

ABOUT PERCUTANEOUS TIBIAL NERVE STIMULATION (PTNS)

Percutaneous tibial nerve stimulation (PTNS) is a type of neuromodulation therapy used to treat the symptoms of overactive bladder (OAB). PTNS is an effective, non-surgical, non-drug therapy for the treatment of OAB.

HOW PTNS WORKS

Neuromodulation therapy addresses the communication lapse between your brain and the nerves that control your bladder. When these nerves are not communicating properly, the bladder has problems functioning as it should, resulting in overactivity and/or incontinence issues.

PTNS involves using a thin acupuncture-like needle inserted through the skin above the ankle to stimulate the tibial nerve with gentle electrical impulses (neurostimulation).

The gentle electrical impulses directed through the needle target the tibial nerve which transmits that energy signal up the leg and toward the bladder nerves. Multiple repetitions of this gentle stimulation to the tibial nerve will indirectly cause stimulation to the bladder nerves, potentially improving bladder nerve function to help decrease OAB and incontinence symptoms.

WHAT ARE THE BENEFITS OF PTNS?

- A non-surgical treatment that works for women and men
- A low-risk, non-invasive treatment option for most OAB patients
- Up to 80% of patients improve with treatment
- An effective treatment option when other OAB therapies have failed

Percutaneous Tibial Nerve Stimulation (PTNS)

OVERACTIVE BLADDER TREATMENT



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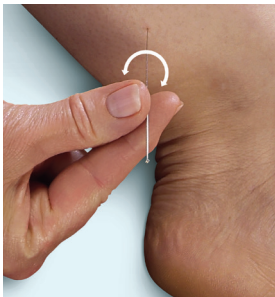
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HOW DOES PTNS WORK?

- For each treatment, you will be seated comfortably in the office.
- A small, thin acupuncture neuroelectrode (needle) will be inserted in the skin near your ankle.
- The electrode is connected to a battery-powered stimulator that sends mild electrical impulses along the tibial nerve in your leg. This may feel like a fluttering or tingling sensation.
- Each treatment lasts 30 minutes; following treatment you can return to your normal activities.



WHAT ARE THE SIDE EFFECTS OF PTNS?

The most common side effects associated with PTNS are minimal and temporary, resulting from placement of the needle electrode. These can include:

- Minor bleeding where the needle is inserted into the skin
- Mild pain or discomfort
- Skin inflammation

AM I A GOOD CANDIDATE FOR PTNS?

Most adults who have tried other treatments for OAB and have not found them to be effective may be candidates for PTNS. Some patients, however, may not be good candidates for this treatment including:

- Patients with pacemakers or implantable defibrillators
- Patients prone to excessive bleeding
- Patients with nerve damage that could impact either percutaneous tibial nerve or pelvic floor function
- Patients who are pregnant or planning to become pregnant during the duration of the treatment

Chesapeake Urology's experienced continence specialists are focused on the long-term management of OAB symptoms to help you return to a higher quality of living. Talk to your provider today to see if PTNS Therapy is right for you.

TREATMENT SCHEDULE

- 12 weekly treatments, 30 minutes for each treatment.
- Monthly maintenance treatments are necessary after the initial 12 treatments to sustain symptom improvement.
- It may take 6 to 8 weeks to see positive changes in your urinary symptoms.

| Session | Appointment |
|-----------------------------------------------------------|-------------|
| Week 1 | |
| Week 2 | |
| Week 3 | |
| Week 4 | |
| Week 5 | |
| Week 6 - Office Visit | |
| Week 7 | |
| Week 8 | |
| Week 9 | |
| Week 10 | |
| Week 11 | |
| Week 12 | |
| Maintenance | |
| Follow-up Visit (Schedule 2-4 weeks after 12th treatment) | |
| Follow-up Visit | |
| Follow-up Visit | |
| Follow-up Visit | |
| Follow-up Visit | |