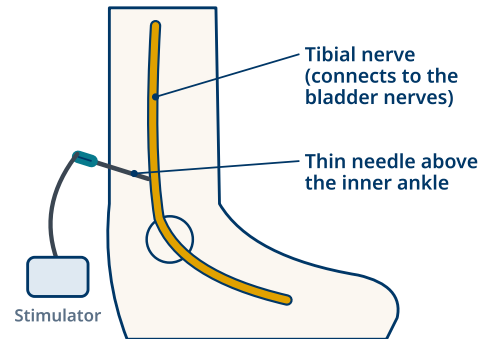


Tibial Neuromodulation

What it is

Tibial neuromodulation treats an overactive bladder. A thin needle near the ankle sends mild pulses to a nerve that connects to the bladder nerves. It is usually done in weekly office visits.



Why it is done

- Overactive bladder, urgency or urge incontinence
- Symptoms not adequately improved with lifestyle changes or medication
- Patients who prefer an office-based option

Self-care tips

- Keep a bladder or bowel diary to share with us.
- Limit caffeine, alcohol and fizzy drinks, which may make urgency worse.
- Drink enough water. Too little can irritate the bladder.
- Ask about pelvic floor exercises.

What to expect

Before: You share your symptoms and keep a bladder diary.

During: A thin needle is placed near the ankle and connected to a small device. You sit and relax for about 30 minutes. Visits are usually weekly for 12 weeks.

After: If it helps, you may need visits from time to time to keep the benefit.

When to call us

- Burning when you pass urine, fever, or blood in the urine
- Symptoms that get worse or change
- Leaking that keeps you from daily activities

Go to the emergency room if you cannot pass urine at all, or for new numbness in the groin with bladder or bowel changes.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/tibial-neuromodulation/



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This handout is general information and is not a substitute for medical advice.