

Bladder issues in multiple sclerosis

—
Can you spot
the signs
of a bladder
dysfunction?

Gullborg
Living with MS



Kristoffer
Living with MS



Did you know that more than 3 in 4 people living with MS **are affected by continence challenges** at some point in their life?¹

—
Recognise your bladder symptoms
It can be challenging to recognise your bladder issues.

Sometimes, people normalise their bladder's behaviour or don't notice how many times they are using the toilet.



"My bladder problems started with me going to the toilet too late. Or having to go to the toilet, but nothing would happen. First, it was only now and again. But it kept getting worse, and soon it wasn't manageable anymore."

Marianne | Living with MS

Bladder **issues** within MS

Multiple sclerosis causes damage to the nervous system and can interfere with a wide range of bodily functions. Your bladder functions may be particularly susceptible to disruption.²

There are 3 main bladder dysfunctions within MS:

1. Bladder overactivity³
2. Urinary retention³
3. Detrusor sphincter dyssynergia (DSD)³

How may my bladder **behave differently?**

If MS damages the myelin sheaths that protect your nerves, signals between the brain and bladder can be corrupted and you may experience bladder issues.²

Does my bladder **behave normally?**

There are several tell-tale signs to look out for if you think your MS is affecting your bladder.

On the following pages you will find some questions you may want to ask yourself.



"I was told that I might experience bladder problems at some point. But no one explained what form they could take or what could be done about it."

Michael | Living with MS

1. Bladder overactivity³

Some form of bladder overactivity or inability to store urine in the bladder is found in more than half of people living with MS.



"I was going to the bathroom about 30 times a day... maybe more."

Liselotte | Living with MS



How your bladder may behave differently

Communication between the nerves and bladder can be disrupted, meaning the bladder may contract even when it is not full.

This can cause feelings of urgency, leakage, or urinary leakage even before reaching the toilet.¹



Does your bladder behave normally?

You may want to ask yourself:

- Does the number of times I have to urinate each day impact my daily life?²
- Am I needing to urinate more and more often?²
- On a typical night, do I have to get up more than once to urinate?²
- Do I sometimes not reach the toilet in time to urinate?⁵

2. Urinary retention³

Some bladders do not fully empty, even after going to the bathroom. When living with MS, 1 in 5 people find their bladder retains urine.



"If I had to explain to someone how it feels when your bladder retains urine, I would say it's like feeling you need to go to the toilet all the time, but when you do, nothing happens."

Sarah | Living with MS



How your bladder may behave differently

Urinary retention occurs when the bladder muscle does not contract properly after signals from the brain, meaning the bladder does not completely empty.

Stale urine left behind in the bladder can allow bacteria to multiply and this can result in urinary tract infections.⁴



Does your bladder behave normally?

You may want to ask yourself:

- Do I often feel the need to urinate, but am unable to go?²
- Do I experience a weak urine flow?²
- Do I get urinary tract infections?⁵
- Do I often need the toilet or pass urine more than 13 times per day?⁵

3. Detrusor sphincter dyssynergia (DSD)³

Sometimes, MS affects the coordination of the voluntary and involuntary bladder functions and can lead to hesitancy or an interrupted stream when passing urine, or incomplete bladder emptying. 1 in 4 people living with MS have DSD.



"I'd be sitting in front of the TV trying to watch a movie, and I had to constantly get up to go to the toilet, but I wouldn't be able to go."

Laura | Living with MS



How your bladder may behave differently

Sometimes the detrusor muscle found in the bladder wall does not contract at the same time the urinary sphincter muscles relax.

Just like how the valve of a tap can prevent water from flowing even when there is pressure, a closed sphincter will prevent urine leaving the bladder despite the detrusor muscle's contractions.



Does your bladder behave normally?

If you live with DSD, your bladder may show signs of both overactivity and retention.

Where can I get help?

Always reach out to a healthcare professional to receive medical advice about your bladder issues.

You may choose to fill out a bladder diary to track your bladder's behaviour and use this to open up a dialogue with your nurse or doctor.



