

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.

Finding things to celebrate

You're halfway into your initial Urgent PC PTNS therapy sessions. How have you improved? Before answering, review your treatment goals and voiding diary from when you began treatment. You may discover that you've made more progress than you think. While the changes may have been great or small, it's a good idea to celebrate your successes along the way. Up to 80% of patients have substantial improvement by the end of 12 weeks.¹ Changes with Urgent PC PTNS therapy can be so gradual that you may not realize they are happening.



Less bathroom visits?

You may still be going more than you like, but is it less of a hassle? Are you sleeping for longer stretches? Are you able to sit through a movie with your grandkids? Are you brave enough to take a car trip AND skip a rest stop?

Less urgency?

You may still have urgency but is it less severe? Are you less obsessed with the location of bathrooms? Are you able to keep urgency under control with urge suppression techniques.

Fewer accidents?

You may still be having accidents but are you having fewer? Are you using less pads? Have you switched to a lighter-weight pad?

The best is yet to come!

If you haven't yet seen the level of results you were hoping for, you're not alone. Data shows that, for most patients, the best is yet to come. In one study, the number of patients showing moderate or marked improvement in their symptoms doubled between weeks 7 and 14.²

1. Visit www.cogentixmedical.com to view clinical abstracts.
2. Sand, P., Peters, K., Carrico, D. (2011). SUMiT Trial Outcomes: Clinical Insights Into Percutaneous Tibial Nerve Stimulation. Presented at the International Continence Society (ICS) Annual Meeting, Glasgow, UK.