



Questions to Ask Yourself about Your Bladder Health

Since first being diagnosed with MS or having neurologic symptoms:

- Am I frequently getting up more than one time a night to urinate?
- Am I urinating more frequently during the day than I used to?
- Do I feel an urgency to get to the toilet right away in order to avoid having an accident?
- Am I finding it more difficult to start urinating when I get to the toilet?
- Do I feel as though my bladder isn't completely empty when I've finished urinating?
- Am I having urinary leakage or accidents?
- Do I experience frequent or recurrent urinary tract infections?
- Am I using pads or any other strategies to protect my clothing from urinary leakage?
- Am I limiting the amount of fluids I drink because I worry about having to urinate frequently?
- Am I planning my daily activities around my bladder symptoms?
- Do my bladder symptoms keep me from doing what I enjoy?
- If I had to spend the rest of my life with my bladder behaving the way it does now, would I be unhappy?

For more information about bladder and MS visit:

nationalMSSociety.org/PRC(clinicians) or
nationalMSSociety.org/bladder (people living with MS)