

P.N.E. Test Information (InterStim)

You are a candidate for a Peripheral Nerve Evaluation (PNE test). This test determines whether your urinary and/or bowel symptoms will be improved through stimulation of the sacral nerves that help control the bladder and/or bowel.

Test details

- The test is performed at our Office and lasts about 45 minutes. The actual placement portion takes about 20-30 minutes.
- The test will be done using local anesthesia (numbing medicine) unless otherwise specified and generally does not cause a great deal of discomfort.
- You will be awake and will be required to lie on your stomach for 20-40 minutes. Your physician will place two temporary wires just under the skin. The wires connect to an external temporary stimulator. You will use the temporary stimulator for 5-8 days to assess the results.

Pre and Post test instructions

- You will be required to keep a voiding diary during the test period.
- You may drive yourself home following the procedure
- You will want to restrict your physical activity during the test period (no bending, twisting or lifting) in order to prevent the lead wires pulling out.

Follow up

- The wires will be removed in the office during your follow-up visit in 5-8 days. This procedure takes about 5 minutes.
- We are targeting at least a **50% or greater improvement** in your symptoms. If you reach this level of improvement, you are eligible for the permanent device. If not, or if your results are inconclusive you may be eligible for a different testing procedure