Download your bladder diary (QR)

1. Uccelli M M. MS in focus. Multiple sclerosis international federation; July 2014.
2. Bates D, Burks J, Globe B, et al. Development of a short form and scoring algorithm from the validated actionable bladder symptom screening tool. BMC Neurology. 2013;13(78).
3. Kalsi V, Fowler C J. Therapy Insight: bladder dysfunction associated with multiple sclerosis. Nature Clinical Practice. Urology. 2005;2(10):492-501.
4. Holland N J. Urinary Dysfunction and MS. National Multiple Sclerosis Society; 2016.
5. Domurath B, Kurze I, Kirschner-Hermanns R, et al. Neurourological assessment in people with multiple sclerosis (MS): a new evaluated algorithm. Multiple sclerosis and related disorders. 2020;44(102248):1-8.



Get support from Coloplast Care

Coloplast Care is a free support programme comprised of phone support, emails, and online resources, all designed so you are best informed about continence issues and solutions when living with MS.

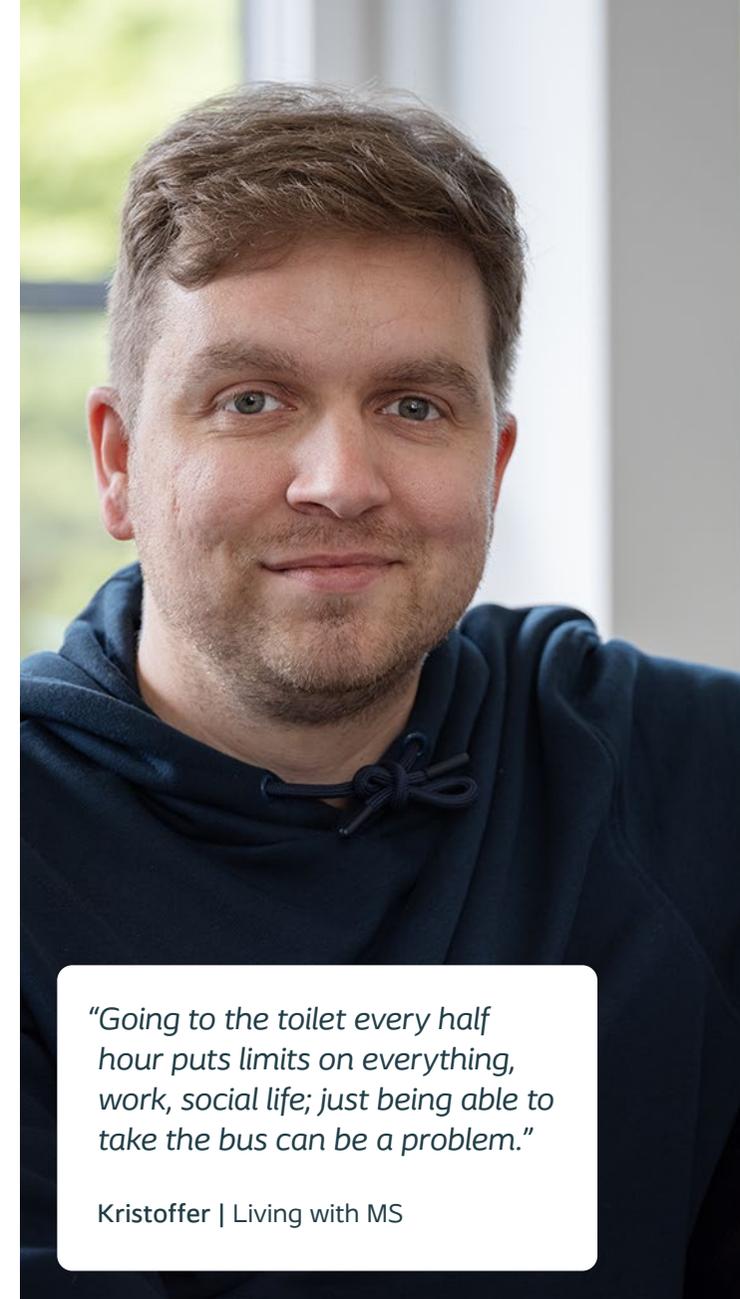
Our Care Advisors are trained to support you with questions you may have about your bladder issues and treatment options. Contact us today on **XXX** or reach out via **XXX**.

Further information about MS and associated bladder issues can be found on our website:

www.coloplast.com/MS



Sign up to Coloplast Care to receive our personalised support



"Going to the toilet every half hour puts limits on everything, work, social life; just being able to take the bus can be a problem."

Kristoffer | Living with MS