

Here is some helpful information to support you as you continue with Urgent<sup>®</sup> PC PTNS therapy. Please contact our office if you have questions about your care.

## What's next?

If you are happy with the results of Urgent PC PTNS therapy, the next step will be occasional treatments to help you maintain your improvements. If you don't think that Urgent PC PTNS is the right long-term treatment for you, talk to your provider about other options. Either way, you owe it to yourself to make a plan for long-term success!

The goal of ongoing Urgent PC PTNS therapy is to maintain your symptom improvements with as few treatments as possible. This level is different for each patient. While once a month is typical, it varies greatly. Your provider will have their own way of providing ongoing treatment but most fall into one of three approaches. In some cases, the approach may depend on your insurance coverage.

### Approach 1: Plus one

This method adds one week between treatments as you are able to keep your symptoms under control. In this case, your provider will have you come back two weeks after your twelfth treatment. Then, if it goes well, they will extend that to three weeks between sessions. At each check-up your provider will discuss your symptom control and whether you can go another week before your next treatment. If symptoms start to reoccur, the time between treatments is reset to the level that allowed you to keep your symptoms under control.

### Approach 2: Aim high

With this approach, providers set the follow-up appointment for one month out. If symptoms start to return, patients are typically instructed to call for a sooner appointment.

### Approach 3: As needed

Some providers leave the timing of follow-up appointments up to their patients. In this case, you'd contact your provider if you need another treatment.

## Your personal treatment plan

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