

## Decision Worksheet: Treatment Options for Refractory Urgency Urinary Incontinence

1. How much does urinary leakage with urgency bother you?

- Not at all   
  Somewhat   
  Moderately   
  Quite a bit

2. How often do you experience urine leakage with urgency?

- Never   
  Less than once a month   
  1 or several times/month   
  1 or several times/week   
  Every day/night

3. How much urine do you lose each time?

- Drops/little   
  More

4. What treatments have you already tried? \_\_\_\_\_

Urgency urinary incontinence can be treated through these methods. We will circle and discuss your options together.

Treatment Options	Frequently Asked Questions			
	What is this treatment?	What are some reasons to choose this option?	What are some reasons <u>not</u> to choose this option?	What are next steps for this option?
<b>No Treatment at this time</b>	You do not make any changes in your daily routine.	<ul style="list-style-type: none"> <li>• Urinary incontinence may improve on its own.</li> </ul>	<ul style="list-style-type: none"> <li>• Urgency urinary incontinence may continue or get worse without treatment, And may become more difficult to treat.</li> </ul>	None
<b>Bladder Botox Injections</b>	Botox injections are given in your bladder muscle. Usually done in the office under local anesthesia.	<ul style="list-style-type: none"> <li>• 7 out of 10 women will have less urgency leakage</li> </ul>	<ul style="list-style-type: none"> <li>• Requires injections every 6-12 months</li> <li>• 7% risk of a urinary tract infection (UTI)</li> <li>• Small risk of being unable to empty your bladder completely</li> </ul>	Schedule an appointment with us.
<b>Sacral Neuromodulation</b>	A small device that sends electrical impulses to your lower back nerves. <b>Step 1 - Test:</b> Observe for 1 week if the temporary device helps you. <b>Step 2 - Implant:</b> If you improve by at least 50%, wires and a battery are placed in your back under light sedation in the operating room.	<ul style="list-style-type: none"> <li>• 7 out of 10 women will have less urgency leakage</li> </ul>	<ul style="list-style-type: none"> <li>• Won't be able to get back MRIs</li> <li>• Risk of infection or wire damage</li> <li>• Requires battery replacement every 5-10 years in the operating room</li> <li>• Device replacement may be needed</li> </ul>	Our office will call you to schedule an appointment.
<b>Percutaneous Tibial Nerve Stimulation</b>	Small, thin needle is placed in your ankle and connected to a stimulator. 30-minute treatment sessions are done in the office.	<ul style="list-style-type: none"> <li>• 7 out of 10 women will have less urgency leakage</li> <li>• Medicine doesn't work well for you</li> <li>• You prefer to avoid medicine</li> </ul>	<ul style="list-style-type: none"> <li>• Requires weekly sessions for 3 months at the office</li> <li>• 1-2 monthly maintenance treatments may be needed</li> </ul>	Schedule an appointment with us.

5. What is most important to you as we make this decision? \_\_\_\_\_

6. What did we decide today? Try: \_\_\_\_\_ or  Decide later (check all that apply)

need more information  
 need to discuss with others  
 need to think about it more

7. What are the next steps and follow-up? \_\_\_\_\_