



Urge Urinary Incontinence Discussion Guide

Let's talk *Revi*

A guide for you and your healthcare provider about treating your urge urinary incontinence, with Revi®.

That “Gotta Go” Feeling

Urge Urinary Incontinence (UUI), is a chronic condition that may cause you to have an urgent need to empty your bladder, even when it's not full, and can often lead to leaks or accidents. If your bladder symptoms are causing you to miss out on life, talk to your healthcare provider about your treatment options.

Use this discussion guide at your next appointment with your healthcare provider to see if Revi is right for you.



At Your Next Appointment:

“Could Revi be right for me?”

Review your answers to these questions with your current healthcare provider or ask your current provider for a referral to a urologist or urogynecologist who may be able to offer you more treatment options for your urgent bladder leaks:

1 Have you been diagnosed with Overactive Bladder (OAB) or UII?

☐ Yes ☐ No

2 What are your main symptoms? (check all that apply)

- ☐ Frequent urination (more than 8 times in 24 hours)
- ☐ Urgency to urinate (a sudden, strong urge you can't ignore)
- ☐ Incontinence (having accidents)
- ☐ Nocturia (waking up two or more times in the night to urinate)

3 How long have you had these symptoms?

- ☐ <6 months ☐ 6 months to <1 year
- ☐ 1-3 years ☐ > than 3 years

4 How many times per night do you use the bathroom or have accidents due to your bladder symptoms?

- ☐ <1 ☐ 2-3 ☐ >4

5 Do you have to rush to the toilet to urinate?

- ☐ Never ☐ Sometimes
- ☐ Most of the time ☐ All the time

6 Do you leak urine before you get to the toilet?

- ☐ Never ☐ Sometimes
- ☐ Most of the time ☐ All the time

7 What lifestyle or behavioral changes have you tried? (check all that apply)

- ☐ Wearing pads or diapers
- ☐ Dietary changes
- ☐ Drinking less fluids
- ☐ Losing weight
- ☐ Kegels or other bladder exercises
- ☐ Wearing dark clothing or bringing extra clothing with me
- ☐ Ensuring I know where the bathrooms are when I go out
- ☐ Staying home to avoid accidents
- ☐ None
- ☐ Other: _____

8 Have you tried prescription medication to treat your bladder symptoms?

- ☐ Yes ☐ No

9 How satisfied are you with your current treatments?

- ☐ Very unsatisfied ☐ Unsatisfied ☐ Neutral ☐ Satisfied ☐ Very satisfied

10 How bothered are you by your OAB symptoms?

- ☐ Very bothered ☐ Moderately bothered ☐ Slightly bothered ☐ Not at all bothered

11 Are you interested in learning about new options that may be appropriate for you?

- ☐ Yes ☐ No



Before Your Next Appointment:

Get ready for your discussion with your healthcare provider. Keep a “bladder diary” for 3 days, noting when and how often you go.

Day 1	Fluids	Urination			Accidents		Comments
DATE / /	Beverage	How many times?	How much?	Did you feel a strong urge to urinate?	Did you have an accident?	How much did you leak?	
6am-9am			S - M - L	Yes - No	Yes - No	S - M - L	
9am-12pm			S - M - L	Yes - No	Yes - No	S - M - L	
12pm-3pm			S - M - L	Yes - No	Yes - No	S - M - L	
3pm-6pm			S - M - L	Yes - No	Yes - No	S - M - L	
6pm-9pm			S - M - L	Yes - No	Yes - No	S - M - L	
9pm-12am			S - M - L	Yes - No	Yes - No	S - M - L	
12am-3am			S - M - L	Yes - No	Yes - No	S - M - L	
3am-6am			S - M - L	Yes - No	Yes - No	S - M - L	

Day 2	Fluids	Urination			Accidents		Comments
DATE / /	Beverage	How many times?	How much?	Did you feel a strong urge to urinate?	Did you have an accident?	How much did you leak?	
6am-9am			S - M - L	Yes - No	Yes - No	S - M - L	
9am-12pm			S - M - L	Yes - No	Yes - No	S - M - L	
12pm-3pm			S - M - L	Yes - No	Yes - No	S - M - L	
3pm-6pm			S - M - L	Yes - No	Yes - No	S - M - L	
6pm-9pm			S - M - L	Yes - No	Yes - No	S - M - L	
9pm-12am			S - M - L	Yes - No	Yes - No	S - M - L	
12am-3am			S - M - L	Yes - No	Yes - No	S - M - L	
3am-6am			S - M - L	Yes - No	Yes - No	S - M - L	

Day 3	Fluids	Urination			Accidents		Comments
DATE / /	Beverage	How many times?	How much?	Did you feel a strong urge to urinate?	Did you have an accident?	How much did you leak?	
6am-9am			S - M - L	Yes - No	Yes - No	S - M - L	
9am-12pm			S - M - L	Yes - No	Yes - No	S - M - L	
12pm-3pm			S - M - L	Yes - No	Yes - No	S - M - L	
3pm-6pm			S - M - L	Yes - No	Yes - No	S - M - L	
6pm-9pm			S - M - L	Yes - No	Yes - No	S - M - L	
9pm-12am			S - M - L	Yes - No	Yes - No	S - M - L	
12am-3am			S - M - L	Yes - No	Yes - No	S - M - L	
3am-6am			S - M - L	Yes - No	Yes - No	S - M - L	



Notes

If your healthcare provider gives you a treatment plan or next steps, make sure to note that here as well.

What is Revi?

Revi is a small device that is implanted near the ankle and delivers personalized levels of nerve stimulation to the bladder to help control bladder symptoms, allowing you the freedom to get back to the activities you enjoy most.

Ask your healthcare provider about Revi at your next appointment and to learn more, visit:
www.bluewindmedical.com

Stay connected with the BlueWind team
BlueWindMedical.com/stay-connected

Caution:

Federal Law (USA) restricts this device to sale by or on the order of a physician. Refer to product instruction manual/ package insert for instructions, warning, precautions, and contraindications. For more information, please contact BlueWind Medical at 888-715-2080, and/or consult BlueWind Medical's website at www.bluewindmedical.com.

