

# Urgent® PC Transformations!

*This newsletter is designed for patients currently receiving Urgent PC treatment.  
Find additional information about Urgent PC at [www.urgentpcinfo.com](http://www.urgentpcinfo.com).*

Models are for illustrative purpose only.



## Why Urgent® PC?

Urgent® PC is an office-based neuromodulation treatment, delivering Percutaneous Tibial Nerve Stimulation (PTNS).

This minimally invasive procedure is a way to improve bladder control in men and women.

- » Low-risk office treatment prescribed by your doctor.
- » Sit comfortably during your 30-minute treatment and resume normal activities afterwards.

## Patient Spotlight

### *Ann's Story - It's Not Another Medication*

In 2006, Ann, then 79, had enough of her urinary symptoms. Her frequent bathroom visits made her feel like a nuisance when out with family and friends. She was tired of rushing to the bathroom again and again and only voiding a small amount.

Ann's doctor referred her to a urologist in Ohio who determined that she had a "small capacity spastic bladder." He prescribed a series of drugs to treat her bladder overactivity. However, Ann could not tolerate the side-effects. She was also reluctant to add another drug to her litany of medications for diabetes, high cholesterol, and high blood pressure.

Her urologist then presented Urgent PC as a non-drug method of treating her symptoms. Ann was eager to try it. After the initial series of treatments, the frequency and urgency of Ann's bathroom visits decreased to a comfortable level. She was able to maintain these results with periodic refresher treatments.

When Ann moved to Kentucky in 2007, she found another provider for her Urgent PC treatments. She is now able to maintain her symptom improvements with a treatment every eight weeks. "It is such a positive thing," said her daughter. "It's not another pill and it works; her symptoms are gone!"

Ann is so thankful to have an effective drug-free option for her bladder symptoms that she's happy to tell the world about it. If you have bladder problems, Ann's got an Urgent PC brochure with your name on it.

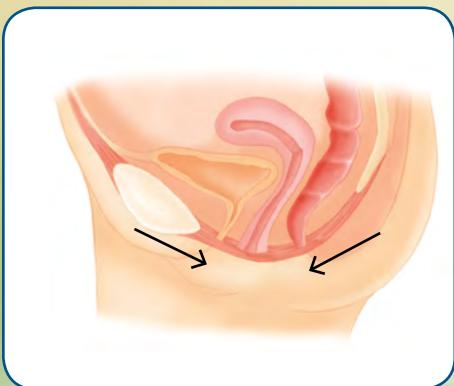
Urgent PC worked for Ann, but not all patients respond the same. Clinical studies show that 60-80% of patients improve with treatment.

Talk to your doctor to learn more.

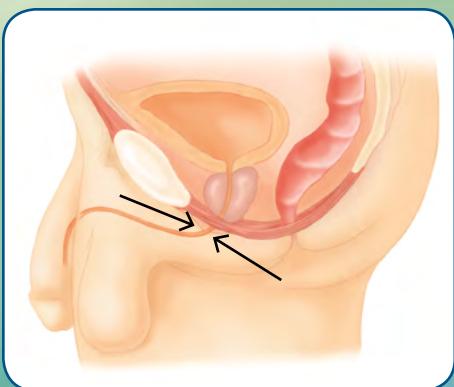
**Urgent® PC Neuromodulation System  
Bladder Confidence and Control**



## Female



## Male



Target muscles responsible for urination.

Standing, sitting, or laying down,  
squeeze 5-10 seconds.

Relax 5-10 seconds.

Repeat 10 times, 3 times per day.

## Pelvic Floor Exercises (Kegels)

*Kegels strengthen your pelvic floor muscles, making it easier for you to hold your urine longer. These exercises can be used to reduce your urge to urinate.*

### 1. Locate your correct pelvic muscles

Think about how you must squeeze your pelvic muscles in order to prevent “passing gas” in public or to hold back a bowel movement.

### 2. Take a stance

Kegel exercises can be performed when sitting, standing and laying. It is recommended that you exercise in each position every day.

### 3. Squeeze your pelvic floor muscles for 5 seconds, then relax for 5 seconds

The goal is to progress to 10 second holds, followed by 10 seconds of relaxation. Repeat 10 times. Follow with 2 sets of 5 strong, quick contractions. Throughout the day, perform three sets of these pelvic floor exercises.

### 4. Make Kegels part of your daily routine

These exercises can be performed anywhere at any time. Try to make it routine when you do a daily task such as taking a shower, brushing your teeth, watching TV, commuting or responding to email. Habits are formed with repetition.

### Things to remember

- » Don't use the muscles in your stomach, thighs or buttocks, you should not feel your abdomen move.
- » Breathe freely, do not hold your breath.
- » Never do Kegel Exercises when you're tired.
- » You should start to see improvement after about 2 weeks.

For more information,  
visit [www.urgentpcinfo.com](http://www.urgentpcinfo.com)

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**Transformations!**

Issue 3

Urgent PC is indicated to treat overactive bladder and associated symptoms of urinary urgency, urinary frequency and urge incontinence. 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 do not 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 or online at [www.cogentixmedical.com](http://www.cogentixmedical.com). Models are for illustrative purpose only. Urgent PC is manufactured by Uroplasty LLC. Urgent is a registered trademark. © 2016 Cogentix Medical. 20257B 05/16