



#### 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.

#### Now I sleep

"[Urgent PC Therapy] 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

"With [Urgent PC] 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\***

\* Quote from actual patient. Results may vary, not all patients experience treatment the same way.

### Is it time for Urgent PC PTNS Therapy?

**If you check any of these boxes you may be a candidate for Urgent PC PTNS Therapy.**

- ☐ I'm tired of dealing with my OAB symptoms of urgency, frequency and/or urge incontinence
- ☐ I've tried behavioral therapy, pelvic floor exercises and drugs but they haven't provided enough relief
- ☐ The side effects from drugs are too bothersome for me
- ☐ I am unable to take medications to treat my OAB
- ☐ I don't want to have surgery for my OAB symptoms

#### MyPTNS.com

Visit MyPTNS.com to sign up for weekly educational emails about OAB and PTNS Therapy. Talk to your provider to learn more about Urgent PC and other treatment options.

**Urgent® PC PTNS Therapy is a non-drug, office-based treatment for OAB and associated symptoms of urgency, frequency and urge incontinence.**

**Ask your provider to learn more.**

**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.

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 OAB innovative therapy trial. *J Urol*, 182, 1055–1061.

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FOR DIGNITY. FOR LIFE.



UROLOGY & UROGYNECOLOGY

Achieve bladder confidence  
without drugs or surgery

Don't let Overactive Bladder (OAB) control your life

- Periodic, in-office treatment for long-term relief
- Works in men and women
- Usually works, even if other treatments have failed



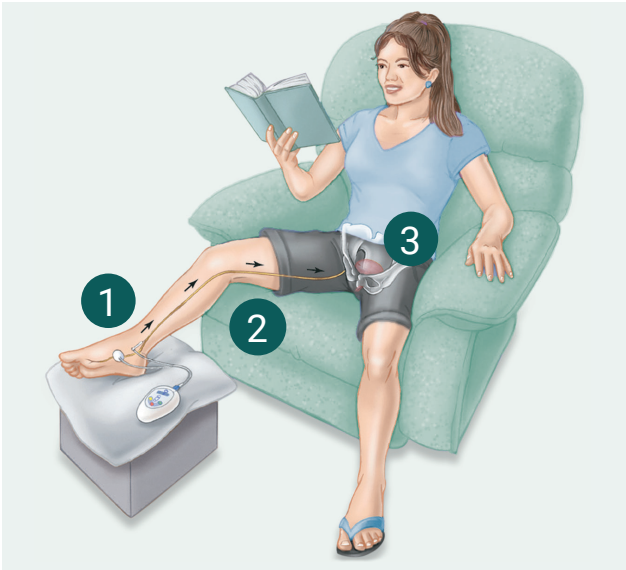
**Urgent® PC**  
Neuromodulation System

MKT-00569 [A] 01/22



## What causes OAB?

Bladder function is a complex interaction between bladder, brain, spinal cord and peripheral nerves. With OAB, this coordination does not work as it should. Instead, bladder nerves continually send signals to the brain that the bladder should be emptied even when it is not full.



## How does the Urgent PC PTNS Therapy work?

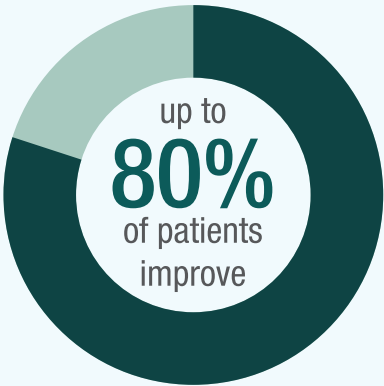
This therapy is a gentle and gradual way of modifying the OAB signals.

During treatment, mild electrical impulses:

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

## Why Urgent PC PTNS Therapy?

- Studies show that most patients can achieve long-lasting relief of their symptoms
- After Urgent PC, most patients go to the bathroom less and have fewer accidents<sup>1-4</sup>
- More than a million treatments since 2003
- Extremely low-risk and comfortable for most patients



## Why is the therapy called PTNS?

- PTNS stands for percutaneous tibial nerve stimulation
- Percutaneous means that therapy is delivered through a needle placed in the skin
- Tibial nerve calls out the specific nerve that is being used. The tibial nerve runs the entire length of your leg
- Stimulation defines the nature of the therapy. PTNS uses gentle stimulation, also sometimes referred to as neuromodulation, to affect the nerves responsible for bladder control

## What do patients say Urgent PC PTNS Therapy feels 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 very comfortable and relaxing.” - **Ann\***

## Urgent PC PTNS Therapy schedule

- 30-minute in-office treatments during which you can read, play games or catch up on email
- 12 weekly sessions to determine your ideal response. Most patients can expect to see some improvements by about 6 treatments, but it can take up to 12 weeks to see results
- This is followed by periodic maintenance sessions for long-term relief

## Why will I need maintenance therapy?

- There is currently no “cure” for OAB, and all therapies are ongoing
- After the initial 12 sessions, most patients will need a treatment once a month, but some patients can go months between sessions
- You can schedule your maintenance therapy around your schedule so you can continue enjoying the freedom of your improved bladder control

\* Quote from actual patient. Results may vary, not all patients experience treatment the same way.



Actual patient not pictured.

## 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.” - **Robert\***

\* Quote from actual patient. Results may vary, not all patients experience treatment the same way.