

What do patients treated with Urgent PC say about their experience?

In control of restroom trips

"As a teacher, I couldn't just leave the classroom when I had an urge. For me, the biggest change since starting this therapy is that I'm in control of my restroom trips and I no longer void before I make it to the restroom." - Elaine*

Now well-rested

"PTNS therapy has been a miracle for me. My nighttime urges have been dramatically reduced and I'm now well-rested. I am free from the constant worry about accidents." - Iradine*

Able to finish errands

"PTNS has made a tremendous difference on my life. Before I couldn't even finish running my errands during the day. I still, out of habit, look for the bathrooms and where they are. But I know I don't need them." - Sylvia*

Forget to carry pads

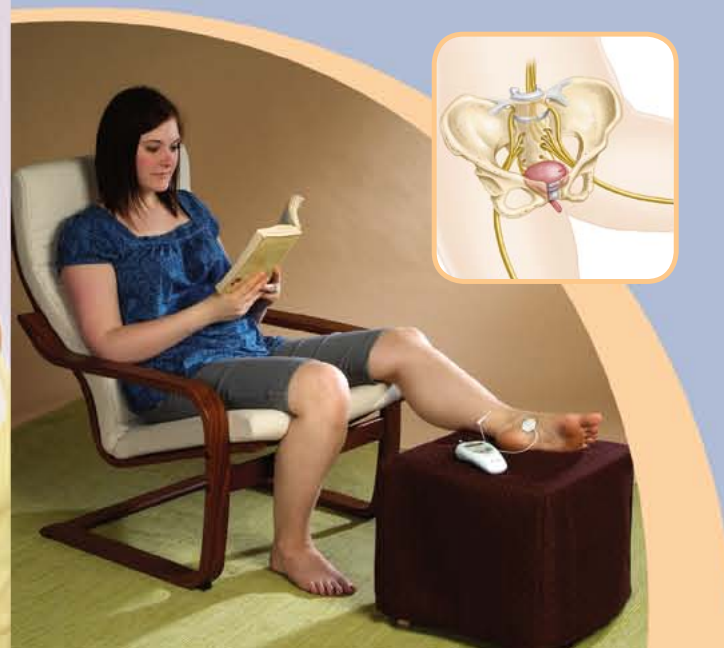
"Prior to my introduction to this therapy, I needed to carry pads with me so that I would not have accidents. With this therapy I pretty much forget that I have to carry pads with me. I've been able to take up a pretty regular lifestyle and not have to worry about leaking or an embarrassing situation." - Joan*

* Results may vary, not all patients obtain the same outcomes.



Urgent PC: Bladder control without drugs or surgery

- Delivers PTNS (percutaneous tibial nerve stimulation), a minimally invasive way to improve bladder control in men and women.
- Patient sits comfortably with a slim needle electrode temporarily placed near the ankle.
- A device is attached to the needle and delivers mild electrical impulses which travel up the nerves in the leg to the nerves that control the bladder.
- Patients usually feel a sensation in the foot or ankle during therapy. The treatment is generally well-tolerated. Discomfort can usually be managed by changing the treatment level.
- 30-minute weekly sessions for 12 weeks. If treatment works for you, occasional treatments may be needed to sustain your improvements.



The **Urgent® PC Neuromodulation System**, is a non-drug, office-based treatment for Overactive Bladder and associated symptoms of urgency, frequency and urge incontinence.

Ask your physician to learn more about Urgent PC and neuromodulation.

CONTRAINDICATIONS: Treatment with Urgent PC is contraindicated for patients with pacemakers or implantable defibrillators, patients prone to excessive bleeding, patients with nerve damage that could impact either percutaneous tibial nerve or pelvic floor function, or patients who are pregnant or planning to become pregnant during the duration of the treatment.

PRECAUTIONS: Exercise caution for patients with heart problems related to pacing. Most common side-effects include transient mild pain or skin inflammation at or near the stimulation site.

CAUTION: Federal law (USA) restricts this device to sale by or on the order of a physician. For complete instructions for use, storage, warnings, indications, contraindications, precautions, adverse reactions and disclaimer of warranties, please refer to the insert accompanying each Urgent PC product.

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1. MacDiarmid, S.A., & Staskin, D.R. (2009). Percutaneous tibial nerve stimulation (PTNS): a literature-based assessment. *Current Bladder Dysfunction Reports*, 4, 29-33.
2. Visit www.uroplasty.com to view clinical articles highlighting patient response.
3. Peters, K.M., MacDiarmid, S.A., Wooldridge, L.S., Leong, F.C., Shobeiri, S.A., Rovner, E.S., et al. (2009). Randomized trial of percutaneous tibial nerve stimulation versus extended-release tolterodine: results from the overactive bladder innovative therapy trial. *J Urol*, 182, 1055-1061.

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Does your Overactive Bladder control your life?



Urgent® PC
Neuromodulation System
*Bladder confidence and control
without drugs or surgery*



Do you have an Overactive Bladder?

- I use the bathroom more than 8 times during the day
- I get up more than twice during the night to use the bathroom
- I am bothered by the number of times I have to go
- I often have an overwhelming urge to urinate, an urge that is difficult to ignore
- I've had wetting accidents because I am unable to control the urge to go and can't get to the restroom in time

If you answered, "Yes" to one or more of these questions, you may be a candidate for Urgent PC. Please read through this pamphlet and talk to your physician to see if this treatment is right for you.

How is an Overactive Bladder evaluated?

To make a diagnosis, your physician may take your medical history, test your bladder function, and ask you to complete a voiding diary. In a voiding diary you will record how often you urinate, if you have to rush to the bathroom and if you have any accidents.

What causes these symptoms?

Specific nerves and the muscles surrounding your bladder regulate bladder function. These symptoms may be caused by:

- Pregnancy and childbirth
- Surgery - prostate, pelvis, etc.
- Medication
- Natural aging process
- Chronic disease
- Trauma
- Obesity

What are common treatment options?

- Behavior modification, such as monitoring fluid intake
- Pelvic muscle strengthening, such as Kegel exercises or biofeedback
- Drug therapy, using prescriptions to relax the bladder
- Neuromodulation, stimulating nerves that control your bladder. This can be done in your doctor's office with Urgent PC. Another way to stimulate these nerves is to surgically implant a stimulator in your buttocks to send continuous impulses to the sacral nerve plexus



Will Urgent PC work for me?

- Multiple studies show that 60 - 80% of patients improve with Urgent PC treatment^{1,2}
- Majority of patients see a reduction in the frequency and urgency of their bathroom visits and in the number of accidents they have^{1,2}
- May be successful even when other therapies haven't worked for you²
- May be used alone or in combination with other OAB treatments

How soon will I see results?

- Because Urgent PC gently modifies the signals to achieve bladder control, it will probably take at least 6 treatments for you to see your symptoms change
- It is important that you receive the 12 recommended treatments before you and your physician evaluate whether this therapy is an appropriate treatment for your symptoms

What side-effects are associated with Urgent PC treatment?

- The most common side-effects with Urgent PC treatment are temporary and minor, resulting from the placement of the needle electrode. They include minor bleeding, mild pain and skin inflammation
- In a study comparing Urgent PC and an OAB drug, Urgent PC had a lower rate of system-wide side-effects such as dry mouth and constipation³
- See the back panel for contraindications, precautions and side-effects associated with Urgent PC

