

**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.

Frequently Asked Questions

What will happen if I eat or drink a few hours or right before my procedure?

Your procedure may be cancelled. Our primary concern is for your health and safety. We give you a sedative to help you sleep during your procedure.

Eating or drinking before your procedure increases your risk of aspiration. (*Aspiration occurs when food or liquid enters your lungs.*)

You must refrain from eating or drinking 4 hours prior to your procedure.

What liquids are included in a clear liquid diet? Can I have applesauce?

A clear liquid diet consists of liquids that are clear. Liquids such as: Black coffee (*no cream*), Tea, Jell-O, Popsicles, broth, consommé, juice, Sport's Drinks, or Soft Drinks.

Applesauce, oatmeal, milk, ice cream, or purées are **NOT** considered clear liquids.

How do I know when my bowel preparation is complete? How do I know if it worked?

For the best results, only drink clear liquids (*no solid food*) the entire calendar day before your exam. Your stool should look similar to the liquids you have been drinking, clear or yellow without any stool particles.

If you have completed your entire preparation and you are still passing formed stool or dark brown fluid, your procedure may need to be rescheduled. Please contact our office.

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

Meridian Endoscopy Center	(208) 695-2100
Boise Endoscopy Center	(208) 342-7169
Canyon County Endoscopy Center	(208) 954-8218
Main Office and After Hours	(208) 343-6458

What if I start to vomit while drinking the colonoscopy preparation solution?

If you develop symptoms of nausea or vomiting, stop drinking the preparation for 30 minutes. After 30 minutes, resume slowly drinking the preparation. If you are not able to consume the entire preparation, please call our office at the numbers listed on the front page.

Tip: Refrigerate the solution, use cold water for mixing, drink through a straw, or consume mint or ginger to prevent nausea.

Frequently Asked Questions

Continued

Can I drink alcohol during the day of the bowel preparation?

No. Consuming alcohol causes dehydration which will compound the dehydration caused by the bowel preparation. It is important to drink plenty of water or clear liquids to remain hydrated.

How does constipation affect the bowel preparation?

Constipation is a consistent factor that causes a poor preparation for a colonoscopy. Starting the colon preparation when you are constipated can make you sick and will result in a poor preparation. If this occurs, you may have to reschedule.

If you do not normally have at least one bowel movement daily, then you may need special preparation instructions. Please contact our Main Office number as soon as possible to discuss preparation options.

Can I have a colonoscopy if I am having my menstrual cycle?

Yes. Menstruation does not interfere with a colonoscopy procedure.

Can my spouse, family member, or friend come in with me during the procedure and watch?

No. The physician will speak with your family or responsible adult following the procedure.

Why can't I drive after my appointment? Does my driver have to stay the entire time I am there?

Colonoscopies and upper endoscopies require sedation to provide comfort to the patient. Sedation will also cause grogginess and slow reflexes for up to 12 hours. This is why you cannot drive your car or perform activities that require quick reflexes or good judgement until the following morning. It is necessary for you to arrange for a responsible adult to safely drive you home after your procedure. If you are taking a taxi, Uber, or Lyft, your driver will not meet with the physician and will be summoned when you are ready to leave the facility. **If you do not have a responsible party to drive you home, your procedure may be rescheduled.**

Tip: IGA has a form called the Rideshare Acknowledgement and Release that you must sign if you choose to use a service such as a taxi, Uber, or Lyft.

What can I expect during my procedure?

When you arrive the day of your procedure, an IV will be placed into your right arm or hand and your medical history will be reviewed.

During the procedure, we lay you on your left side. If you are unable to lay on your left side, we need to know prior to your procedure. Please call our office so we can plan accommodations. An Upper Endoscopy takes about 15 minutes, and a colonoscopy takes about 20-45 minutes.

Once your procedure is finished, your recovery time is about 30 minutes. Once you are discharged, you may resume your regular diet unless otherwise indicated.