

## Appendix 1. Questionnaire to Measure Bidet Use\*

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- 1) Did you have easy access to a bidet toilet immediately before or during pregnancy? (Multiple choice)
    - 1 No
    - 2 Yes, at home
    - 3 Yes, at work
    - 4 Yes, at other places where I frequently used the bathroom
    - 5 I don't know, I don't remember
  
  - 2) Did you (regularly) use a bidet toilet immediately before or during pregnancy?
    - 1 Yes, I did
    - 2 No, I did not use it at all
    - 3 I don't know, I don't remember
  
  - 3) How long before giving birth did you first start using a bidet toilet?
    - 1 Less than one year
    - 2 Between one and three years
    - 3 Between three and five years
    - 4 More than 5 years
  
  - 4) Why did you initially start using a bidet toilet? (Multiple choice)
    - 1 Bidet toilets became accessible due to purchase or construction of a new house, moving, or installation into workplace toilet.
    - 2 Family and friends recommended it.
    - 3 To relieve constipation
    - 4 To alleviate symptoms of hemorrhoid
    - 5 To alleviate menstrual discomfort
    - 6 To alleviate other gynecological symptoms (itchiness, odor, discharge, etc)
    - 7 I thought it would be beneficial for the pregnancy
    - 8 I thought it is more sanitary and comfortable
    - 9 Other
  
  - 5) How frequently did you use the "rear cleansing" mode, when using a bidet toilet immediately before or during pregnancy?
    - 1 More than 3 times a day
    - 2 1 or 2 times a day
    - 3 Once every 2 to 3 days
    - 4 Once every 4 to 7 days

Asakura K, Nakano M, Yamada M, Takahashi K, Sueoka K, and Omae K. Effect of bidet toilet use on preterm birth and vaginal flora in pregnant women. *Obstet Gynecol* 2013;121.

The authors provided this information as a supplement to their article.

- 5 Less than 2 or 3 times a month
  - 6 None
  - 7 I don't know
- 6) On average, what was the duration per use of the "rear cleansing" mode, when using a bidet toilet immediately before or during pregnancy?
- 1 More than 2 minutes
  - 2 Between 1 and 2 minutes
  - 3 Between 30 seconds and 1 minute
  - 4 Between 15 and 30 seconds
  - 5 Less than 15 seconds
  - 6 I don't know
- 7) What was the water pressure setting for the "anal cleansing" mode, when using a bidet toilet immediately before or during pregnancy?
- 1 Very strong
  - 2 Strong
  - 3 Medium
  - 4 Weak
  - 5 Very weak
  - 6 I don't know, I didn't have a preferred setting
- 8) How frequently did you use the "frontal cleansing" mode, when using a bidet toilet immediately before or during pregnancy?
- 1 More than 3 times a day
  - 2 1 or 2 times a day
  - 3 Once every 2 to 3 days
  - 4 Once every 4 to 7 days
  - 5 Less than 2 or 3 times a month
  - 6 None
  - 7 I don't know
- 9) On average, what was the duration per use of the "frontal cleansing" mode, when using a bidet toilet immediately before or during pregnancy?
- 1 More than 2 minutes
  - 2 Between 1 and 2 minutes
  - 3 Between 30 seconds and 1 minute
  - 4 Between 15 and 30 seconds
  - 5 Less than 15 seconds

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6 I don't know

10) What was the water pressure setting for the "frontal cleansing" mode, when using a bidet toilet immediately before or during pregnancy?

1 Very strong

2 Strong

3 Medium

4 Weak

5 Very weak

6 I don't know, I didn't have a preferred setting

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\*The questionnaire actually used in the survey was written in Japanese.

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