

Temporary InterStim Trial

The test stimulation is a temporary evaluation to measure the success of the InterStim Therapy in your daily life. It is the only tool which can give an indication of the long-term outcome of the therapy.

Before the Procedure

Please **DO NOT TAKE ASPIRIN or other BLOOD THINNERS** for one week prior to surgery (including Plavix, Pradax, Coumadin, Ecotrin, Anacin, Bufferin, Advil, and other coated aspirin products). If you are unsure, please ask our surgery schedulers.

The Test

An electrode—a thin wire—is inserted near the nerves in your lower back that control the bladder. This electrode is then connected to an external stimulator, worn on a belt underneath the clothing, which delivers a mild pulse to the nerves. This procedure normally takes 30 minutes to 1 hour and typically is done in the office. The electrode will be removed completely at your follow-up visit.

What does the stimulation feel like?

Stimulation sensations vary from person to person but most people describe them as light pulling, tingling, or tapping in the pelvic area. It should NEVER be painful. The sensation will fade away with time which is normal.

What should I do once I get home?

The testing period may last for several days up to two weeks. During this period, you can continue to lead your everyday life. It is important that you record your symptoms in your voiding diary. Please avoid intense physical activities during the testing phase. Avoid bending, stretching and lifting.

How to use the test stimulator and follow up visit?

You will be given both verbal and written instructions on the use of the test stimulator. At the end of the test period, you will meet with your doctor to review your voiding diary, to check if your symptoms have improved and decide if the therapy is appropriate for you. Because the trial utilizes a thin temporary electrode, the results may not be as successful as the permanent Interstim but should help you and your doctor decide on whether this treatment may work for you. The temporary electrode will be removed. Be aware that your symptoms will most likely return shortly after stopping the evaluation.

