

# TENS relieves pain during office hysteroscopy without sedation

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(HealthDay)—Transcutaneous electrical nerve stimulation (TENS) can

reduce pain during office hysteroscopy without sedation, according to a study published in the February issue of *Obstetrics & Gynecology*.

Juan F. Lisón, M.D., Ph.D., from Universidad CEU Cardenal Herrera in Valencia, Spain, and colleagues randomized 138 women to active TENS, [placebo](#) TENS, or control group (46 women per group) to assess the pain-relieving effect of TENS during office-based hysteroscopy. Active TENS consisted of high-frequency, high-intensity TENS application with two electrodes placed parallel to the spinal cord at the T10 to L1 and S2 to S4 levels. Participants were connected to the TENS unit in the placebo group, but no electrical stimulation was delivered. Self-reported pain intensity measured on a visual analogue scale was the primary outcome.

The researchers found that the active TENS group had a decrease in visual analogue scale pain scores compared with the placebo group (entry, -11 mm; contact, -21.9 mm; and biopsy, -30.5 mm; P

"Transcutaneous electrical nerve stimulation reduces [pain](#) and increases patient satisfaction during office hysteroscopy without sedation," the authors write.

**More information:** [Full Text \(subscription or payment may be required\)](#)

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