

Don't let an
Overactive Bladder
control your life.



Urgent[®] PC

NEUROMODULATION SYSTEM

**Bladder confidence
and control without
drugs or surgery.**

- » Works in men and women
- » Low-risk option for most OAB patients
- » Up to 80% of patients improve with treatment
- » May work, even if other treatments have failed



How does Urgent PC work?



Urgent PC produces mild impulses which:

1. Enter through needle electrode placed near ankle
2. Travel up tibial nerve in the leg
3. Reach nerves responsible for bladder control



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 experience treatment the same way

Do any of these describe you?

- I use the bathroom more than 8 times during the day or 2 times at night
- When I go somewhere, the first thing I do is find the bathroom in case I have a sudden need to go
- I often have a sudden need to go with little or no warning
- When I have to go, I can't ignore it
- I have wet myself because I can't get to the bathroom in time
- I limit activities because of my bladder problems

Talk to your Doctor to learn more about Urgent PC and other treatment options.

What's an Urgent PC treatment like?



- » A slim needle electrode is temporarily placed near the ankle. A device that delivers mild electrical impulses is attached to the electrode.
- » Twelve 30-minute weekly sessions to determine your level of response. Monthly sessions to maintain results.

What does Urgent PC treatment feel like?

- » “Sometimes it’s a numbed feeling and other times a pulsing or vibrating or a simple, single twitch of a toe.” - Judith*
- » “I usually feel tingling in my toes and the bottom of my foot during treatment. It’s a very comfortable and relaxing.” - Ann*

* Results may vary, not all patients experience treatment the same way

How can I get Urgent PC treatment?

- » Diagnosis - First you will need to be evaluated for Overactive Bladder. Your doctor may take your medical history, test your bladder function and ask you to record your bathroom habits and accidents in a voiding diary.
- » If you have been referred to a specialist from your regular doctor, be sure to let the specialist know what has already been tried.
- » If you receive an OAB diagnosis, your doctor will work with you on a personal treatment plan. Treatments for Overactive Bladder are usually offered in the following order:

Behavior Treatments

- » Changing what you do, such as watching fluid intake
- » Pelvic floor exercises

OAB Drugs

- » Multiple available
- » Usually try 2-3

3rd-Line Treatments

- » Urgent PC is a recognized therapy for patients who do not respond to behavior treatments or OAB drugs
- » Urgent PC may be used earlier if drugs aren't an appropriate choice

Remember!

Most people can achieve significant improvement in their symptoms, so it's important to stick with it, even if you don't immediately see results from the treatment prescribed to you.

Will Urgent PC work for me?

- » Many studies show up to 80% of patients get better with Urgent PC treatment.^{1,4}
- » Most Urgent PC patients go to the bathroom less and have less accidents.^{1,4}
- » In one study, patients got better between 2-12 weeks. For 1 out of 5, it took 8 weeks before they got better.³
- » 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 or online at www.cogentixmedical.com.

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.cogentixmedical.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.

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