Percutaneous Nerve Evaluation Instructions

DESCRIPTION:

Percutaneous nerve evaluation, also called a PNE trial, is a temporary test used to determine whether sacral neuromodulation may improve bladder or bowel symptoms. During the trial, two temporary leads are placed near the sacral nerves and connected to an external stimulator that is worn outside the body. Your symptom diary before and during the trial helps your provider decide whether therapy is effective.

PREPARING FOR YOUR PROCEDURE:

Do not take **Ibuprofen, Advil, Motrin, Aleve, Naproxen or Excedrin** for 7-10 days before the procedure.

Follow your provider's instructions about blood thinners, aspirin, anti-inflammatory medications, diabetes medications, or other medicines that may need to be held or adjusted.

Tell your care team about allergies, recent illness, fever, cough, infection, pregnancy, implanted devices, bleeding problems, or changes in your medical history.

Shower the morning of the procedure. Do not apply lotion, powder, perfume, or deodorant near the procedure area unless your provider says it is okay.

Wear comfortable clothes and slip on shoes if you have them. Restrictions during the test are as follows: No BLT: bending, lifting or twisting (nothing over 10 lbs.) during the test.

Arrange for a responsible adult to drive you home if sedation is used or if your facility requires transportation after the procedure.

THE PROCEDURE (done in Radiology):

Arrive to the clinic, present to the imaging department to check in for your appointment.

You will be positioned so the provider can access the lower back or upper buttock area.

The skin will be cleaned, and local numbing medication may be used. Sedation may be given depending on the procedure plan and facility policy.

Temporary leads are placed near the sacral nerve area and connected to an external stimulator.

You may be asked to describe sensations such as tapping, pulsing, tingling, or movement in the pelvic, rectal, vaginal, scrotal, or foot area. This helps confirm the appropriate placement.

Remain as still as possible during placement and follow instructions from the care team.

Before discharge, you will receive instructions on the external stimulator, activity limits, dressing care, and symptom diary tracking. We have paper or an app that can be sent to you.

AFTER PROCEDURE:

Rest for the remainder of the day after the procedure. Resume light activities as tolerated unless your provider gives different instructions.

Avoid bending, twisting, stretching, heavy lifting, strenuous exercise, and sudden movements during the trial period to reduce the chance of lead movement.

Keep the dressing clean and dry. Do not soak in a bath, hot tub, pool, or lake while the temporary leads are in place.

Do not pull, tug, or adjust the leads or external stimulator unless specifically instructed by your care team.

Use the stimulator only as directed. This information will be gone over the day of procedure by the representative. If stimulation becomes painful or uncomfortable, turn it down or off according to your instructions and contact your provider.

Track bladder or bowel symptoms carefully in your diary, including frequency, urgency, leakage episodes, pad use, bowel accidents, and any symptom improvement.

Take pain medication only as directed. Mild soreness at the placement site can occur, but worsening pain should be reported.

Attend the scheduled follow-up visit for lead removal and review of your symptom diary. A successful trial is commonly based on meaningful symptom improvement, often around 50% or greater, but your provider will interpret your results.

CONTACT US:

Astera Health Urology at 218-631-7590
Imaging at 218-631-7466
Hours: Monday - Friday 8 a.m. - 4:30 p.m.
After hours, please call 218-631-7470 for the Hospital/ER

THINGS TO KNOW

Transportation home. A driver is not needed, but is recommended to have someone drive if you take a narcotic or sedative either before/ after your procedure.

Where to park. Astera Health is located at 421 11th St. NW in Wadena. Please park in the Clinic parking lot and enter through the Clinic door.

When to call the clinic:

- Fever, chills, or signs of infection such as increasing redness, warmth, swelling, drainage, or odor at the insertion site.
- Severe or worsening pain that is not relieved by approved medication.
- Bleeding that soaks through the dressing or does not stop with gentle pressure.
- The temporary wire appears to move, comes loose, or falls out.
- The stimulator stops working, alarms, becomes damaged, or you are unsure how to use it.
- New numbness, weakness, difficulty walking, inability to urinate, or any other urgent or concerning symptoms.

Appointment Details

Date: _____

Time: _____

Provider: _____

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