



# Pudendal nerve function

Information for patients



## What is a pudendal nerve function test?



**This test evaluates the function of the nerves in your pelvic floor which control your muscles in your back passage.**

To do this we insert a finger-sized probe, with a small electrode on it, through the back passage into your rectum. A very small electrical current is then passed over your nerves causing your pelvic floor muscles to contract, and measurements are taken.



## Are there any risks associated with your test?

There is a very small risk of discomfort during your test. On very rare occasions there may be some bleeding after the test, but this should resolve quickly.

## What preparation is required for your test?


-  You may eat and drink as normal and continue with any normal medication.
-  You do not need any special preparation for your test.

## What happens during my test?

-  Your test will be conducted by your physiologist in a private room with a chaperone present if requested. They will explain your test to you and ask questions about your symptoms.
-  You will then be asked to get changed into a gown and lie on the bed ready for your test.

- 3 Your physiologist will insert a finger-size probe, with a small electrode on it, through your back passage into your rectum. It may feel uncomfortable when the probe is inserted, but it should not be painful. You may feel embarrassed, but we understand this and will help you feel at ease throughout.
- 4 Once this is in the correct position, a small electrical current will be passed over your nerves causing your pelvic floor muscles to contract, and measurements are taken. You may feel a pulsing, twitching or prickling sensation in your back passage while we take measurements, which may be a little uncomfortable.

 **Your test will take about 5 minutes.**

 You will be free to leave straight away after your tests and resume any of your normal daily activities. You will have the opportunity to ask any further questions you may have before you leave.

## How will I get my results?

Your results will be sent by secure email to both you and your referring consultant/doctor. We aim to send out all patient results within five working days of completion of your test.

Key



Do



Do not



Additional info



### **London**

22 Upper Wimpole Street  
London  
W1G 6NB

**T:** +44 (0) 207 486 7777

**E:** admin@thefunctionalgutclinic.com

### **Manchester**

73-79 King Street  
9th Floor – The Pinnacle  
Manchester  
M2 4NG

**T:** +44 (0) 161 302 7777

**E:** admin@thefunctionalgutclinic.com

### **Cambridge**

63 Bateman Street  
Cambridge  
Cambridgeshire  
CB2 1LR

**T:** +44 (0) 207 486 7777

**E:** admin@thefunctionalgutclinic.com

**[thefunctionalgutclinic.com](https://thefunctionalgutclinic.com)**



**FunctionalGut**



**FunctionalGutClinic**