Tracking your bladder symptoms

For more information about Urgent® PC or PTNS, talk to your doctor or visit www.urgentpcinfo.com

When to track

Attached you will find two options for tracking your bladder symptoms. One is a 7-day tracking sheet and the other is a 2-day tracking sheet. Your clinician may request that you use one or both of these sheets at different times during treatment with Urgent® PC.

- **Baseline:** Your clinician may ask you to track your symptoms for 1 week before treatment to better understand the severity of your urgency, frequency and accidents.
- **Treatment:** PTNS is usually once-a-week for 12 weeks. By tracking your symptoms from the beginning, you'll see when changes occur.
- **After treatment:** After the initial series of 12 Urgent PC treatments, it is likely that you will need to return for occasional treatments to sustain any improvements. Keeping track of your symptoms may help you and your clinician see when you need another treatment.

How to track

- These forms have been setup for easy electronic use in any PDF reader program. You may also print them out.
- When you use the 2-day sheet, it is ideal to track consecutive days (such as Saturday and Sunday).
- When you use the 7-day sheet, note that "day" means waking hours and "night" means sleeping hours.

Areas to complete

Fluid Intake

Record what you drink during the day and how many "cups" (8 oz equivalent) you drink.

Fluid Intake		
	What did you drink?	How many cups?
Day	Coffee, Milk, Juice	6 Total
Night	Water	1 Total

Urinations

Count your bathroom visits. Record the amount of as small (S), medium (M) or large (L). Count the times you rush to the bathroom due to a strong, sudden urge that you cannot control.

Urinations			
	How often did you go?	How much, on average?	Times you rushed to the bathroom?
Day	18 Total	S M L	8 Total
Night	4 Total	S M L	3 Total

Accidents

Count the number of accidents you have, the number of pads you use and how many times you changed clothes. Note the activity you were doing at the time of the accident.

Accidents				
	How many accidents?	Pads changed?	Clothes changed?	Activity interrupted?
Day	4 Total	4 Total	1 Total	Gardening, Watching TV
Night	1 Total	1 Total	1 Total	Sleeping

INDICATIONS: Urgent PC is indicated for Overactive Bladder and associated symptoms of urinary urgency, urinary frequency and urge incontinence. CONTRAINDICATIONS: 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. Urgent and Uroplasty are registered trademarks.

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