



# **Percutaneous Nerve Evaluation (PNE) InterStim Therapy Test Stimulation Procedure**

InterStim Therapy is unique in that test stimulation can be performed to assess the effectiveness of the therapy prior to placing the more permanent Neurostimulator implant. This test is designed to determine whether your urinary symptoms can be improved through stimulation of the sacral nerves which help to control the bladder.

You will be asked to complete a 4-day bladder diary and bring it to the test appointment if you haven't completed one prior. **It is important that this diary be as accurate as possible since it will provide the baseline for your bladder symptoms and help to determine the success of the testing.**

The test will be done in the surgery center/hospital and will take approximately 60 minutes including prep time and post-procedure instructions. You will be sedated and required to lie on your stomach for 20-30 minutes. The doctor will numb the sacral area (above your tailbone) with a local anesthetic injection. Two temporary test wires (leads) will be placed under the skin, one on the left and one on the right, through a needle which is removed once they have been placed. During the testing you will be asked to identify the location of the stimulation you are feeling. Generally, the stimulation feels like a pulsing, tingling or vibrating sensation felt in the "bike seat" area near the vagina, penis, scrotum or anus.

Following the procedure for placing the test wires, you will receive a wireless stimulator control. You will keep a diary during the trial. It is important that these diaries be as accurate as possible. You will bring your completed diaries to your test wire removal appointment which will be scheduled approximately 1 week following your procedure.

The amount of stimulation is under your control and should be prominent enough to feel it comfortably. It should never be uncomfortable. You may turn the stimulation up and down, on and off. Stimulation should always be turned on, day and night. The intensity of the stimulation may change with standing up, sitting down, lying down, etc. You should adjust the intensity to always feel the stimulation comfortably.

**Avoid showers, tub baths, hot tubs, and swimming pools during the entire test.** You may "sponge bath" but do not get the test wires, dressings or the test stimulator box wet.

**Do not change the dressings.** Instead, reinforce or retape them if they become loose.

**Please wear comfortable, loose fitting pants and slip on shoes on your test date (i.e. sweatpants or other elastic waist pants and sandals or loosely tied sneakers).**

You will need a driver following the procedure.

*If you have any questions please call your physician's office.*

## **Do's and Do Not's for Your Test Stimulation Procedure:**

### **DO'S**

- Take it easy for the test week. Limiting your physical activities will help to prevent the test wires from moving or pulling out.

- Sense the stimulation at all times at a level that is identifiable but not uncomfortable. If the stimulation has moved significantly or you do not sense stimulation, please contact your physician's office.
- Complete your voiding diary as accurately as possible. Try not to alter your fluid intake, caffeine intake or medications during the test period.
- Contact your physician's office if you have any questions or concerns.

**DO NOT**

- Do NOT take a bath or shower. Do not enter a hot tub or swimming pool.
- Do NOT “scoot” when you get in and out of a chair or an automobile.
- Do NOT bend over. Try to squat or kneel instead, keeping your back straight.
- Do NOT twist your body or lift heavy items.