

Congratulations!

You've completed twelve Urgent® PC PTNS therapy sessions. Now is the time to review your bladder diary, comparing your urinary frequency, urinary urgency, urinary accidents and fluid management to where you were in the beginning. How do you feel about the results?

Moving into ongoing therapy

Even if you feel like you're ready to take on the world, it's important to remember that you will still need to do your part to keep your symptoms under control. Continue to keep your Urgent PC PTNS therapy appointments and to practice good bladder habits. You can drink that extra cup of coffee but maintain a keen awareness of urgency. Don't postpone your bathroom visit for too long, thinking you can do "just one more thing." Let your provider know if your symptoms return between treatments. These things matter and can contribute to long-term success.

What are your concerns?

It's understandable to have lingering concerns about moving away from weekly treatments. However, this is the normal course of Urgent PC PTNS therapy and the majority of patients are able to maintain improvements with the occasional treatment.

Talk to your provider about your concerns. They want you to succeed and to feel comfortable with your ongoing treatment plan!

Notes

