

**SACRAL NERVE STIMULATION (INTERSTIM THERAPY)  
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 you are experiencing. InterStim is done in phases to ensure that permanent implantation will work for you.

**TEST PHASE**

This phase is done in the office using local anesthetic. You will be awake during the procedure. You will be asked to sign a consent form to allow us to perform the procedure. You will then be taken to a room, given a gown, and asked to undress. A nurse or medical assistant will be there to assist in preparing you for your procedure. You will lie down on your stomach, and your back will be washed with a sterile cleanser. Your back will be draped using sterile drapes, making this a sterile area for the doctor. The doctor will numb that area of the skin using lidocaine, which can be uncomfortable. It is comparable to the numbing done by the dentist. The doctor will place a needle and do some testing to find the best place for the lead based on how and where you can feel the stimulation (similar to a tapping or vibration). Once the leads are placed, they remain external (on the outside of the body) for the duration of the test period. The test period usually lasts 72 hours but can last up to 7 days. These leads get taped to your back to keep them in place. You will be given a diary to record your response to the testing.

**WHAT TO EXPECT**

- **Show**er the morning of your scheduled procedure. You will not be able to shower during test phase (sponge bathe only).
- **Bring your Pre-Trial Bowel Log to your procedure on your procedure date.** 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 make a follow up appointment with the doctor to discuss next steps.
- 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.**

**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.**