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## THE OUTCOMES OF SACRAL NEUROMODULATION IN PATIENTS WITH REFRACTORY NOCTURNAL ENURESIS

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**Introduction:**

Nocturnal enuresis is difficult to treat with variable response to the NICE recommended treatments of anticholinergics and desmopressin, particularly in the teenage and young adult population. It causes embarrassment and significantly affects quality of life and personal relationships. There is limited data on the effectiveness of Sacral Neuromodulation (SNM) in patients with nocturnal enuresis. We report outcomes for patients in our institution who underwent SNM for refractory nocturnal enuresis.

**Materials and Methods:**

We retrospectively reviewed the prospectively obtained SNM database of our hospital to identify patients who complained of nocturnal enuresis and had a trial of SNM between 2010 and 2022. Demographic, clinical and urodynamic data were reported.  All patients had a first stage tined lead placement (FSTLP) in theatre and were assessed with  frequency- volume charts and gender appropriate LUTS questionnaire pre op and during the trial phase.

**Results:**

Sixteen patients (3 male, 13 female) were identified. Their age ranged between 26 and 72 years. All of them had proven detrusor overactivity in urodynamic studies. All patients had a successful FSTLP. Thirteen patients (81%) had at least a 50% improvement in NE episodes with 9 (56%) reporting complete resolution of enuresis. Two patients (11%)  reported no improvement and one patient had an early explantation due to infection.

**Conclusions:**

SNM is an effective therapy in the majority of patients with nocturnal enuresis with a 56% cure rate and 81% improvement rate/ reduction in pad usage. It is our suggestion that the teenage population in particular may benefit from SNM, where drug and behavioural treatment have failed to improve symptoms due to inefficacy or poor patient engagement and compliance.