

# MS bladder checklist



Answer these questions to help your doctor or nurse work out what's causing your bladder problem. If you're not sure, tick 'Don't know'.

|                                                                                    | Yes | No | Don't know |
|------------------------------------------------------------------------------------|-----|----|------------|
| Do you need to pee so often that it affects your daily routine?                    |     |    |            |
| Do you usually need to pee more than once a night?                                 |     |    |            |
| Do you often feel the need to rush to the toilet to pee?                           |     |    |            |
| In the last six months have you leaked pee because you urgently needed the toilet? |     |    |            |
| Do you leak pee when doing things like walking, sneezing, coughing or standing?    |     |    |            |
| Is it hard for you to start to pee?                                                |     |    |            |
| When you go to the toilet is your stream of pee weak?                              |     |    |            |
| After a pee do you feel you need to go again soon afterwards?                      |     |    |            |

**Have you said 'yes' to any of these questions? Then mention your symptoms to your GP, bladder or MS nurse or neurologist.** They can get you help with your problem. Tell them if you've had antibiotics for a bladder infection in the last six months.

For information and support with bladder problems contact our Help Hub on **0808 800 8000** or search **mssociety.org.uk** for 'bladder'.

## BK40

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