

# Doctor Discussion Guide

Take the first step and regain control





## TAKE THE FIRST STEP

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It is important to talk with your doctor about your symptoms. Take the first step and reach out to schedule a consultation.

There are treatment options available for you that can help improve your symptoms. Below are the steps you can take to finding the right treatment solution for you.



### 1 SCHEDULE A CONSULTATION



### 2 PREPARE FOR YOUR CONSULTATION



### 3 KNOW YOUR CARE PATHWAY



### 4 OWN YOUR JOURNEY

# SCHEDULE A CONSULTATION

The first step to finding the right treatment is to consult with your doctor. Speak openly with your doctor about your symptoms because they want to know!

Haven't spoken to a doctor regarding your symptoms? Here are the types of doctors that specialize in urinary and bowel health. If necessary, ask your primary care physician for a referral to one of the below specialists in your area.



## **UROLOGIST**

Specializes in the treatment of conditions of the male and female urinary tract and the male reproductive system



## **UROGYNECOLOGIST**

Specializes in the treatment of conditions of the pelvic floor and female urinary tract



## **FEMALE PELVIC MEDICINE AND RECONSTRUCTIVE SURGEON (FPMRS)**

Urologists and Urogynecologists, who are board-certified in FPMRS, specialize in providing comprehensive management of women with pelvic floor conditions, including urinary incontinence, lower urinary tract disorders, pelvic organ prolapse, bowel incontinence and childbirth-related injuries



## **COLORECTAL SURGEON**

Specializes in the treatment of colon and rectal conditions



## **OBSTETRICIAN AND GYNECOLOGIST (OB/GYN)**

Specializes in the treatment of conditions of the female reproductive system

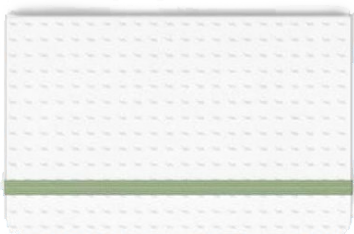


## PREPARE FOR YOUR CONSULTATION

### Need a conversation starter?

Here are some tips of what you can do to prepare for a conversation with your doctor regarding your symptoms.

- Get an understanding of your symptoms and how frequently they occur by using the **Symptom Tracker** below
- Utilize the **Consultation Sheet** to review with your doctor. If you have taken medications or have tried other treatments, note them in the consultation sheet
- Visit our **Patient Website** to hear from our patient ambassadors





# CONSULTATION SHEET

Time to get ready for your discussion!

First, capture **Treatment History** for your doctor before arriving to your appointment.

Next, you may want to ask **Suggested Questions** below to understand more about your symptoms and next steps.

## TREATMENT HISTORY:

What previous medications or treatments have you tried for your bladder or bowel issues?

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Were they effective in improving your symptoms? Please explain.

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## SUGGESTED QUESTIONS TO ASK YOUR DOCTOR:

1. What could be causing my symptoms?
2. What is my condition called? Can you please explain it to me?
3. What treatment options do you recommend for me?
4. Is there a cure for my condition?
5. How long will I have to utilize this treatment?
6. What are the pros and cons on these treatment options?
7. How do I know if a treatment option is right for me?
8. How long will it be for me to notice symptom improvement?
9. What are the chances this treatment will work for me?
10. Do I need additional tests/evaluation?





# SYMPTOM TRACKER

To gather a baseline of how frequently your symptoms occur, fill out the symptom tracker below for 3 days. Keep this for your reference to see if and how much your symptoms are improved with treatment.





**DAY 1**

|                                   | # of times you went to the restroom | # of urgency episodes* | # of times you leaked |
|--|-------------------------------------|------------------------|-----------------------|
|  <b>Morning</b><br>4 AM - 12 PM   |                                     |                        |                       |
|  <b>Afternoon</b><br>12 PM - 8 PM |                                     |                        |                       |
|  <b>Night</b><br>8 PM - 4 AM      |                                     |                        |                       |

**DAY 2**

|                                    | # of times you went to the restroom | # of urgency episodes* | # of times you leaked |
|--|-------------------------------------|------------------------|-----------------------|
|  <b>Morning</b><br>4 AM - 12 PM   |                                     |                        |                       |
|  <b>Afternoon</b><br>12 PM - 8 PM |                                     |                        |                       |
|  <b>Night</b><br>8 PM - 4 AM      |                                     |                        |                       |

