

Percutaneous Nerve Evaluation

What Is It?

A Percutaneous Nerve Evaluation (PNE) is a test done in the office to determine if InterStim™ therapy will improve your urinary symptoms. InterStim™ therapy is an FDA-approved treatment for urinary urgency, frequency, urge incontinence, and retention. It is a small device that is implanted under the skin of the upper buttocks. It works by gently stimulating the sacral nerves to help the bladder function more normally.

Percutaneous Nerve Evaluation:

For the PNE, a temporary wire will be placed along side the third sacral nerve in your lower back. This nerve controls bladder function. The wire is the size of a thick hair and will carry gentle electrical pulses to the nerve. The wire will be inserted by Dr. Aguirre using a local anesthetic. Dr. Aguirre will know that the lead is in the correct position when you feel a tapping, pulsing, vibrating or tingling sensation in the vaginal or rectal area. Once the wire is in the correct position, it will exit the skin and be connected to a portable stimulator box that can be clipped to the waistband of your clothing. You will be able to turn the stimulation up, down, on, and off with the portable stimulator.

For the next week, you will monitor changes in your symptoms. You will then follow-up in the office to discuss changes in your urinary symptoms and to have the temporary wire removed. If your symptoms have improved by at least 50 percent, you will be given the option to proceed with InterStim™ placement. This procedure will be scheduled at the next available date convenient for you.

InterStim Placement:

A permanent wire (“lead”) will be inserted and attached to a small neurostimulator battery that will be implanted under the skin in the upper buttock. This will be done in the operating room as an outpatient procedure with a local anesthetic and I.V. sedation. After the InterStim™ is implanted, you will be given a patient programmer to adjust the stimulation from outside of the body. InterStim™ batteries last from three to six years. You may need to be seen in the office occasionally to have your InterStim™ reprogrammed based on changes in your urinary symptoms.