

Agachan, F., Chen, T., Pfeifer, J., Reissman, P., & Wexner, S.D. (1996). A constipation scoring system to simplify evaluation and management of constipated patients. *Diseases of the Colon and Rectum*, 39, 681–685.

**Headache Research Report**

**APPENDIX M**

**Constipation Scoring System**  
(Agachan et al., 1996)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Frequency of bowel movements**

- 0 1-2 times per 1-2 days
- 1 2 times per week
- 2 Once per week
- 3 Less than once per week
- 4 Less than once per month

**Time: minutes in lavatory per attempt**

- 0 Less than 5
- 1 5-10
- 2 10-20
- 3 20-30
- 4 More than 30

**Difficulty: painful evacuation effort**

- 0 Never
- 1 Rarely
- 2 Sometimes
- 3 Usually
- 4 Always

**Assistance: type of assistance**

- 0 Without assistance
- 1 Stimulative laxatives
- 2 Digital assistance or enema

**Completeness: feeling incomplete evacuation**

- 0 Never
- 1 Rarely
- 2 Sometimes
- 3 Usually
- 4 Always

**Failure: unsuccessful attempts for evacuation per 24 hours**

- 0 Never
- 1 1-3
- 2 3-6
- 3 6-9
- 4 More than 9

**Pain: abdominal pain**

- 0 Never
- 1 Rarely
- 2 Sometimes
- 3 Usually
- 4 Always

**History: duration of constipation (yr)**

- 1 0
- 2 1-5
- 3 5-10
- 4 10-20
- 5 More than 20

TOTAL SCORE: \_\_\_\_\_

(Minimum Score, 0; Maximum Score, 30)

<b>Vrije vertaling: Constipation Scoring System</b> (Agachan et al., 1996)	
Naam :	Datum:
<b>Frequentie van de stoelgang</b>	<b>tijd: minuten op het toilet per poging</b>
0 1-2 keer per 1-2 dagen	0 Minder dan 5
1 2 keer per week	1 5-10
2 1 keer per week	2 10-20
3 Minder dan 1 keer per week	3 20-30
4 Minder dan 1 keer per maand	4 Meer dan 30
<b>Moeilijkheid: pijnlijke defecatiepogingen</b>	<b>Hulp: type hulp</b>
0 Nooit	0 Zonder hulp
1 Zelden	1 Laxeermiddelen
2 Soms	2 Digitale hulp of lavement
3 Meestal	
4 Altijd	
<b>Grondigheid: gevoel van een volledige lediging</b>	<b>Gebrekkigheid: onsuccesvolle uitscheidingspogingen per 24u</b>
0 Nooit	0 Nooit
1 Zelden	1 1-3
2 Soms	2 3-6
3 Meestal	3 6-9
4 Altijd	4 Meer dan 9
<b>Pijn: buikpijn</b>	<b>Geschiedenis: duur van de constipatie (jaar)</b>
0 Nooit	1 0
1 Zelden	2 1-5
2 Soms	3 5-10
3 Meestal	4 10-20
4 Altijd	5 Meer dan 20
	TOTALE SCORE: _____ (minimum 0; maximum 30)