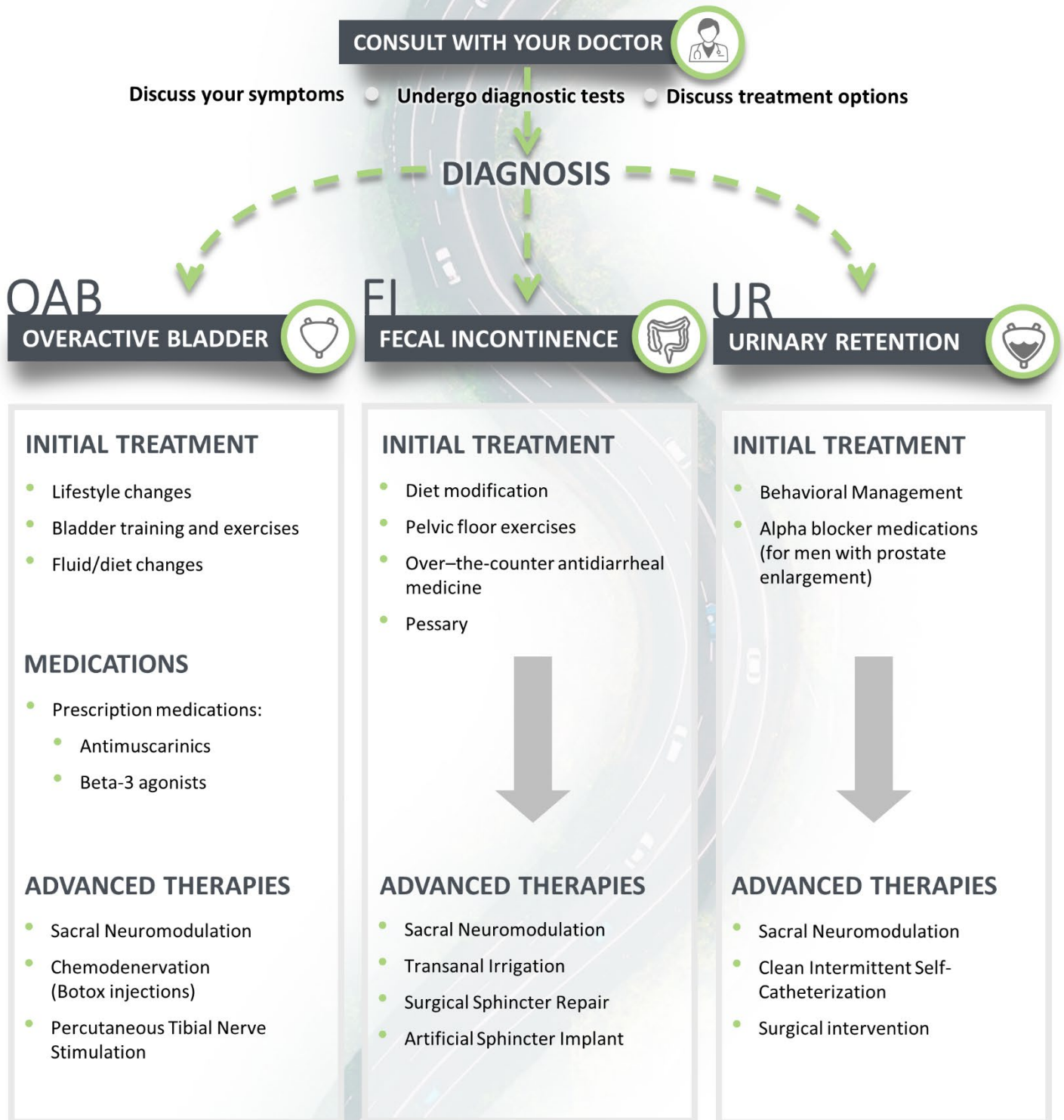
**DAY 3**

|                                   | # of times you went to the restroom | # of urgency episodes* | # of times you leaked |
|--|-------------------------------------|------------------------|-----------------------|
|  <b>Morning</b><br>4 AM - 12 PM   |                                     |                        |                       |
|  <b>Afternoon</b><br>12 PM - 8 PM |                                     |                        |                       |
|  <b>Night</b><br>8 PM - 4 AM      |                                     |                        |                       |

*\*Urgency episode refers to a sudden need to urinate or pass stool, that is difficult to control and may require you to stop what you are doing and rush to the restroom*

# 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.



## OWN YOUR JOURNEY

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Speak openly and follow up with your doctor about your symptoms and the progress made with your treatment. This will ensure that your doctor can direct you towards the right treatment solution for you.



### **Track your symptoms:**

Follow your doctor's recommendation while tracking your symptoms. Keeping track will help you and your doctor understand if your symptoms are improved with treatment

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### **Don't give up!**

Are you noticing symptom improvement? If not, don't give up. Remember, there are more treatment options available and your doctor can help you find the right one to get your symptoms under control.

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### **Follow up**

Are your symptoms still disrupting your daily life? Continue to follow up with your doctor about your symptoms. Work together to find the right treatment solution to improve your quality of life.



To learn more about therapies for bladder and bowel control, and to hear stories from patients, visit us online at [www.Axonics.com](http://www.Axonics.com)



Become a part of our community!

Follow us for the latest news and updates on how Axonics is improving quality of life for patients around the world.

**Stay Connected.**



#Axonics

Axonics SNM Therapy for urinary control is indicated for the treatment of urinary retention and the symptoms of overactive bladder, including urinary urgency incontinence and significant symptoms of urgency-frequency alone or in combination, in patients who have failed or could not tolerate more conservative treatments. Axonics SNM Therapy for bowel control is indicated for the treatment of chronic fecal incontinence in patients who have failed or are not candidates for more conservative treatments. Axonics SNM Therapy is not intended for patients with urinary mechanical obstructions. The safety and effectiveness of the therapy has not been established for use in pregnant women, for patients under the age of 18 years, for patients with progressive, systemic neurological conditions or for bilateral stimulation. Prescribing and implanting clinicians should be experienced in the diagnosis and treatment of urinary and bowel symptoms and on the implantation of the Axonics System. This therapy includes typical surgical risks and therapy specific potential complications including discomfort due to stimulation, pain at the implant site, infection, and lead migration. Patients should consult their physician to learn more about Axonics SNM Therapy.