

Urine storage problems usually happen when the bladder muscle that squeezes out urine becomes overactive.

Actions

- Tell your doctor about your symptoms.
- Do not limit liquids unless instructed by your doctor.
- Drink six to eight full glasses of fluid each day.
- Water is best. This helps flush out the bladder.
- Take a bathroom break every two hours. This will help reduce stress on your bladder.
- It might also help limit your anxiety about unexpected trips to the bathroom.
- Avoid alcoholic, caffeinated or diet drinks. These can irritate the bladder.
- Drink most fluids early in the day. Drink fewer fluids before bed time.



- Pressure or cramps in the back or lower belly
- Urge to urinate more often than usual

Actions

- Call your doctor if you have any of these symptoms.
- If you have a UTI, your doctor will likely prescribe antibiotics.
- You should finish the antibiotic prescription even if you start to feel better, unless your doctor instructs otherwise.
- If you stop taking your antibiotic earlier than prescribed, symptoms might return because the infection was not successfully treated.

Resource

- ❖ National Multiple Sclerosis Society
<https://www.nationalmssociety.org/>
- ❖ Up-to-date
<https://www.uptodate.com/login>



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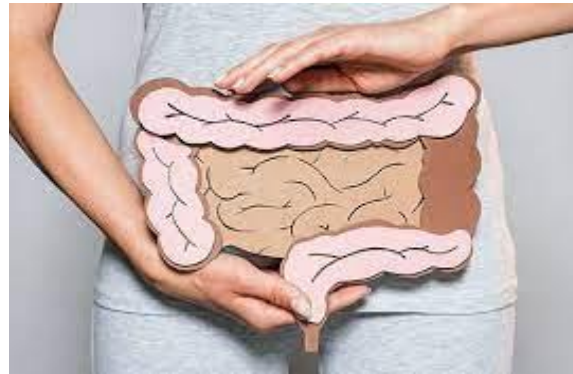


Bladder problems

Storing and releasing urine are complex tasks regulated by the nervous system. MS can damage nerves that control these actions. This can cause a condition called neurogenic bladder.



- ❑ Ask your doctor about fiber supplements, laxatives, stool softeners or other products, if needed.



Stool incontinence

Stool incontinence is being unable to control when solid waste passes out of the body. It can be caused by several things, including:

- Constipation that results in stool overflow
- Decreased rectal sensation
- Diet
- Medications

You can take steps to ease stool incontinence:

- ❖ Avoid alcohol, caffeine and other foods that might irritate the bowel.
- ❖ Go to the bathroom at the same time each day.
- ❖ This can train your bowels to be more regular.

Constipation

Constipation is having three or fewer bowel movements per week or having a hard time passing stool. You can take some

steps to avoid constipation:

- ❑ Drink eight to 10 glasses of fluids a day. Do not limit liquids unless instructed by your doctor. Limiting liquids can make constipation worse.
- ❑ Eat a high-fiber diet. This includes fruits, vegetables, cereals and whole grains. Ask your doctor how much fiber you should get each day.
- ❑ Exercise regularly. This will help stimulate your bowels.
- ❑ Go to the bathroom at the same time each day. This can help train your bowels to be more regular.

- ❖ Ask your doctor about drugs to help prevent stool incontinence.



Urinary tract infection (UTI)

Anyone can develop a UTI. But it is more common in those who are not able to fully empty their bladders.

Urine that stays in the bladder for a long time can breed bacteria. This can lead to infection. UTIs can cause pseudo-relapses. They usually get better after the UTI has been treated.

Symptoms of a UTI can include:

- Cloudy or bloody urine with a strong smell
- Low fever
- Pain or burning with urination