

# Welcome to

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## OVERACTIVE BLADDER

**Patient Education**

# Why Choose First Urology?



First Urology is home to the most progressive, experienced, and successful physicians in the world. We utilize revolutionary technology and advanced techniques to provide incredible outcomes. We provide compassionate and personalized care to maximize quality of life and minimize side effects. We are here to help you.

## **Comprehensive Overactive Bladder Center of Excellence**

We are a Medtronic Overactive Bladder Center of Excellence because of our overactive bladder solutions and great outcomes. If you struggle with OAB, we can help! Frequent urination and urinary incontinence can greatly impact your quality of life. We will work to identify the root cause of your bladder problem to provide the best treatment.



You are the center of everything we do.

# What is Overactive Bladder (OAB)

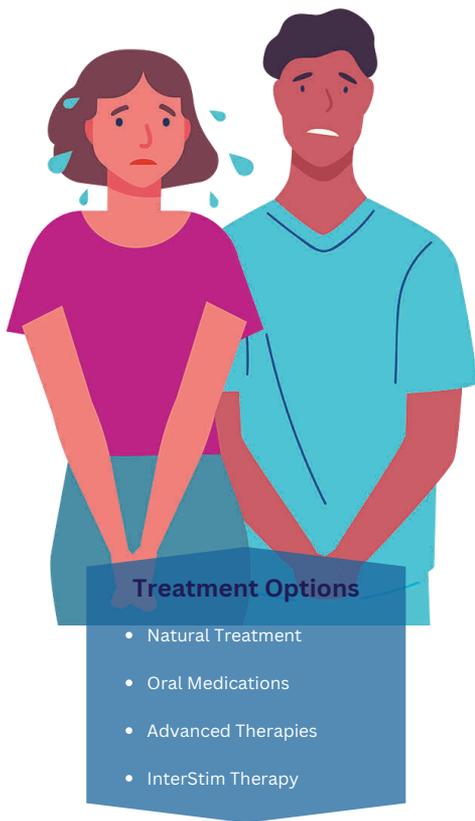
Having an overactive bladder prevents you from controlling when and how often you urinate. You may experience unexpected leaks, small or large, or use the bathroom very frequently. The following are five symptoms of OAB, which may occur daily or may come and go unpredictably.

- **Frequency:** Urinating frequently, usually 8 or more times within 24 hours.
- **Incomplete Emptying:** Sensation of not feeling completely empty after urination.
- **Nocturia:** Waking up two or more times a night to urinate.
- **Urge Incontinence:** Involuntary leakage after an urgent need to urinate.
- **Urgency:** Feeling a sudden or unexpected urge to urinate that is difficult to control.

## Evaluation & Testing

**Urinalysis** - A sample of urine is collected to check for abnormalities in the urine.

**Post-Void Residual (PVR)** - After urinating, a quick ultrasound scan is performed to see what amount of urine is left in the bladder.



### Treatment Options

- Natural Treatment
- Oral Medications
- Advanced Therapies
- InterStim Therapy

**Renal Ultrasound** - A test that uses sound waves to visualize the bladder and other parts of the urinary tract.

**Urodynamic Study** - Tests the ability of your bladder to store and empty urine.

**Cystoscopy** - A diagnostic procedure with local anesthesia that uses a tiny camera to look at the urethra and bladder.

**Urocuff (males only)** - A small cuff on the penis that can be utilized to non-invasively and painlessly measure urine flow rate and bladder pressure, as well as aid in the diagnosis of voiding disorders.

# Natural Treatments

## Lifestyle Changes

**Diet:** Eat a vitamin-rich diet. Water should be the majority of what you drink in a day (6-8 cups a day or 2 liters). Be sure to spread out your liquid intake throughout the day. Avoid known irritants such as carbonation, caffeine, chocolate, citrus, and alcohol.

**Exercise (Pelvic Floor Physical Therapy):** Retain your bladder by performing exercises to relax muscles around the bladder and go to the bathroom at scheduled times. Pelvic floor therapy exercises called Kegels help reduce leakage when you cough, sneeze, and laugh. The muscle you relax to urinate is called the sphincter. Relax the sphincter and then tighten the sphincter for ten seconds. Repeat this 30x daily.

