

## 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\*



## Urgent PC: Bladder control without drugs or surgery

- Used in out-patient clinics since 2003.
- Delivers PTNS (percutaneous tibial nerve stimulation) and is effective for men and women.
- Patient sits comfortably with a slim needle electrode placed near the ankle. You may feel a small prick when the needle is placed.
- 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 mild 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.

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

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

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

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. Data on file.
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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Don't let the symptoms of  
OVERACTIVE BLADDER  
control your life.



## Urgent® PC

Bladder confidence and control  
without drugs or surgery.



## Do you have any of these symptoms?

- 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 urinary urgency, urinary frequency or urge incontinence, which are associated symptoms of Overactive Bladder (OAB). Urgent PC may be a way to treat you. Talk to your doctor to learn more.

## How are bladder control problems 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 bladder control problems?

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 or changing your diet
- Making your muscles in your pelvis stronger through Kegel exercises or biofeedback
- Drugs to relax the bladder
- Neuromodulation uses a small amount of electricity to stimulate nerves that control your bladder. This can be done in your doctor's office with Urgent PC

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

## Will Urgent PC work for me?

- Many studies show up to 80% of patients get better with Urgent PC treatment.<sup>14</sup>
- Most Urgent PC patients go to the bathroom less and have less accidents.<sup>14</sup>
- Urgent PC may work even if other therapies haven't worked for you.<sup>24</sup>
- May be used alone or with other bladder control 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.

