

**SACRAL NERVE STIMULATION  
PREPARATION INSTRUCTIONS**

InterStim therapy involves electrical stimulation of the sacral nerves. The sacral nerves are in the lower area of the spinal cord (over the tailbone). These nerves affect bladder and bowel function. Stimulation of these nerves with the InterStim device can change/alleviate the symptoms of fecal incontinence. InterStim is done in phases to ensure that permanent implantation will work for you.

**TEST PHASE**

This phase is performed in the IGA procedure lab under local anesthesia. You will remain awake during the procedure. Prior to starting, you will be asked to sign a consent form authorizing the procedure.

You will then be escorted to a room, provided with a gown, and asked to change. A nurse or medical assistant will assist with preparation. You will lie on your stomach, and your back will be cleansed with a sterile solution. Sterile drapes will be applied to maintain a sterile field.

The physician will numb the skin using lidocaine, which may cause brief discomfort similar to dental numbing. Once the area is anesthetized, the physician will insert a needle and test stimulation to determine optimal lead placement based on your sensory feedback (typically described as tapping or vibration).

After placement, the leads will be secured to your back with tape and will remain external for the duration of the trial period. The trial typically lasts 72 hours but may extend up to 7 days. You will be provided with a bowel diary to document your responses, similar to the one completed prior to this test.

**PREPARATION FOR YOUR PROCEDURE**

- **Shower the morning of your scheduled procedure.** You will not be able to shower during test phase (sponge bath only).
- **Do not eat any solid food for 8 hours prior to the procedure.** You may consume clear fluids including juice (apple, grape, strained orange, strained lemonade), tea, coffee (no milk or creamer), soft drinks, sports drinks (Gatorade, Powerade), clear broth or bouillon, Jell-O, and Popsicles.
- **DO NOT eat or drink ANYTHING 4 hours prior to your procedure. This also means NO water other than to take your medications**
- **Bring your PRE-TRIAL BOWEL LOG with you on the day of your procedure** This was given to you during your initial clinic appointment.
- You will be asked to **refrain from strenuous activity during the test phase.**
- **Do not lift anything heavier than five pounds.** Keep bending to a minimum.
- After lead placement, your removal procedure will be scheduled within 3-7 days with a nurse or medical assistant. This appointment involves the removal of the tape and leads. We will ask questions about how the test phase worked for you.
- You will then be referred to a surgeon for placement of stim device.
- If you have any questions, contact our office.

**CALL MON-FRI 7 AM – 5 PM  
OR CALL OUR AFTER HOURS NUMBER**

Meridian Clinic	(208) 887-3724
After Hours	(208) 343-6458

You are scheduled with **Dr. Morigeau**

Report at Meridian Endoscopy Center, 2235 East Gala Street, Meridian on

**We cannot be responsible for your valuables (watches or various jewelry items). Please leave them at home.**

425 W. Bannock • Boise, Idaho 83702  
2235 E. Gala • Meridian, Idaho 83642  
1216 Garrity • Nampa, Idaho 83687



Phone: 208.343.6458  
Fax: 208.343.5031  
Web: IdahoGastro.com

**Bring all insurance cards and a photo ID with you. Please check with your insurance company regarding prior authorization.  
Fee for services are required at time of check-in. Please be prepared to make a payment.**

**IGA recognizes that your time is valuable, and so is ours. If you need to cancel or reschedule an appointment, please do so more than 48 hours prior to your scheduled appointment arrival time at 208-343-6458. Late cancellations and no shows may be assessed a \$200 fee.**