**Fluid Modification:** Drink normal quantities of fluids. It may seem sensible to cut back on the amount that you drink so the bladder does not fill so quickly. However, this can make symptoms worse as the urine becomes more concentrated, which may irritate the bladder muscle. Aim to drink normal quantities of fluids each day which is about 6 - 8 cups or 2 liters.

**Weight Loss:** Weight loss can significantly improve OAB symptoms. Losing weight will ease the stress on your bladder.



*Bladder Fact!*

## Common Bladder Irritants:

- Coffee and tea, even without caffeine
- Carbonated drinks
- Apples, cantaloupe, citrus fruit, cranberries, grapes, guava, peaches, pineapple, plums, strawberries
- Spicy foods
- Tomato-based products
- Chocolate
- Artificial sweetener
- Vinegar
- Alcoholic beverages

# Oral Medications

**Medications:** There are two types of medications that can help relax the bladder: anticholinergics and beta-3 adrenergic agonist. These medications can help to relieve symptoms of overactive bladder and reduce episodes of urge incontinence. Medication can improve symptoms in some patients, but not in all. Not all patients are candidates for medications. Medication coverage varies based on your insurance. GoodRx.com is a great option for savings on generic medications.

## Helpful Information:

<b>Medicine</b>	EX: Oxybutynin, Tolterodine (anticholinergics)	EX: Myrbetriq, Gemtesa (beta-3 agonists)
<b>Benefits</b>	Easy to try pills Generic available	Easy to try pills
<b>Risks/Side Effects</b>	Dry Mouth Constipation Dry Eyes Confusion Worsening of glaucoma Trouble sweating Urinary retention	Elevated blood pressure Runny nose Urinary retention No generic available

### Anticholinergics

These medications work by blocking certain nerve impulses to the bladder, resulting in the relaxation of the bladder muscle. Most often, this will increase bladder capacity.

### Beta-3 Adrenergic Agonist

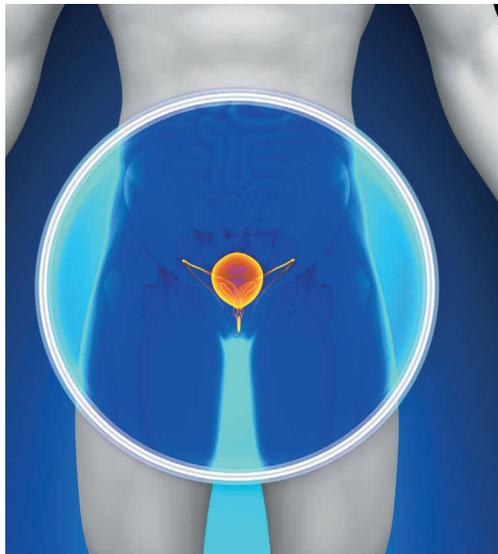
This medication works by relaxing the detrusor muscle itself resulting in the bladder being able to hold more urine.

# Advanced Therapies

## Percutaneous Tibial Nerve Stimulation (PTNS)

**What is Percutaneous Tibial Nerve Stimulation (PTNS)?** PTNS is a non-surgical option for OAB. PTNS treatment for OAB is delivered by a small, slim needle electrode placed near the ankle. The electrode is attached to a stimulator. The stimulator's impulses travel through the tibial nerve and then to the sacral nerve plexus (the nerves controlling the bladder function).

Treatment consists of 12, 30-minute sessions scheduled a week apart. Patients will have a meeting with their provider after the sixth session to evaluate and discuss their progress. Patients who respond to initial treatment usually require a monthly maintenance treatment to sustain results. Efficacy is similar to OAB medications.



## BOTOX<sup>®</sup>

**What is BOTOX<sup>®</sup>?** BOTOX<sup>®</sup> is a prescription medicine that is injected into the bladder muscle and approved to treat OAB symptoms in adults 18 years and older, after you have failed lifestyle changes and medicines.

