

Does your  
**Overactive Bladder**  
control your life?



## Uroplasty **Urgent<sup>®</sup> PC**

Bladder confidence and control  
without drugs or surgery

Changing care to change lives.

## What do patients say about Urgent PC?

### I enjoy life again

"It got to the point where I had no social life; I was too embarrassed to go anywhere. Now, the treatment has gotten me to where I can go and see friends and I'm getting more sleep. I have a different lifestyle all together and I'm enjoying life again." - Bobby\*

### Now I sleep

"[Urgent PC] 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\*

### Forget to carry pads

"Prior to [Urgent PC], 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

- » Used in doctors' offices since 2003.
- » Delivers PTNS (percutaneous tibial nerve stimulation) and is effective for 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 leg during treatment.
- » 30-minute weekly sessions for 12 weeks. If you get better with Urgent PC, you may have to come back for treatments to stay better.



## Do you have an Overactive Bladder?

- ☐ It seems like I'm always going to the bathroom
- ☐ I use the bathroom more than 8 times during the day
- ☐ When I go somewhere, the first thing I do is find the bathroom in case I have a sudden need to go
- ☐ I go to the bathroom whenever I'm near one, just in case I can't find one when I need it
- ☐ I get up more than two times at night to use the bathroom
- ☐ It bothers me that I have to go so often
- ☐ I often have a sudden need to go with little or no warning
- ☐ When I have to go, I can't ignore it
- ☐ I've wet myself because I can't get to the bathroom in time
- ☐ I limit activities because of my bladder problems

**If you answered "Yes" to one or more of these questions, you may have an Overactive Bladder. Urgent PC may be a way to treat you. Talk to your physician to learn more.**

## How is an Overactive Bladder evaluated?

Your doctor may take your medical history, test your bladder function and ask you to fill out a voiding diary. In a voiding diary you will record how often you go, if you have to rush to the bathroom and if you have any accidents.

## What causes Overactive Bladder?

Some nerves and muscles around your bladder control how the bladder works. They can be affected by:

- » Pregnancy and childbirth
- » Surgery - prostate, pelvic, etc.
- » Drugs
- » Getting older
- » Chronic disease - like diabetes
- » Trauma - like accidents
- » Being overweight

## What are common treatments?

- » Changing what you do, such as watching fluid intake
- » Making your muscles in your pelvis stronger through Kegel exercises or biofeedback
- » Drugs to relax the bladder
- » Neuromodulation (new-row-mod-u-lay-shun), using a small amount of electricity to stimulate nerves that control your bladder. This can be done in your doctor's office with Urgent PC



## Are there side-effects?

- » Most patients don't have side-effects. If they do, the side-effects don't last very long. Mild pain and skin irritation near the treatment site have been reported.
- » Compared to drugs, Urgent PC has much less dry mouth and constipation.<sup>3</sup>
- » See the back panel for contraindications, precautions and side-effects associated with Urgent PC.

## Will Urgent PC work for me?

- » Many studies show up to 80% of patients get better with Urgent PC treatment.<sup>1-4</sup>
- » Most Urgent PC patients go to the bathroom less and have less accidents.<sup>1-4</sup>
- » Urgent PC may work even if other therapies haven't worked for you.<sup>2-4</sup>
- » May be used alone or with other OAB treatments.

## How soon will it work for me?

- » It will probably take about 6 weeks for symptoms to change, but it is different for each person.
- » In one study, patients got better between 2-12 weeks. For 1 out of 5 it took 8 weeks before they got better.<sup>3</sup>
- » It is important to have 12 treatments before you and your doctor decide if Urgent PC is right for you.







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 doctor 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 patients don't experience side-effects. If side-effects occur, they are typically temporary and include mild pain and skin inflammation near the treatment 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](http://www.uroplasty.com) to view clinical abstracts.
3. Leong, F., McLennan, M.T., Barr, S.A., & Steele, A.C. (2011). Posterior tibial nerve stimulation in patients who have failed anticholinergic therapy: efficacy and time to response. Female Pelvic Med Reconstr Surg 17(2), 74-75.
4. 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.