

## How do I know if I'm experiencing bladder problems?

An MS diagnosis can be overwhelming, and you may be experiencing lots of changes to your body – some linked to MS directly, others because of worry or anxiety.

However, it's important you pay attention to your body and get the help and support you need and deserve. Have a think about the following questions and if you answer yes to any, you may wish to discuss further with your MS nurse.

- **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?**
- **Do I experience frequent or recurrent urinary tract infections?**
- **Am I having bladder accidents, perhaps when walking, exercising or resting?**
- **Do I make it to the toilet in time (or just about)?**
- **Am I waking lots at night to pee?**
- **Has my urine flow and/or sensation become weaker?**
- **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 pee frequently?**
- **Am I planning my daily activities around my bladder symptoms?**
- **Do my bladder symptoms keep me from doing what I enjoy?**