**How does BOTOX<sup>®</sup> treatment work?** BOTOX<sup>®</sup> is injected into the bladder muscle and works to help block signals that trigger OAB. BOTOX<sup>®</sup> provides symptom relief that is similar to that of oral medications.

### Health Tip!

These are healthy habits to help you track your healthcare information, and understand your treatment options.

## Quick Tips on being your own healthcare advocate!

When seeking medical care be sure to:

- Make a list of questions you'd like to ask your provider before your appointment
- Be sure to speak with your provider about possible risks and side effects of recommended treatment options
- Take notes during your appointment

# InterStim<sup>®</sup> Therapy

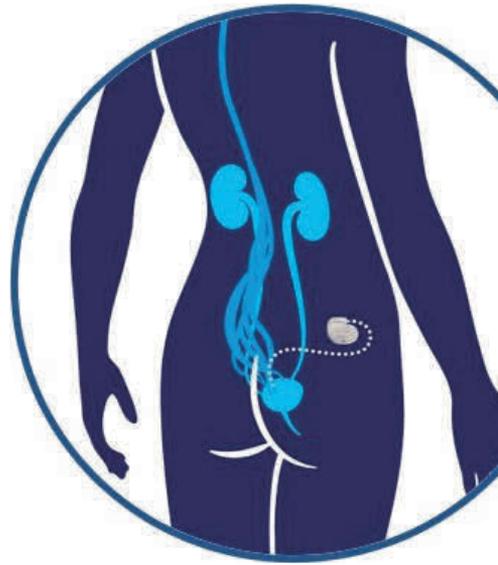
## InterStim<sup>®</sup> Therapy

**What is InterStim<sup>®</sup> Therapy?** InterStim<sup>®</sup> Therapy is a proven therapy that targets the communication problem between the brain and nerves that control the bladder. If those nerves are not communicating correctly, you will have frequent urination, or leakage of urine. Patients often think of InterStim<sup>®</sup> as a pacemaker for the bladder.

The InterStim<sup>®</sup> system uses an external device during a trial assessment period and an internal device for long-term therapy. You and your provider may decide to try InterStim<sup>®</sup> Therapy by going through a trial assessment. Together, you and your provider will determine the next step that is right for you.

**How does InterStim<sup>®</sup> Therapy work?** InterStim<sup>®</sup> Therapy works with the sacral nerves, located near the tailbone. The sacral nerves control the bladder and muscles related to urinary function.

The theory behind InterStim<sup>®</sup> Therapy is that gentle electrical stimulation of the sacral nerves reduces the signals to the nervous system. This will reduce urinary



urgency, frequency, and leakage of urine. Over 82% of patients see significant improvement in urinary symptoms based on long-term clinical data.

### First Urology InterStim<sup>®</sup> Team



Barry Pecha, MD



Stephanie Flaspoepler, APRN

# Patient Navigation

We go a step beyond the routine standard of care by offering complimentary OAB Navigator service.

Your personal Navigator

## Evaluation

History & Physical Exam - Review Diet & Lifestyle - Review OAB Treatment Options  
Urinalysis - PVR - Voiding Diary

## Lifestyle Changes

Diet - Fluids - Weight Loss  
Physical Therapy / Kegel Exercises

## Oral Medications

(Including past medications)

Medication #1 \_\_\_\_\_

Medication #2 \_\_\_\_\_

OABClinic@1sturology.com  
Direct #: 502-203-0036

- Help you understand your diagnosis
- Coordinate communication between you and your provider
- Facilitate scheduling treatments
- Guide you through the steps toward improvement in your OAB symptoms and meeting your personal goals

## Advanced Therapies

### PTNS

(12 week therapy + monthly maintenance)

No Success

### Nerve Testing

(4-7 day test)

No Success

### Bladder BOTOX<sup>®</sup>

(6 month treatment)

Success

InterStim<sup>®</sup>  
(long term solution)

**First**  
**Urology**