

# Percutaneous Tibial Nerve Stimulation (PTNS)

UROLOGY CENTRE



## Percutaneous Tibial Nerve Stimulation (PTNS)

Nerve stimulation, also known as neuromodulation, is a treatment option for an overactive bladder (OAB) if medications have not worked or you have intolerable side effects from the medications.

Nerve stimulation can also be used if you have urinary symptoms that are caused by neurological conditions.



PTNS involves placing a needle at the ankle and using electrical pulses to stimulate the tibial nerves, which in turn stimulates the sacral nerves, controlling the bladder and urination cycle.



Your doctor or nurse will place a thin needle (which is connected to an electric current) near your ankle. The needle passes through the skin and stimulates the tibial nerves. The tibial nerves run from the inner part of the ankle, along the leg and up to the sacral nerves in the lower back.

A treatment course for PTNS generally spans 12 sessions. Treatment sessions are done once a week at the Urology Centre and lasts 20 to 30 minutes each session. The effect may wear off over time and you will likely need more treatment courses after the initial 12 sessions.



## Risks of PTNS

PTNS is a well-tolerated procedure and has few side effects. You may feel mild pain when the needle is being placed on your ankle but this will stop once the needle is removed. During the procedure, you may feel an aching sensation when the current is running through.

To find out more, please speak to your doctor or nurses.



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