

Before and after your visit

Patient name: _____ DOB: _____ Today's date: _____

Before your appointment

- Tell us about pregnancy or possible pregnancy, an implanted electronic device, or metal implants, including an IUD. Report pelvic surgery, bleeding, pain, a new infection or changes in urinary symptoms.
- Wear comfortable clothing; you remain clothed during treatment. Staff will tell you which removable metallic or electronic items to set aside. Ask before removing or changing any medical device.
- Keep taking prescribed medicines unless the prescribing clinician tells you otherwise. Tell us about blood thinners and all supplements.

During treatment

- You may feel pelvic-floor contractions and tingling. Follow staff positioning instructions and report uncomfortable pain, dizziness or new symptoms immediately.

After treatment

- Usual daily activities are generally possible if you feel well. Tell us about persistent pelvic discomfort or a meaningful worsening of bladder symptoms.
- Continue clinician-directed pelvic-floor exercises and bladder care, if prescribed. Complete the initial treatment course and attend your maintenance visits as prescribed.

When to contact us

- Call for new pelvic pain, blood in the urine, fever or difficulty urinating. New urinary symptoms may need evaluation rather than another treatment session. Call 911 for trouble breathing, swelling of the tongue or throat, chest pain, collapse or stroke symptoms.

Patient initials: _____ I acknowledge receipt of these instructions.

A copy will be kept in my patient record.