

Information for Patients

Tibial Nerve Stimulation

What is tibial nerve stimulation?

It is a treatment for patients with an overactive bladder. Patients may have associated symptoms of urinary urgency, frequency and urge incontinence. All of these conditions can limit patients' activities and affect their quality of life.

Tibial nerve stimulation involves stimulating the tibial nerve that runs from the ankle, up the leg and to the bladder nerves.

How does it work?

Two small gel electrodes are placed near your ankle. The electrode is then connected to a battery powered stimulator.

During your 30 minute treatment, mild impulses from the stimulator travel through the electrode, along your leg and to the nerves in your pelvis that control bladder function.

What will I feel?

Patients experience this therapy in different ways. It is often described as "tingling" or "pulsating".

Treatment is typically well tolerated. You may get some irritation from the adhesive pads, and some people feel some numbness in their foot, but this resolves.

How long does the course last?

The initial treatment is for 12 weeks. After the initial treatments you may need to have follow-up treatments to maintain your results.

How effective is it?

60-80% of patients see an improvement in symptoms. Tibial nerve stimulation may work when other treatments have failed.

How soon will I see results?

This treatment gently modifies the signals to achieve bladder control. It usually takes 5-7 weeks for symptoms to change. It can take up to 12 weeks.

Risks

The risks are low.

The most common side effects are temporary and include mild pain or skin inflammation at or near the stimulation site.

Using your ProTens machine

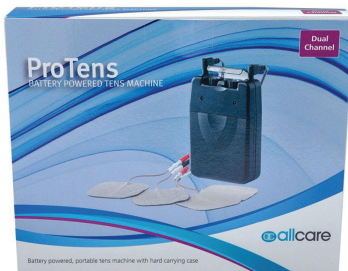
- Attach the leads to the 2 electrodes
- Attach electrodes to inside of lower leg. The first electrode is placed behind and 2 fingers above the ankle. The second is placed two fingers above the first electrode in the same line.
- Attach one set of leads to one side of the ProTens machine.
- Settings: Pulse width: **220**
Pulse rate: **10**
Mode: **M**
Timer: **30**
- Turn on the machine using the dial closest to the lead attached. Increase rate until buzzing is felt between the electrodes and it is comfortable.
- Use for 30 minutes 5-7 times per week.



Electrodes may need to be replaced when they lose contact. Contact Urology Associates to purchase more if needed.

To purchase your machine there are many NZ websites available to purchase online or More Mobility shop stocks the machines.

The machine we use is the ProTens machine.



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