

## LOW ANTERIOR RESECTION SYNDROME (LARS) SCORE

The aim of this questionnaire is to assess your bowel function after rectal surgery. Please tick only one box for each question. It may be difficult to select only one answer, as we know that for some patient's symptoms vary from day to day. We would kindly ask you to choose one answer which best describes your daily life. If you have recently had an infection affecting your bowel function, please do not take this into account and focus on answering questions to reflect your usual daily bowel function.

**1. Do you ever have occasions when you cannot control your flatus (wind)?**

- No, never (0)
- Yes, less than once per week (4)
- Yes, at least once per week (7)

**2. Do you ever have any accidental leakage of liquid stool?**

- No, never (0)
- Yes, less than once per week (3)
- Yes, at least once per week (3)

**3. How often do you open your bowels?**

- More than 7 times per day (24 hours) (4)
- 4-7 times per day (24 hours) (2)
- 1-3 times per day (24 hours) (0)
- Less than once per day (24 hours) (5)

**4. Do you ever have to open your bowels again within one hour of the last bowel opening?**

- No, never (0)
- Yes, less than once per week (9)
- Yes, at least once per week (11)

**5. Do you ever have such a strong urge to open your bowels that you have to rush to the toilet?**

- No, never (0)
- Yes, less than once per week (11)
- Yes, at least once per week (16)

**Scoring Instructions:** Add the scores from each 5 answers to one final score.

**Total Score :** .....

**Interpretation:**      **0-20** No LARS      **21-29** Minor LARS      **30-42** Major LARS

Talk to your healthcare provider about your symptoms and what is most bothersome for you

**References:**

Emmertsen & Laurberg, Annals of Surgery, Vol. 255, Number 5, May 2012  
Juil et al. Colorectal Dis., Volume 17, number 10, Oct 2015