

HOW DOES MS AFFECT THE BLADDER AND BOWEL?

A complete guide with questionnaires on bladder and bowel dysfunction following an MS diagnosis.



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Multiple sclerosis (MS) impacts all individuals differently, but a common problem for many are issues with bladder and bowel function. The problems may be worse during some periods, and easier during others, depending on your disease progression. But even a small amount of residual urine (or certain bowel problems) can lead to urinary tract infections that in turn could worsen the MS symptoms. And for those suffering from bowel leakage, it can feel like it controls your entire life.

There is help to get!

Intermittent catheterization (IC)

Intermittent catheterization (IC) is an effective way of emptying the bladder if you have problems storing or emptying urine. It is safe and convenient and normally doesn't take longer time than going to the toilet for regular urination.

Intermittent catheterization with LoFric:



Lets you empty your bladder yourself in an convenient, quick and safe way.



It prevents residual urine, reducing the risk of urinary tract infections and worsening of symptoms.



Gives you control over your bladder, so that you don't have to worry about leakage.



BLADDER QUESTIONNAIRE

Select the option that best describes your bladder symptoms and discuss the results with your HCP.

1. How many times during a day do you, on average, visit the toilet for the purpose of urinating?

- 1-6 times
- 7-10 times
- More than 10 times

2. How many times do you wake up at night because you need to urinate?

- None
- Once
- Twice
- 3 times
- 4 times or more

3. How often do you experience urine leakage?

- Never
- Once per week or less
- 2-3 times per week
- Once a day
- Several times a day

4. Do you experience urine leakage during physical activity, for example during exercise, when you run, cough or sneeze?

- Yes
- No

5. Do you experience urine leakage after feeling an urge, but don't make it in time? regularly?

- Never
- Yes, sometimes
- Yes, most of the time
- Yes, always

6. Do you experience urine leakage when sleeping?

- Yes
- No

7. Can you, by pinching, interrupt the stream of urine?

- Yes
- No

8. Do you use sanitary napkins or pads?

- Never
- Yes, sometimes
- Yes, most of the time
- Yes, always

9. Do you have trouble starting to urinate after you have felt an urge and have reached the toilet?

- Never
- Yes, sometimes
- Yes, most of the time
- Yes, always

10. Do you experience unintended interruptions in urine flow while urinating?

- Never
- Yes, sometimes
- Yes, most of the time

11. Have you suffered from a urinary tract infection in the past 12 months?

- No
- Yes, 1-2 times
- Yes, 3 or more times





Transanal irrigation (TAI)

Bowel irrigation, also known as Transanal irrigation (TAI), is a safe and effective treatment to bowel problems that you can perform at home. It improves symptoms of constipation and reduces bowel leakage.

Bowel irrigation with Navina irrigation system:



Lets you take control of your bowel and allows you to choose a time and place to empty your bowel that suits you and your life.



Reduces the time you need to spend caring for your bowel, giving more time for life.

THE NEUROGENIC BOWEL DYSFUNCTION SCORE¹

Select the option that best describes your bowel symptoms and discuss the results with your HCP.

1. How often do you open your bowels?

- Daily (0)
- 1-6 times every week (1)
- Less than once a week (6)

2. How long does your bowel care routine take?

- 0-30 min (0)
- 31-60 min (3)
- More than one hour (7)

3. Do you have a feeling of uneasiness, headache or sweating during your bowel care?

- No (0)
- Yes (2)

4. Do you take tablets for constipation regularly? This includes medicine taken through the mouth only.

- No (0)
- Yes (2)

5. Do you take liquid medicine for constipation regularly? This includes medicine taken through the mouth only.

- No (0)
- Yes (2)

6. How often do you use a finger to open or empty your bowel?

- Less than once a week (0)
- Once or more every week (6)

7. How often do you have bowel accidents?

- Less than once every month (0)
- 1-4 times every month (6)
- 1-6 times every week (7)
- Daily (13)

8. Do you use medication to prevent bowel accidents?

- No (0)
- Yes (4)

9. Do you pass wind without control?

- No (0)
- Yes (2)

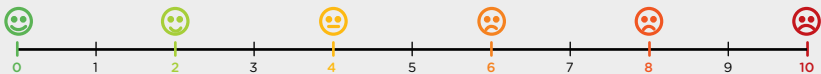
10. Is there a problem with the skin around your backpassage?

- No (0)
- Yes (3)

Severity of bowel dysfunction				Total score :
0-6	Very minor	10-13	Moderate	
7-9	Minor	14 -	Severe	

General satisfaction

Please mark the scale with a cross (x) to represent your general satisfaction with your bowel management. (Perfect satisfaction = 0 / Total dissatisfaction = 10)



1. Neurogenic bowel dysfunction score.
K Krogh et al. Neurogenic bowel dysfunction score. Spinal Cord (2006).

At Wellspect we develop innovative continence care solutions that improve quality of life for people with bladder and bowel problems. We inspire our users to build self-confidence and independence as well as good health and well-being. We have been leading the industry for over 40 years with our product brands LoFric® and Navina™. We always aim to minimize the environmental impact of our products and passionately strive to become climate neutral. We work together with users and healthcare professionals to improve clinical outcome in a sustainable way, now and for the future.

Wellspect. A Real Difference.

For more information about our products and services, please visit [Wellspect.com](https://www.wellspect.com). Join the conversation on LinkedIn, Twitter, Facebook and Instagram.

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