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## **Patient Information for the Interstim Procedure**

Your doctor has scheduled you for Stage 1 of the Interstim process here in the office. Stage 1 involves placing a small wire into the sacrum (lower back-bone). The wire is placed under your skin in the buttock area and is then connected to another wire that comes out of the skin. This wire is connected to a battery pack that you wear as a belt. This wire-device allows the nerves around the sacrum to be stimulated. These nerves “feed” the bladder and can be “turned-up” or “turned-down”. Thus, it allows us to better control the nerve signals to the bladder to either quiet the bladder down (in instances of overactive bladder conditions) or increase the bladder function (in instances when the bladder is underactive).

### **Before the Procedure:**

- Please use the voiding diary and record 3 days of information. The voiding diary will be provided to you on the day of scheduling. You will be asked to bring this information with you to your Interstim procedure appointment.
- **Stop all blood thinner 5 days prior to your procedure.** These include but are not limited to: Aspirin, Aspirin containing products, Vitamin E, Fish Oil, herbal remedies, Plavix, Xarelto, Pradaxa, Effient, Eliquis, Lovenox, Arixtra, Savaysa, ibuprofen, naproxen, and arthritis medications. If you are on Coumadin, please speak to your doctor for special instructions. If you are unsure of a certain medication being taken before the procedure, please contact your doctor.
- Please wear slide-on shoes, no pantyhose please.
- Wear comfortable clothes (a loose fitting shirt and loose fitting pants).

### **What to expect after your procedure:**

- Please use the voiding diary to document the next few days that the wires are in place. This will be able to show us if there is any improvement within this first stage. The voiding diary will be provided to you on the day of your procedure.
- Take Tylenol for pain if needed.
- The dressing placed over your lead wire should NOT be removed.
- Limit exercise and excessive bending at the waist.
- Do NOT shower or soak in the bath while leads are in place. Please only sponge off, or use wet wipes to clean.
- Keep your scheduled follow up with our office. We will remove your leads at that time and discuss whether you are a candidate for Stage 2 of Interstim. Stage 2 of Interstim is scheduled as an outpatient procedure at Mission Hospital.

Please contact our office immediately or report to the emergency department if you experience any of the following:

- Signs of infection: Fever over 101 degrees; redness exceeding your dressing; tenderness or swelling at the site.

If you have any questions regarding instructions, medications, and allowed activities: please call our office (828) 253-5314 or contact our Interstim representative with the number she provides you.

A Division of RTA of WNC

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