

# Helpful Strategies

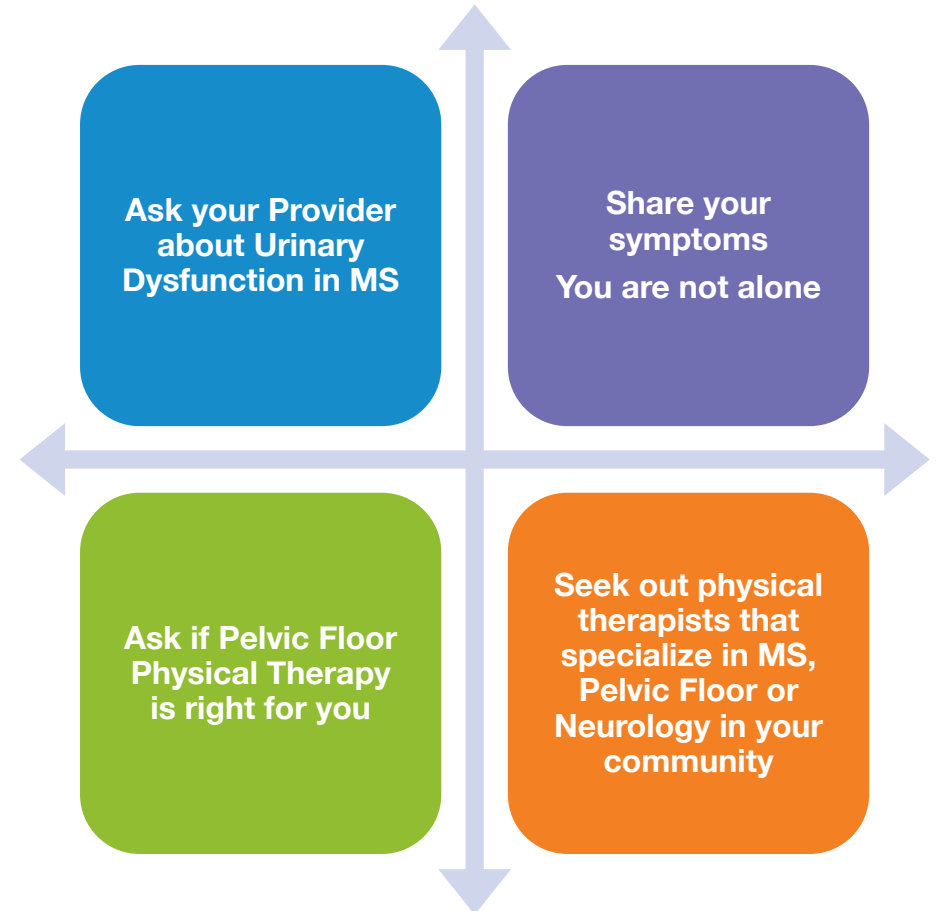
## Urinary Issues & Multiple Sclerosis Information for Patients and Families

- **Avoid common bladder irritants:**



Alcoholic or carbonated beverages  
Coffee and tea (also decaffeinated)  
Some fruit & sugar  
Tomatoes and tomato juice  
For a complete list, ask your provider

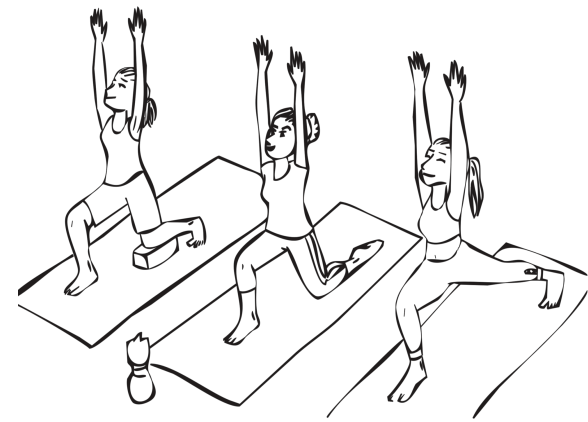
- **Avoid drinking fluids 2 – 4 hours before bedtime**
- **Use a daily bladder journal**
- **Schedule emptying of bladder to avoid leakage or overflow**
- **Walk, don't run to the bathroom: train your bladder!**



