

## Phase 1 - Trial Stimulation



*Center For Pelvic Health*

### Pre-Test Instructions:

- Insurance requires a diary of symptoms in order to pay for Interstim. Prior to your Interstim Phase 1, you need to complete a voiding diary or a voiding self-catheterization depending on your diagnosis. The diary is included in your pre-op packet and must be kept for 3 consecutive days. You may do this prior to your pre-operative appointment and bring it to the office then or mail it back to the office at the address: Attn: Kayce 100 Covey Dr. Ste. 205 Franklin, TN 37067. It is absolutely imperative that this is done to insure your insurance covers your procedure. If you have any questions or concerns about keeping this diary please let us know prior to your surgery.
- Nothing to eat or drink after midnight the night prior to the procedure if you are scheduled at the surgery center. If you are scheduled for an in-office trial, you may eat and drink as normal.
- Stop all blood thinning medications such as Aspirin, Elmiron, Ibuprofen, Aleve, St. John's Wort and Vitamin E seven days prior to surgery. No weight loss supplements (including phentermine) seven days prior to surgery.
- Notify our office if you are on Coumadin (Warfarin), Heparin or Plavix so we can coordinate with your physician.
- Take your routine medications the morning of surgery with a sip of water unless otherwise instructed by anesthesia personnel at your pre-op appointment.

### Post-Test Instructions:

- Take antibiotics as prescribed.
- Take Tylenol or prescribed medication for pain if needed.
- Leave bandages in place.
- Take sponge baths; avoid getting bandages or equipment wet.
- You may continue many of your daily activities with caution. You can continue to work if your job does not require lifting or strenuous movement. Please avoid tugging on the wire or stimulator.
- You will need to complete a voiding diary or a voiding chart for self-catheterization depending on your diagnosis. The diary is included in your pre-op packet. This diary needs to be kept for 3 consecutive days during your trial week. This diary will be used in comparison to the first set of results and is required by most insurances companies. You may drop the completed charts off to the office or you may email them back to [kayceg@tncph.org](mailto:kayceg@tncph.org).

## Phase 2 - Stimulator Implant

### Pre-Procedure Instructions:

- Nothing to eat or drink after midnight the night prior to the procedure.
- Stop all blood thinning medications such as Aspirin, Elmiron, Ibuprofen, Aleve, St. John's Wort and Vitamin E seven days prior to surgery. No weight loss supplements (including phentermine) seven days prior to surgery.

### Post-Procedure Instructions:

- Bandages may be removed the next day. Dermabond skin glue will be over your incision. It will peel off on its own over the next 2 weeks.
- You may shower after 24 hours.
- You may activate the stimulator with your programmer whenever you desire.
- Call our office if you develop a fever over 100.4 degrees or discharge from your incisions.
- Be gentle to your incision for 6 weeks during healing. Avoid bending and heavy lifting.