

# Botox® 6-Month Symptom Tracker

Track your incontinence symptoms monthly with the chart below.

Use a 1-10 scale (1=Not at all, 10=All the time). Start one month BEFORE your Botox® treatment and continue for 6 months after.

Symptom	Before Treatment	Month 1 After	Month 2 After	Month 3 After	Month 4 After	Month 5 After	Month 6 After
Urgency (sudden need to urinate)							
Frequency (how often you urinate)							
Bladder leaks or accidents							
Use of incontinence products							
Avoiding activities due to symptoms							
Worry or anxiety about bathroom access							

## Stay On Track With Treatment:

Botox® works best with consistent treatment. Schedule your next appointment around the 6-month mark.

- I scheduled my next Botox® appointment.

## Questions to Ask My Doctor:

- How long should I expect my results to last?
- Is it normal for symptoms to return before 6 months?
- What can I do to improve results between treatments?
- Should I adjust my retreatment schedule?
- Am I eligible for continued use or savings?

## Save on Your Treatment:

You may be eligible to pay as little as \$0 through the Botox® Savings Program.

Learn more or apply at: [www.BOTOXSavingsProgram.com](http://www.BOTOXSavingsProgram.com)

## Notes:

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