

## Welcome to the Overactive Bladder Center of Excellence

The purpose of us seeing you is to help determine the cause and type of bladder problems you are experiencing. Our goal is to work individually with each patient to alleviate bladder control problems, as well as pelvic pain. In order to accomplish this, our program contains a thorough evaluation by our nurse practitioner and a plan of care to meet your individual needs.

Your first visit with our nurse practitioner will take approximately one hour. If you have not had a recent urine test performed, you should come expecting to give a specimen. At this first appointment, muscle testing of the pelvic floor muscles will be performed. This procedure is not uncomfortable, but does include a small probe placed about 3 centimeters into the rectum for men and women, with the addition of a second small probe placed into the vagina of females.

**75% - 80%**  
**OF PATIENTS WE SEE ATTAIN  
SIGNIFICANT IMPROVEMENT  
OR CURE**

The muscle testing is important because no two people are exactly alike. The level of exercise we recommend will be based on the muscle testing. If too many exercises are performed, it may actually fatigue the muscle. If not enough are performed, the muscle will not improve.

We find 75-80% of the patients we see attain significant improvement or cure with this type of therapy alone. As with any form of treatment, there are some patients who do not benefit from non-surgical therapy. We recommend appointments every week, initially, depending on your symptoms or progress. The average number of visits is 8 but there are some people that require less visits and, of course, those who sometimes require more.

This does not mean you will be cured in 3-4 visits but you should notice gradual progress. Remember, bladder problems generally do not start overnight. We are working with the same muscles that have become weak so success does take some time, and most importantly, it requires specific exercises and recommendations be followed. Occasionally, we will also recommend medications if we feel they are warranted.

Please take the time to fill out the attached questionnaire to the best of your ability. Filling this out ahead of time will give us the opportunity to individually direct our evaluation and treatment of your problem. If you are unable, or unsure, about answering any questions, leave them blank and we will review them at your first visit.

We look forward to meeting you at your appointment! If you are unable to make your scheduled appointment, please let us know, because there may be others who want this appointment time. If you do not call us at least 24 hours in advance, you may be charged a fee. Please call **815-409-4969**, Monday through Friday, 8 a.m. to 4:30 p.m., to speak with our staff, or you may leave a message at any time.

### **Your Overactive Bladder Treatment Team,**

Lori Cornelius, NP-C  
Sarah Bandura BSN, RN, CURN  
Angela Noti, RMA