What is your goal?

**Pre-Treatment Checklist**
1. Explain treatment options
2. Consider AUA guidelines
3. Define timelines for each Tx
4. Consider Insurance coverage

**EVALUATION**
- Incontinence
- Urgency
- Frequency
  - History & Physical
  - Urinalysis
  - Culture
  - Bladder Diary

**Natural Treatment Plans**
- Lifestyle Changes
- Behavioral Therapy/Bladder Retraining
- Kegel Exercises

**Oral Medications**
- Anticholinergic (AC) - 4 Weeks
  - Myrbetriq
  - Vesicare
  - Oxybutynin
  - Detrol

**RE-EVALUATION**
- Urodynamics
- Urinalysis
- Culture
- Bladder Diary
- Cystoscopy

**Advanced Treatment Options**

- **Injectable Medication** (BOTOX®)
  - 6 Month Treatment

- **Percutaneous Tibial Nerve Stimulation** (Urgent PC®)
  - 12 Week Trial

- **Neuromodulation Therapy Implant** (InterStim®)

**RE-EVALUATION 5-MONTHS**

- **Injectable Medication** (BOTOX®)
  - 6 Month Treatment

- **Percutaneous Tibial Nerve Stimulation** (Urgent PC®)
  - 4 Week Trial

- **Neuromodulation Therapy Implant** (InterStim®)

**Continue Medication**
- Anticholinergic
- Myrbetriq 2-4 weeks

**Switch Medication**
- 4-8 Week GOAL
  - 50% or Greater Symptom Improvement

**In Office**
- InterStim Evaluation

**PFT**
- Consider Pelvic Floor Therapy