

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.

### Reasonable expectations

Once you've achieved your treatment goals, you might start wondering how far Urgent PC PTNS therapy can take you. While it's human nature to always want more, it's important to understand what improvements are realistic and normal.

### What's normal?

Living with an overactive bladder, you're well aware of what's NOT normal: voiding multiple times in an hour, getting up numerous times every night, having urinary accidents. But would it surprise you that even with a "normal" bladder, it's usual to void 6-8 times a day, and for older adults, it's typical to get up once during the night?

The reality is that even without an overactive bladder there are bound to be changes as we get older. Time is not kind to our bladders, making them less stretchy and reducing the amount of urine they can hold. Bladder muscles also weaken, making pelvic floor exercises especially important. In addition, your bladder may not be able to tolerate bladder irritants like it used to.

While a therapy like Urgent PC PTNS can help alleviate the symptoms of an overactive bladder, it cannot turn back time to when you could drink two pots of coffee and still go for hours without a bathroom break.



### Be positive and realistic

Try not to compare your bladder habits and treatment results with others. Everyone is different! Instead, remind yourself of how far you've come by taking a look at your voiding diary and treatment goals. Next, identify how your lifestyle choices may be impacting your results. If you're still discouraged, talk to your provider!

Remember that, for some patients, the full extent of their improvements isn't obvious until the end of the 12 weeks so it's a good idea to complete all treatments before determining if this therapy is right for you.