Name: _____ DOB: _____

	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