



Toward Optimized Practice

NAME: _____

FAMILY DOCTOR: _____

PHONE: _____

NEUROLOGIST OR MS OFFICE: _____

PHONE: _____

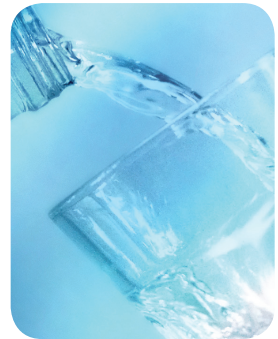
This **Multiple Sclerosis: My Bladder Management Action Plan** will help you recognize early signs of bladder problems and take the appropriate steps to prevent or, if need be, treat possible bladder infection.

TIPS FOR BLADDER HEALTH

- Drink enough water or clear fluids to keep your urine lightly coloured or clear. Cranberry products (including juice) may be helpful for some.
- Decrease or avoid caffeine and smoking (which may irritate your bladder and increase symptoms).
- Pay attention to your bowel habits. Being constipated can make it harder to empty your bladder completely.

Some people also find it helpful to:

- Decrease or avoid acidic or spicy foods, alcohol and artificial sweeteners.
- Empty the bladder regularly and take the time to empty it completely.



RECOGNIZING AND TREATING POSSIBLE BLADDER INFECTIONS

People with MS may normally have some of the following symptoms. Pay attention to new or worsening symptoms. Use the following checkboxes to help track your symptoms.

SYMPTOMS OF POSSIBLE BLADDER INFECTION:

- | | |
|--|---|
| <input type="checkbox"/> Increased urinary frequency (you feel the urge to urinate/pee more often) | <input type="checkbox"/> Blood in the urine |
| <input type="checkbox"/> Incontinent of urine (dripping) | <input type="checkbox"/> Fever |
| <input type="checkbox"/> Burning, bladder spasms or pain on urination | <input type="checkbox"/> Decreased appetite or energy |
| <input type="checkbox"/> Increasing pain in low back or low abdomen | <input type="checkbox"/> More stiffness or spasms in any muscles |
| | <input type="checkbox"/> Increasing mental fogginess or confusion |

Some people also report:

- Foul smelling urine
- Sand-like material (sediment) in urine
- Very cloudy urine

Multiple Sclerosis: My Bladder Management Action Plan

If symptoms are new or worsening, activate Plan A or B:

PLAN A

If your family doctor has given you a urine collection container and a prescription for antibiotics “just in case” of a bladder infection:



PLAN B



NOTE: If within 24 hours of starting the antibiotics your symptoms are worsening, seek medical advice immediately.

Ask someone to take you to an urgent care or emergency centre if you have one or more of the following symptoms:

- Temperature is above 39.5° C
- Trembling uncontrollably/having chills
- Increasing mental foginess or confusion
- Moderate to severe pain in low back or low abdomen

Be sure to notify staff immediately that you have MS

Signed:

PATIENT: _____ FAMILY DOCTOR: _____

FAMILY CLINIC CONTACT: _____ DATE: _____
(NURSE, RECEPTIONIST)

For the complete guideline, *Multiple Sclerosis & Management of Urinary Tract Infection*, refer to the TOP website:
www.topalbertadoctors.org

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