

PATIENT INSTRUCTIONS FOR INTERSTIM TEST STIMULATION

WHEN YOU GO HOME

- Take it easy. Avoid strenuous activity, lifting heavy objects, bending, twisting and stretching. Avoid pressure on the lead. Being too active too soon can cause the lead to move out of position.
- To avoid pulling on the lead, be careful when getting in and out of a chair or car. Lift your body up to reposition yourself when sitting or lying down in bed. Do not “scoot” to move yourself.
- Be careful **NOT** to pull on the cable or get it caught on anything.
- If your physician has given you approval to shower, disconnect the cable from the stimulator, wrap the end of the cable in a plastic bag and secure. Do not get the external stimulator or the end of the cable wet. Follow your physician’s instructions on bathing or showering.
- When showering, disconnect the test stimulation box first. Be sure to dry off the plug before inserting it back into the test stimulation box. **DO NOT GET THE TEST STIMULATION BOX WET.**
- If you must bend, bend at the knees.
- Continue to take all medications you would normally take for your urinary/voiding symptoms. **DO NOT DISCONTINUE USE OF ANY MEDICATION. INCLUDING THOSE FOR YOUR BLADDER, UNLESS TOLD TO DO SO BY YOUR DOCTOR.**
- Take antibiotics if prescribed.
- When driving turn the test box off until you reach your destination, then turn it back on. Do not drive with the test box turned on.
- Maintain a voiding diary as instructed.
- Use your external test stimulator as instructed to increase or decrease the stimulation level. Always feel the stimulation at a comfortable level. You will likely need to adjust the level of stimulation depending on what position you are in. The stimulation is usually strongest when you are in the sitting position, but this can vary by patient. If you experience pain, turn the stimulation down until you reach a comfortable level.
- Do not drink more or less fluids than usual.
- Empty your bladder when feel the urge to urinate. Do not try to hold your urine.
- Report the following to your doctor
 - Signs of infection: fever over 101 degrees; redness, tenderness or swelling at the incision site; foul smelling yellow drainage from the incision site (a small amount of drainage is normal)
 - If you have any questions regarding your incisions, medications, activities, please call the office.
- Keep your next doctor’s appointment.