

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.

Look at how far you've come!

Just a few months ago, you started your Urgent PC PTNS journey. Remember how bad your symptoms were? If not, check your first voiding diary. Look at you now ... ready to take on the world — or at least a short road trip.

Of course, if you're like most people, you still have your own personal challenges, especially when it comes to food and beverage choices. Remaining aware of these challenges and making good choices will help keep your bladder symptoms under control.

If you haven't already done so, take the opportunity to ask your provider about what's next. Don't walk away without a long-term plan. You owe it to yourself!



Questions about what's next

When should I come in for my next session? What if my symptom control starts to slip before then?

How can I make sure that my personal challenges don't get in the way of my long-term success?

Are there other things I should do?

Other questions?
