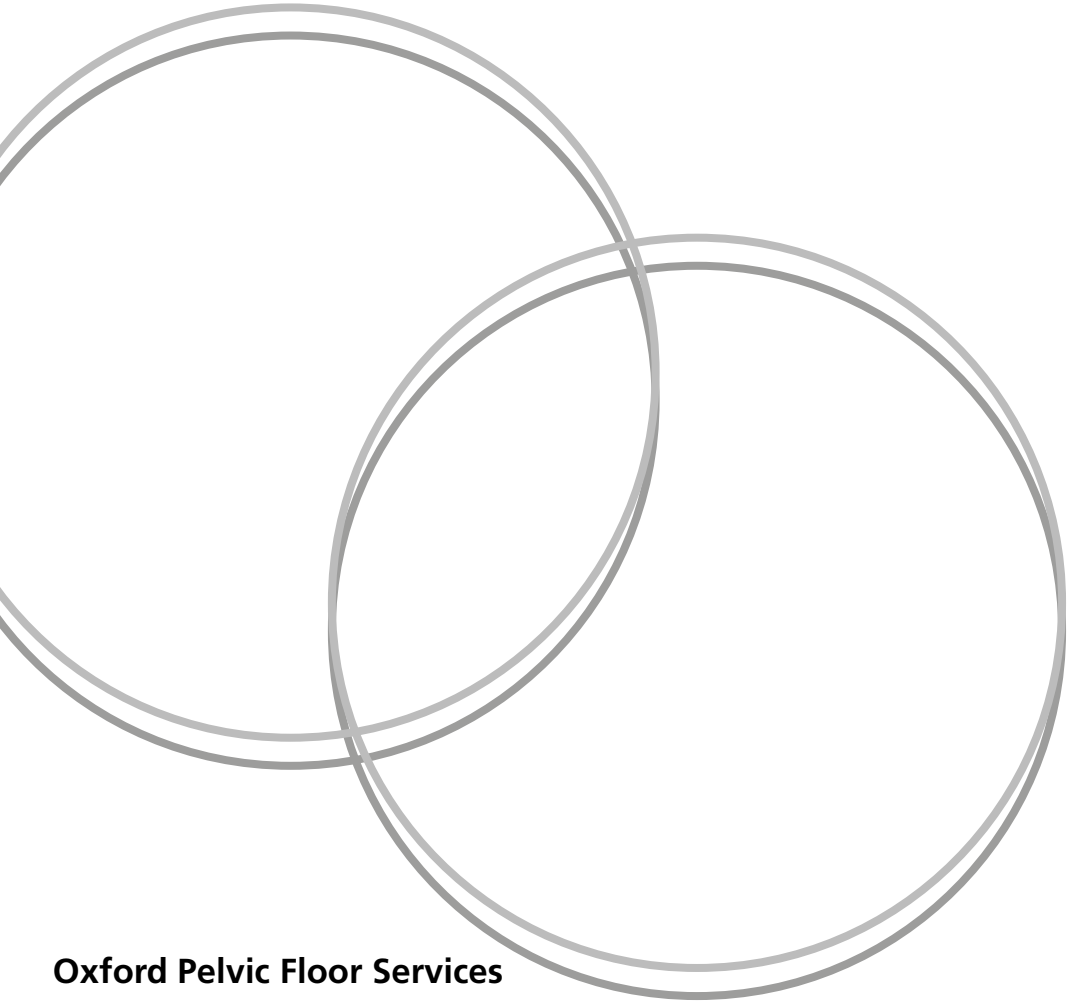
Oxford University Hospitals
NHS Foundation Trust

Advice after the insertion of a Percutaneous Nerve Evaluation (PNE)

Information for patients



Oxford Pelvic Floor Services

Your Percutaneous Nerve Evaluation (PNE) test wire has been inserted today. The PNE acts as a temporary Sacral Nerve Stimulator (SNS) to help us decide, with you, whether a permanent SNS would be of benefit in the long term.

The PNE wire is secured to your lower back by some see-through adhesive dressings, which **must not** be removed. If the dressings are removed, the wire will come out. If the original dressings start to curl at the edges, ask someone to place another dressing over the top. **Don't remove the old dressing**. We will give you some additional dressings to take home.

You are likely to feel a bit sore after the procedure, especially when the local anaesthetic wears off, but this will settle in a few days. Taking regular simple painkillers, such as paracetamol and/or ibuprofen, should help. If the area where the wire has been inserted becomes more painful or feels hot or inflamed or you have any other concerns, please contact the Pelvic Floor Team.

Tel: **01865 235 881**

At the weekends and after office hours, please contact your out of hours GP service or NHS 111.

Operating instructions

Your PNE will be turned on before you leave today. The level of stimulation will have been set so that you can not feel it. **This does not mean that it is not working**.

You will be given an additional booklet which explains how to use your controller.

We will ask you to turn the stimulation up slightly twice a day for the next two weeks, to check that you can still feel the stimulation in a similar place as you did when it was put in (ideally anywhere within the bicycle seat area). We will show you how to do this.

You should then turn it down again to the point when you just stop feeling the stimulation. Do not worry too much about the numbers; we just want to make sure that you are still feeling the sensation in the right area. The ampage (power) may change a little during the two week period, as may the position/sensation of the stimulation you feel, but this is nothing to worry about.

Please repeat this test every morning and evening.

There is no need to turn the stimulator off if this happens, but if you are in any discomfort you can turn the stimulation off until you can speak to one of the Pelvic Floor Team for further advice.

Please contact the Pelvic Floor Team on **01865 235881** if you have turned the stimulator up as high as you can and you cannot feel anything , or if the sensation has moved considerably from where you originally felt it (eg in your hip or high up in your buttock), or if you are experiencing any discomfort.

General advice during your test phase

Whilst you have your PNE wire in place it is essential to avoid vigorous movement, especially if it will make you sweat. This includes bending and stretching. You are advised to also avoid sexual intercourse for the duration of the test phase. As a general rule, if you can feel the dressings on your back pulling, you are likely to be doing too much.

It is essential to keep the dressings on your back and all the equipment dry. You will not be able to bath or shower during the 2 week trial period.

Please be careful when dressing and undressing. Pull your underwear or waistband clear of the dressings, to avoid disturbing them.

You can drive during the test phase, as long as the PNE is switched off for the duration of your journey. Remember to turn it back on and turn the stimulation back up when you have finished your journey.

We would like you to complete the bowel diaries we have given to you every day. **Please bring them to your next appointment**.

After the PNE

We will give you an appointment to have the wire removed after two weeks. This is a very quick and simple procedure. We will just peel off the dressings and gently pull the wire out.

At this appointment we will look at your completed bowel diaries and discuss the outcome of your test. **Please remember to bring any spare batteries and the charging equipment loaned to you to this appointment**.

If you have any concerns during your test phase, please contact the Pelvic Floor Team.

Tel: **01865 235 881**

Email: **pelvicfloor.advice@ouh.nhs.uk**

GI Physiology/Pelvic Floor Services

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Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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