

MS Incontinence

Regaining Control

CAN DO
MULTIPLE SCLEROSIS

WEBINAR 
WEDNESDAYS

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JULY PROGRAMS

WEDNESDAY, JULY 10

WEBINAR: MS INCONTINENCE

Regaining Control

THURSDAY, JULY 18

JUMPSTART

Solutions for Bladder Control

TUESDAY, JULY 23

YOUR QUESTIONS ANSWERED

MS Bowel and Bladder Symptoms



[CANDO-MS.ORG](https://cando-ms.org)

MS COMMUNITY PROGRAMS



REGISTER TODAY!

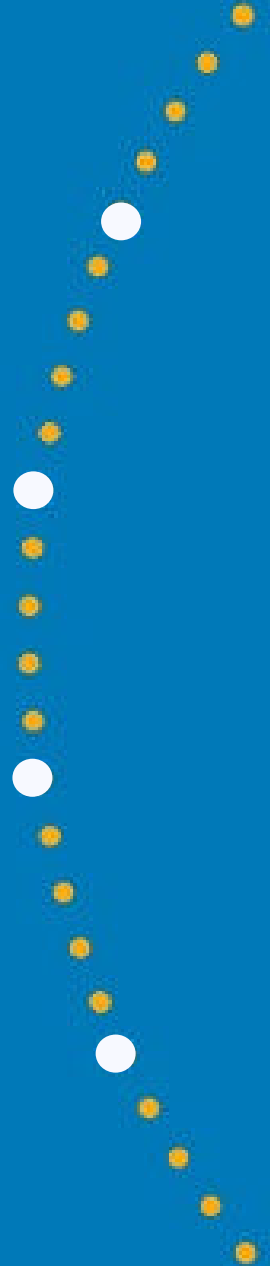
CanDo-MS.org/CP
More Dates & Locations

CLEVELAND, OH
SEPTEMBER 14

NEW ORLEANS, LA
SEPTEMBER 28

TROY, MI
OCTOBER 5

AUSTIN, TX
NOVEMBER 16



TAKE CHARGE: Newly Diagnosed

Thursday, August 8

Friday, August 9

For those within the first
10 years of life with MS

APPLY TODAY!



Meet with MS experts and peers from the MS Community

How to Ask Questions During the Webinar

Type in your questions
using the Questions Box



Provide comments and engage
with the speakers and audience
using the **Chat Box**

NEW! Closed captioning

YOUR SPEAKERS



Jeffrey Hernandez
Nurse Practitioner

Florida



Suma Shah
Neurologist

North Carolina

LEARNING OBJECTIVES



- 1 Learn strategies to manage bowel dysfunction
- 2 Discover medications that cause and help alleviate bowel symptoms
- 3 Gain confidence and control of your bowel function

Incontinence



Causes

- Muscle dysfunction
- Constipation with rectal overload and overflow
- Diminished rectal sensation

Culprits

- Level of hydration
- Movement
- Diet

Relationship with constipation



- Fecal incontinence is often associated with constipation
- Constipation distends the rectum and interferes with compliance
- Management of involuntary bowel is similar to that for constipation

Incontinence medication culprits

Muscle relaxants

- Baclofen
- Tizanidine
- Flexeril
- Others

Medications for OAB

- By drying out the bladder, causes constipation

Neuropathic agents

- Gabapentin

Caffeine, alcohol

- GI irritants

Antidepressants

DMTs

- Fingolimod
- Teriflunomide
- Dimethyl fumarate/diroximel fumarate

Who should I see about incontinence?

- Registered dietitian
 - Educate
 - Find the right balance on fiber
- GI
 - Intervention
 - Not often, but can be considered once medical management has been tried
- Referral to urology often helpful for optimal symptom management
- Referral to GI to help with constipation



Polling Question

Which of the following can be helpful in addressing bowel incontinence?

- a) Flaxseed
- b) Daily activity
- c) Fruits/Vegetables
- d) Drinking water
- e) All of the above

Management of bowel dysfunction

- What is constipation?
 - Less than 3 bowel movements per week
- Types of constipation
 - Primary
 - Normal or slow transit, defecatory disorder
 - Secondary
 - Examples – Meds, structural, conditions like MS, among many others



Holistic approach to managing constipation



- Review current medications that may be contributing to constipation
- Increase fluid intake
 - Water!
- High fiber diet (plus fluid intake!)
 - Apples, pears, broccoli, carrots, black beans, bran flakes, whole wheat spaghetti, pumpkin seeds, almonds, to name a few.
- Excessive caffeine, alcohol and foods containing sorbitol can cause stools to become loose and lead to fecal incontinence
- Exercising 2-6x/week can help decrease the risk of constipation
- Consider pelvic floor therapy

Constipation management

- Toileting schedule
 - Take advantage of gastrocolic reflex (colon has increased motility in response to the stretch of the stomach with ingestion of food) – do this at the same time every day
- Toilet sitting positions
 - Use footstool, raise knees above hips, lean forward, sit straight up



Treatment options for constipation



Constipation

- First option
 - Bulk laxatives, Osmotic laxatives
- Second option
 - Stimulant laxatives, stool softeners, and newer agents
- Transanal Irrigation
 - Retrograde colonic flush-out by water via the anal canal that is thought to stimulate colonic peristalsis due to pressure on the colonic wall and/or simultaneous wash out facilitated by the water.
- Surgical intervention – Colostomy or ileostomy

