

# Transcutaneous electrical neuromuscular stimulation for urinary incontinence

Information for the public

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There is not enough evidence about how well this procedure works. So it can only be done with special arrangements. This means you will have regular appointments afterwards to check how well it is working or if it has caused problems.

Urinary incontinence is when people have problems controlling their bladder. They may have a sudden need to urinate that leads to leaks (urge incontinence) or urine may leak with exercise, coughing, laughing or sneezing (stress incontinence). It's possible to have both stress and urge urinary incontinence together. This procedure uses external electrodes placed on to the skin (transcutaneous), to stimulate nerves and muscles (neuromuscular) in the pelvic floor. The aim is to strengthen the pelvic floor and reduce leaks.

The [NHS website](https://www.nhs.uk) may have information on your condition and treatment options.

## Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

## Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

## Information and support

- [NICE's information on HealthTech guidance](#) explains what HealthTech is and how we assess it.
- [NICE's information on HealthTech recommendations](#) explains what special arrangements are.

You can also get support from your local [Healthwatch](#).

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