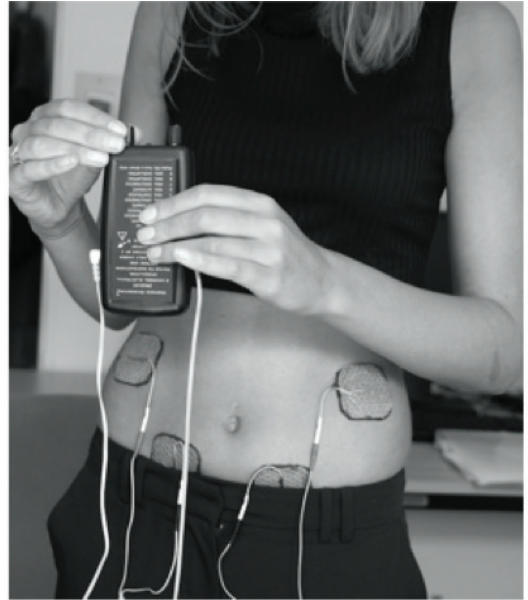


Abdominal Electrical Stimulation treatment of chronic constipation

People with neurological problems or IBS-C (Irritable Bowel Syndrome – constipation type) can often experience infrequent bowel motions, hard stool consistency, pain and bloating, which can have a lasting impact on their quality of life.

Electrical stimulation of the abdomen can be used to produce movements in underlying muscles, leading to improved and more frequent bowel movements, improved stool consistency and reduced pain.



The Microstim 2v2 device shown with electrode placement for abdominal electrical stimulation

What is Electrical Stimulation?

Electrical stimulation is a non-invasive treatment which uses small electrical impulses to activate weak or paralysed muscles by stimulating the nerve. Self-adhesive patches (electrodes) are placed on the skin close to the nerve supplying the muscle. Leads connect the electrodes to a Microstim 2v2 stimulator which produces the impulses. For most users stimulation feels like mild pins and needles which they quickly become used to. Typically, the stimulator is used at home for 30 minutes either once or twice each day.

What our FES users say...

“ Thank you for letting me participate with the stimulator. It has turned my life around

”

How do I access treatment?

A referral is required from a GP or healthcare professional. Self-referrals can be made for self-funded treatment.

Inclusion criteria summary

- Reduced bowel movement frequency and/or hard stools.
- At least three months of unchanged symptoms.

Exclusion criteria summary

- Treatment other than standard medical therapy
- History of abdominal surgery or bowel obstruction
- Epilepsy not controlled by medication
- Pregnancy or planned pregnancy
- Cardiac pacemaker, or other active medical implanted devices
- Additional bowel disorders such as Inflammatory Bowel Disease or Coeliac disease
- Cancerous tissue in the abdominal region or skin overlying the abdomen.

What are the possible disadvantages and risks of Abdominal FES?

There are no known serious side effects from using abdominal FES and most people find it comfortable to use. Rarely, some people may experience minor skin irritation which can usually be easily resolved.

Is electrical stimulation for constipation funded by the NHS?

This is a relatively new treatment for constipation and it is not routinely funded by the NHS.

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