

## Instructions for Test



# InterStim<sup>®</sup> Therapy for Bladder and Bowel Control

**Appointment &  
Transportation  
Questions:**

**(855) BBI-HELP**  
**[newpatient@bladderbowel.com](mailto:newpatient@bladderbowel.com)**

ARKANSAS | TEXAS  
Serving AR, TX, MO, OK, KS & TN

**Bladder & Bowel Institute**  
[bladderbowelinstitute.com](http://bladderbowelinstitute.com)

Phone: (855) BBI-HELP  
Fax: (877) 688-2558

## Congratulations on taking the first step towards restoring control and reclaiming your life!

This FAQ may help answer questions you have regarding your appointment at Bladder & Bowel Institute for the **InterStim® test procedure**.

It's important to know that you are not alone and we are here to help!

## Before Arriving

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### General Instructions

- Please shower and wash the area around your tailbone with antibacterial soap the night before or morning of your test.
- You may eat and drink normally the day of the procedure.
- Wear loose, comfortable clothing.

### Medication Instructions

- You may take all of your medications like normal.

### Anesthesia

- You will receive local anesthetic (numbing medication) in the area of the procedure (just above the tip of the tailbone). You are **NOT** required to have general anesthesia or IV sedation for the test.
- You may drive yourself on the day of the test procedure. You are **NOT** required to have a driver.
- If you are using our transportation services, you may come alone or you may bring one family member or friend to ride with you.

## Day of Procedure

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### Before Procedure

- Please plan to arrive at your scheduled time.
- Your family member or friend may accompany you into the exam room.
- Vital signs will be taken and you will sign your consent forms.
- You will have a consultation with the doctor.
- You will change into a patient gown and be escorted to our procedure room for the test.

### During Procedure

- The test **procedure** generally takes 5-10 minutes.
- We will assist you onto the table and position you on your abdomen.

- The doctor will give you two shots of numbing medication approximately 3” above the tip of your tailbone.
- The doctor will place two little hair-like wires underneath the skin, right next to the nerves that control your bladder/bowels—there are no incisions required.
- The doctor uses fluoroscopy (continuous x-ray) to precisely place these wires next to the nerve.
- Our staff will use medical tape to secure the wires to the skin during the test period.

### After Procedure

- You will change back into street clothes and the Therapy Support Specialist will provide instructions regarding activities during the **3-4 day test period**.
- Our staff will review instructions and schedule your next appointment.

### After Leaving

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#### Medications

- Most patients report little to no discomfort in the area where the little wires were placed.
- If you do experience discomfort, most patients report that Tylenol is sufficient for pain relief.

We are excited for you and looking forward to helping you before, during, and after your procedure!

Sincerely,

Bladder & Bowel Institute





## HAPPY!

"Had the test for InterStim® and passed with flying colors. Now I have the implant that allows me to go places without first checking to see where every bathroom is located."



## ONE OF THE BEST DAYS OF MY LIFE!

"I was invited to a seminar and liked what I heard. They explained everything so well and answered any questions. The doctors and staff have been just GREAT. Do yourself a favor and check it out!"



## I WISH I WOULD'VE GONE TO THEM A LONG TIME AGO!

"I'm sleeping all night which hasn't happened for years."



## HAS CHANGED MY LIFE!

"The best thing I ever did was see them about my bladder leakage —I feel normal again!"



## PERSONALIZED CARE!

"I was tired of the local overgrown hospitals that don't return your calls. I drove over an hour to see them and it was well worth it. I'm a registered nurse—I would recommend them to anyone."