

# KNOW YOUR PATIENT CARE PATHWAY

The patient care pathway is an important tool to use on your journey to improved symptoms and better quality of life. The pathway starts with consulting your doctor who will make a personalized diagnosis for you, leading you down your care pathway.

## CONSULT WITH YOUR DOCTOR



Discuss your symptoms • Undergo diagnostic tests • Discuss treatment options

## DIAGNOSIS

### OAB

#### OVERACTIVE BLADDER



### FI

#### FECAL INCONTINENCE



### UR

#### URINARY RETENTION



### INITIAL TREATMENT

- Lifestyle changes
- Bladder training and exercises
- Fluid/diet changes

### MEDICATIONS

- Prescription medications:
  - Antimuscarinics
  - Beta-3 agonists

### ADVANCED THERAPIES

- Sacral Neuromodulation
- Chemodenervation (Botox injections)
- Percutaneous Tibial Nerve Stimulation

### INITIAL TREATMENT

- Diet modification
- Pelvic floor exercises
- Over-the-counter antidiarrheal medicine
- Pessary



### ADVANCED THERAPIES

- Sacral Neuromodulation
- Transanal Irrigation
- Surgical Sphincter Repair
- Artificial Sphincter Implant

### INITIAL TREATMENT

- Behavioral Management
- Alpha blocker medications (for men with prostate enlargement)



### ADVANCED THERAPIES

- Sacral Neuromodulation
- Clean Intermittent Self-Catheterization
- Surgical intervention