Percutaneous Tibial Nerve Stimulation (PTNS)

Percutaneous tibial nerve stimulation (PTNS) is a type of treatment for overactive bladder. It treats symptoms such as:

- Urinary urgency
- Urinary frequency
- Urge incontinence

How PTNS Works

To give PTNS treatment, we use a device called the Urgent® PC Neuromodulation System.

1. First, we will insert a small, slim electrode needle near your ankle. The needle connects to a battery-powered stimulator.
2. Then, the stimulator will send impulses through the needle. Impulses are sent into the nerves that control bladder function. These nerves are tibial nerve and sacral nerve plexus.

Treatment Course

You will have 12 weekly treatments. Each treatment takes 30 minutes. If treatment improves your symptoms, you may need monthly treatments to maintain the results.

Risks

Risks may include but are not limited to:

- Discomfort and pain (including throbbing pain) near the stimulation site
- Redness/inflammation at or near the stimulation site
- Local bleeding
- Toe numbness
- Stomachache

Precautions

You should **not** have this treatment if you:

- Have a pacemaker or implantable defibrillator,
- Are prone to heavy bleeding,
- Have nerve damage that could impact treatment
- Are pregnant or planning to become pregnant

Other Treatment Options

Other treatment options include:

- Behavior change
- Pelvic muscle strengthening
- Drug therapy
- Surgery

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8444