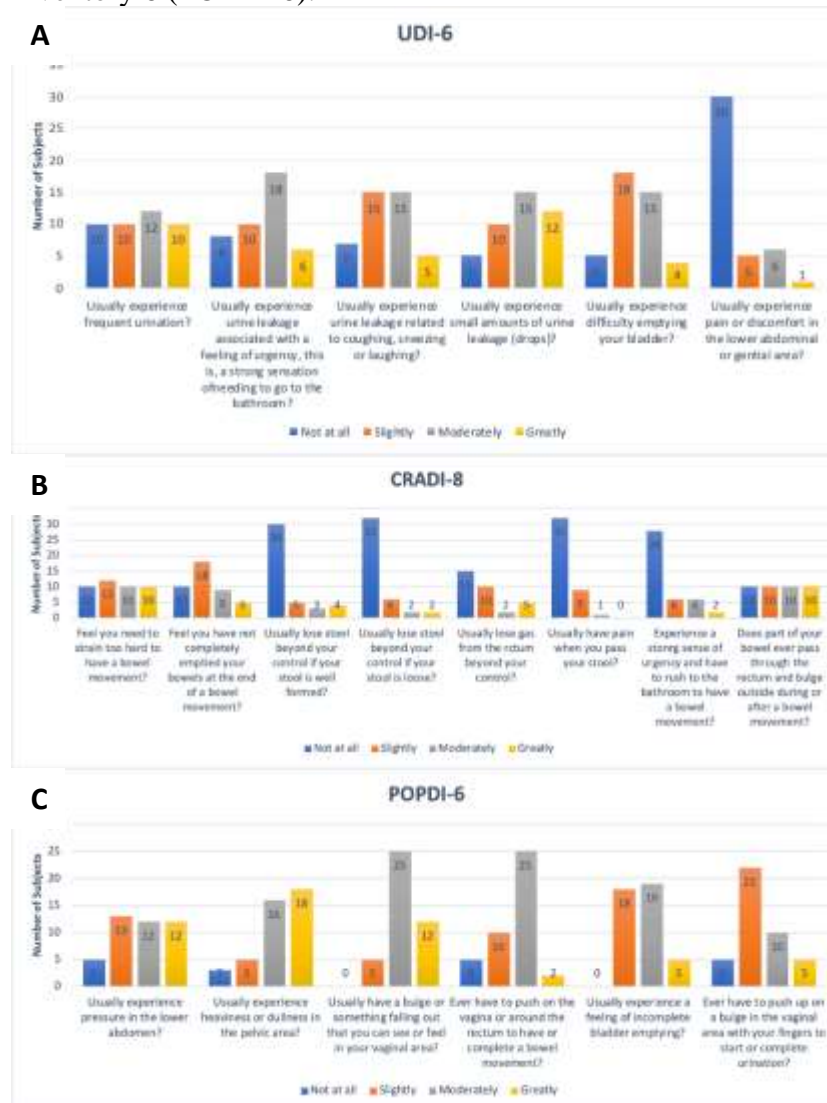


APPENDIX

Supplementary Fig. 1. Distribution of pelvic organ prolapse (POP) symptoms across a cohort of 42 women completing the (A) Urogenital Distress Inventory 6 (UDI-6); (B) Colorectal Anal Distress Inventory 8 (CRADI-8); and (C) Pelvic Organ Prolapse Distress Inventory 6 (POPDI-6).



Supplementary Table 1. Pelvic Floor Distress Inventory 20					
Subscale	Degree of bother				
	Do you experience, and if so, how much are you bothered by:				
		Not at all	Slightly	Moderately	Greatly
UDI-6					
	Usually experience frequent urination?	10	10	12	10
	Usually experience urine leakage associated with a feeling of urgency, that is, a strong sensation of needing to go to the bathroom?	8	10	18	6
	Usually experience urine leakage related to coughing, sneezing, or laughing?	7	15	15	5
	Usually experience small amounts of urine leakage (drops)?	5	10	15	12
	Usually experience difficulty emptying your bladder?	5	18	15	4
	Usually experience pain or discomfort in the lower abdominal or genital area?	30	5	6	1
CRADI-8					
	Feel you need to strain too hard to have a bowel movement?	10	12	10	10
	Feel you have not completely emptied your bowel at the end of a bowel movement?	10	18	9	5
	Usually lose stool beyond your control if your stool is well-formed?	30	5	3	4
	Usually lose stool beyond your control if your stool is loose?	32	6	2	2
	Usually lose gas from	15	10	2	5

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	the rectum beyond your control?				
	Do you usually have pain when you pass your stool?	32	9	1	0
	Experience a strong sense of urgency and have to rush to the bathroom to have a bowel movement?	28	6	6	2
	Does part of your bowel ever pass through the rectum and bulge outside during or after a bowel movement?	10	10	12	10
POPDI-6	Symptoms	Not at all	Somewhat	Moderately	Quite a bit
	Usually experience pressure in the lower abdomen?	5	13	12	12
	Usually experience heaviness or dullness in the pelvic area?	3	5	16	18
	Usually have a bulge or something falling out that you can see or feel in your vaginal area?	0	5	25	12
	Ever have to push on the vagina or around the rectum to have or complete a bowel movement?	5	10	25	2
	Usually experience a feeling of incomplete bladder emptying?	0	18	19	5
	Ever have to push up on a bulge in the vaginal area with your fingers to start or complete urination?	5	22	10	5

CRADI-8: Colorectal Anal Distress Inventory 8; POPDI-6: Pelvic Organ Prolapse Distress Inventory 6; UDI-6: Urogenital Distress Inventory 6.