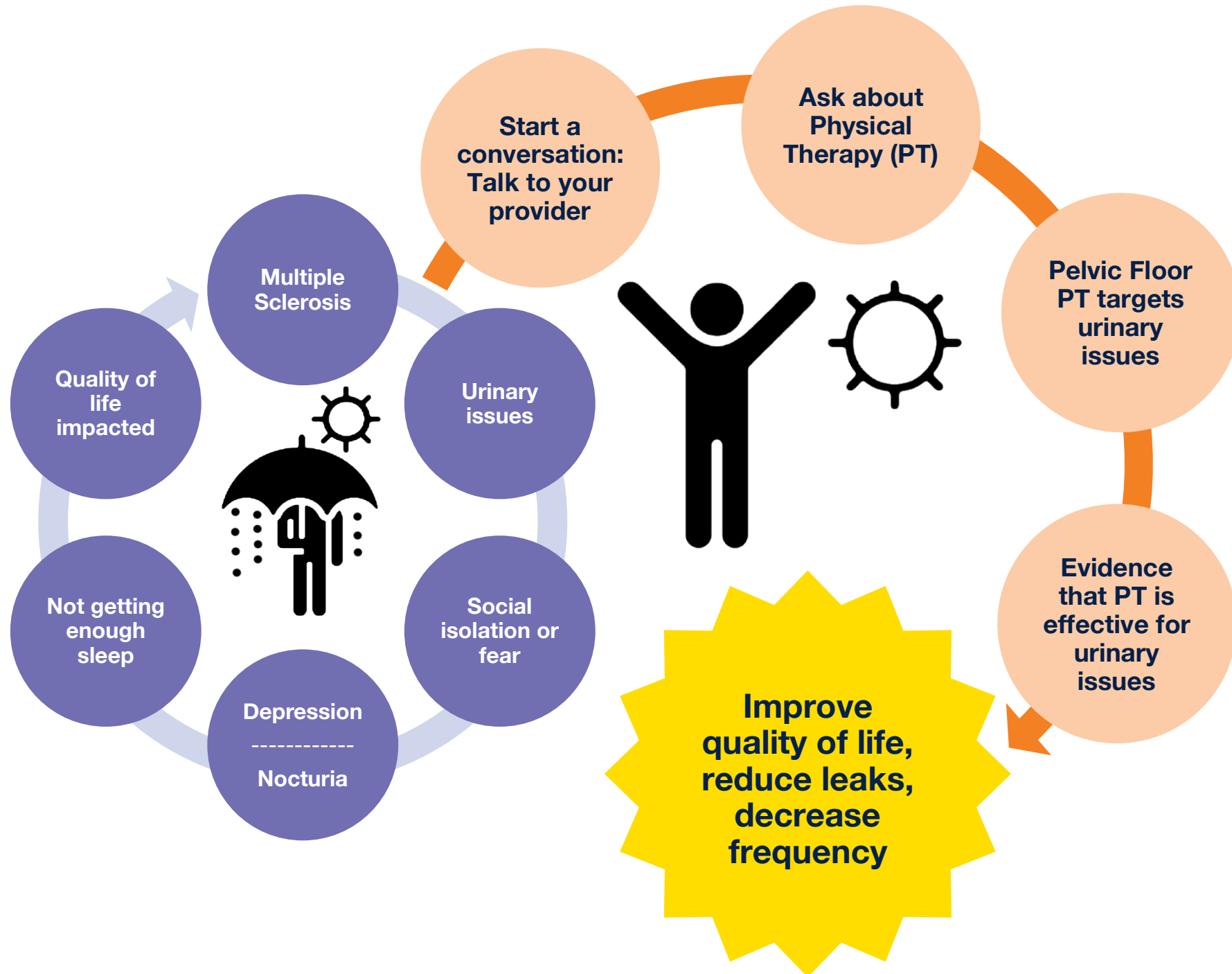
**Find a board-certified neurological specialist Physical Therapist:**  
<http://www.abpts.org/findaspecialist>

