PTNS for IC
Case Study

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Mrs. VT, an 84 year old female
• Was diagnosed with IC initially in 2004.
• Started on Elmiron, continued for 11 months, stopped when symptoms resolved.
• No symptoms until 2018.
• Symptoms restarted after the traumatic death of 2 of her grandsons.
• 1/8/19 Cysto done, started on Amitriptyline and Ativan, no improvement

Symptoms
• Depression
• Social Isolation
• Daytime frequency q 15 minutes-2 hours
• Dysuria
• Urgency, weak stream
• Nocturia x 6
• No incontinence
Current Treatments

1st line: education, behavioral modification (no Kegel’s), stress management strategies

2nd line: no pelvic strengthening exercises, Amitriptyline 10 mg, Elmiron, Ativan 1 mg

3rd line: Cysto with hydrodistension

4th line: None (Botox, neurostimulation)

AUA Guidelines

Diagnosis and Treatment Interstitial Cystitis/Bladder Pain Syndrome (2014)
Published 2011; Amended 2014

• Treatments that may be offered: Treatments that may be offered are divided into first-, second-, third-, fourth-, fifth-, and sixth-line groups based on the balance between potential benefits to the patient, potential severity of adverse events (AEs) and the reversibility of the treatment

• A trial of neurostimulation may be performed and, if successful, implantation of permanent neurostimulation devices may be undertaken if other treatments have not provided adequate symptom control and quality of life or if the clinician and patient agree that symptoms require this approach. Option (Evidence Strength C)

Efficacy and Safety of Sacral and Percutaneous Tibial Neuromodulation in Non-Neurogenic Lower Urinary Tract Dysfunction and Chronic Pelvic Pain: A Systematic Review of the Literature


• Efficacy of percutaneous tibial nerve stimulation (PTNS) in overactive bladder symptoms comprised only a summary of 4 randomized controlled trials, 1 vs tolterodine, 1 vs sham, 1 vs placebo and 1 vs vaginal electrical stimulation. The authors summarize the "success rate" as ranging between 56% and 59%, although "success" definition clearly differed in the different studies. Studies on patients with PTNS and interstitial cystitis/bladder pain syndrome were few (2), with the only conclusions being that PTNS was shown to be "less invasive and to be associated with fewer side effects compared to SNM but with higher failure rates (between 40% and 44%)."

The authors pointed out that the longest followup of PTNS studies included in their review was 12 weeks. There were no major complications in the PTNS studies, with the only events reported being minor bleeding and temporary pain.
What is PTNS?

Outcomes

• started on PTNS for a 12 week session
• continued on Elmiron, amitriptyline and Ativan.
• completed PTNS in late March with completed resolution of symptoms after 4 weeks.
• Symptoms restarted in February 2020.