

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

Continue with “Conservative”

Unfortunately, there is no miracle cure for overactive bladder that will magically fix everything without time and effort. Even proven therapies like Urgent PC PTNS work better when patients continue to pay attention to “conservative” measures such as watching food and beverage choices and staying active. Here are some key things to keep in mind.

Keep drinking

- » Drink 6-8 glasses of water daily
- » Half of your total fluids should be water
- » Drink most of your fluids before dinner
- » Don't drink too much liquid at once (sip instead of gulp)



Bladder irritants to avoid or consume in moderation

- » Beverages and foods containing caffeine (chocolate, tea, coffee, soda)
- » Carbonated beverages (carbonated sodas, carbonated water)
- » Highly acidic or spicy foods
- » Citrus fruits (grapefruit, oranges, lemons, limes)
- » Tomato products
- » Artificial sweeteners (sugar-free foods, diet drinks)
- » Alcohol
- » Alternating water with bladder irritants can help control symptoms

Prevent constipation

- » Stay well hydrated
- » Eat fiber (24-30 grams a day)

Keep your weight at a normal level

- » Losing a few pounds might help you get your bladder symptoms under control. In a 6-month study, an 8% weight loss in obese women (20 lb loss for a 250 lb woman) cut the number of incontinence episodes nearly in half!¹

1. Subak, L.L., et al. (2009). Weight Loss to Treat Urinary Incontinence in Overweight and Obese Women. *N Engl J Med*, 360, 481-490,