Common medications to treat constipation

Bulking Agents

Contain insoluble or soluble fiber that absorbs water to increase bulk of the stool and promote bowel movements

- Methylcellulose powder
- Polycarbophil (Fibercon)
- Psyllium (Metamucil)

Osmotic Laxatives

Increase moisture and water secretion in stool and the intestinal lumen to facilitate stool passage

- Polyethylene glycol 3350 formula (Miralax)*
- Lactulose
- Magnesium hydroxide
- Magnesium Citrate
- Magnesium Sulfate (Epsom Salt)

Common medications to treat constipation

Stimulant Laxatives

Stimulate motility and secretion of water into colon

- Bisacodyl (Dulcolax)
- Senna

Stool Softeners

Increasing amount of water stool absorbs, which makes it softer and easier to pass

- Docusate Calcium

Secretagogues

Stimulates peristalsis by increasing intestinal fluid secretion

- Linaclotide (Linzess)
- Lubiprostone (Amitiza)
- Plecanatide (Trulance)

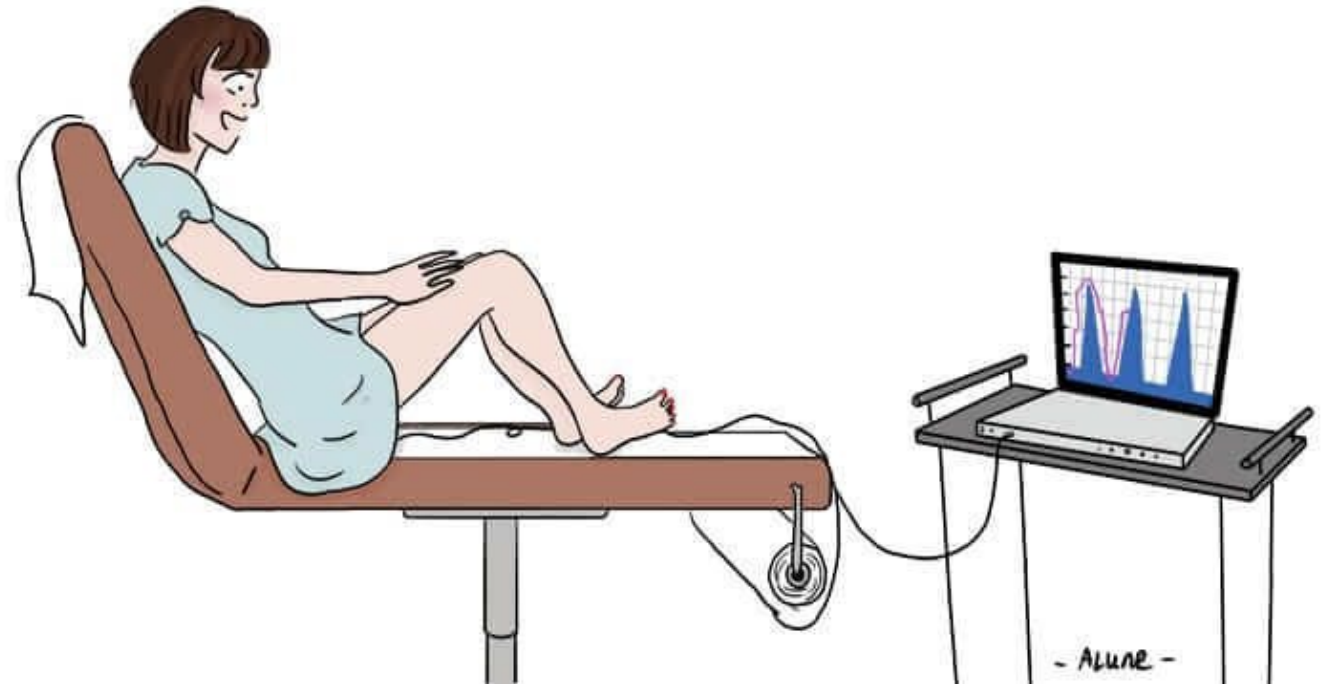
Serotonin Agonist

Stimulates colonic peristalsis, which increases bowel motility

- Prucalopride (Motegrity)

Management of fecal incontinence

- Treatment
 - Consider Metamucil + fiber
 - Bulk up stools
 - Loperamide
- Biofeedback + pelvic floor therapy



Management of fecal incontinence



Percutaneous Posterior Tibial Nerve Stimulation (PTNS)

- Minimally invasive peripheral neuromodulation technique typically used to treat LUTS due to neurogenic bladder, but it is also thought to modulate the anorectal neuromuscular function similarly to sacral nerve stimulation or SNM device
- Pilot study showed 81% of patients had treatment success
- A study, with no placebo arm, from Switzerland in 2021 showed that over 57% of PwMS with FI noted improvement regarding liquid incontinence, pad needs, and lifestyle restrictions

Management of fecal incontinence



Sacral Nerve Stimulation or Neuromodulation (SNM)

- Delivers electrical stimulation to branches of S3 via an implanted neurostimulator provides an electrical charge to an area near the sacral resulting an altered neural activity /abnormal sensory input is modulated = involuntary voiding is blocked
- InterStim device

Q+A



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08.14.2024

MS Gadgets

How Assistive Technology Can Help You

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