**Or visit UCSF Faculty Practice:**

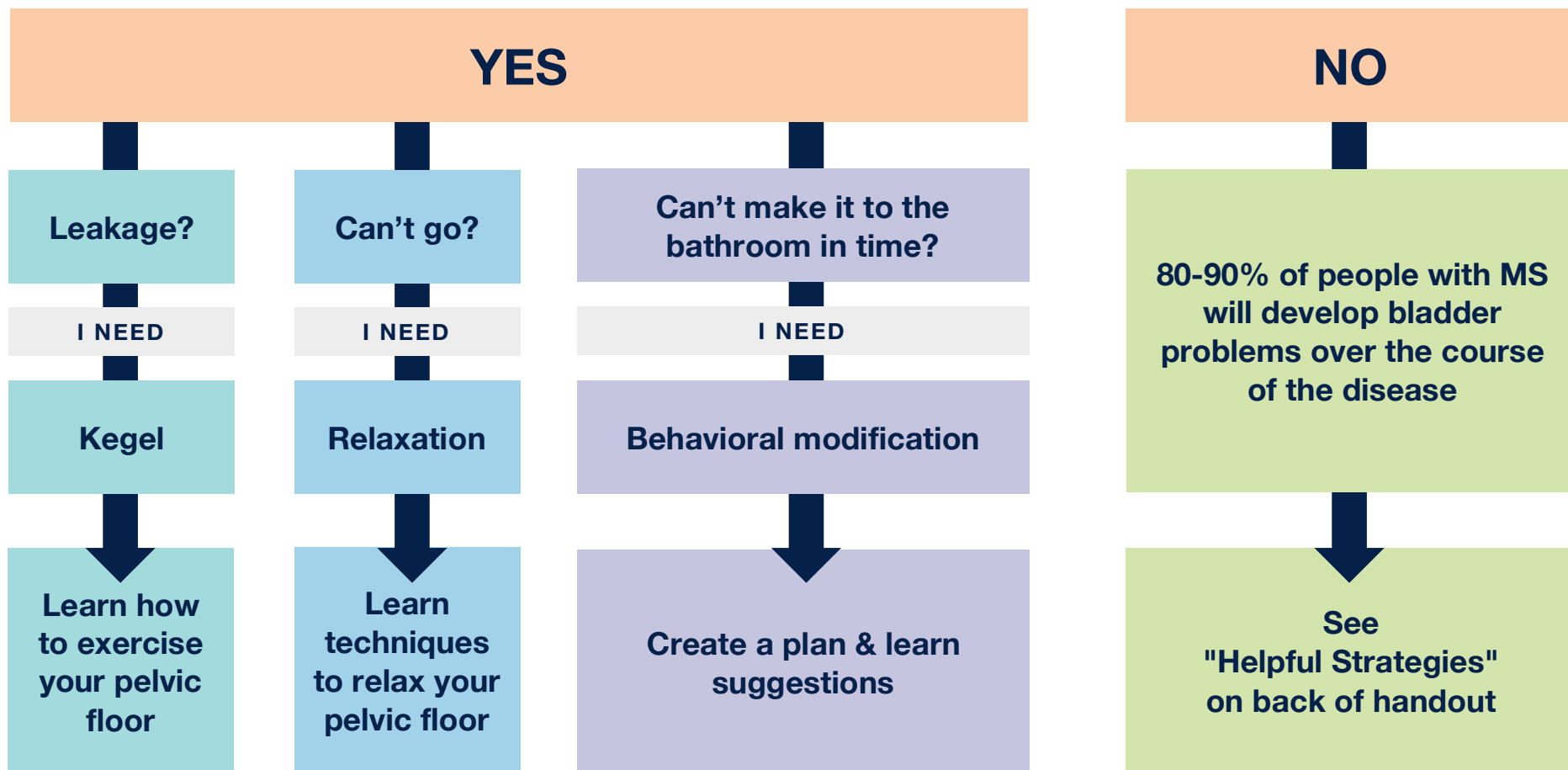
Locations in Mission Bay, Mount Zion, Lakeshore  
Tel: 415.353.7598



# Let's talk about what you can do about your urinary issues



# Do you have bladder issues?



**Ask your primary care provider for a physical therapy referral.  
Find a PT who is a MCS, MS, or Pelvic Floor Specialist.**