



Instructions for InterStim Test Stimulation (PNE)

Test stimulation leads have or will be positioned next to your sacral nerves. These leads are not secured by anything other than the tape anchoring them to your lower back. Help prevent the leads from moving by avoiding all activities that place strain on this part of your body. The stimulation is often described as a fluttering sensation. The stimulation should be on 24 hours/day.

Be Careful

- Take it easy! Avoid strenuous activity, lifting heavy objects, bending, twisting and stretching. Being too active too soon can cause the lead to move out of position.
- Be especially careful when getting in and out of a chair or car.
- Do not pull on cable or get it caught on anything.
- Avoid baths and showers. Take sponge baths, but be careful to keep your dressings dry. Do not wear your stimulator. 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.

Take Your Meds

- Take antibiotics and pain medication as prescribed. Some pain at the area of the incision is normal.
- Report 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).

What You Do . . .

- Do not drink more or less than usual.
- Don't try to hold your urine.
- Void only when you feel the urge to go.
- Maintain a voiding diary as accurately as possible. Record each urination or leaking episode in your diary.

The Test Stimulator

- Use your external test stimulator as instructed to increase or decrease the stimulation level. The GREEN light should be blinking on your stimulator (if not - see separate instruction sheet)
- Sense the stimulation at all times but not to where it is uncomfortable. Stimulation should be felt in the lower buttocks or anus or towards the front of the bladder/pelvic area. If the stimulation has moved or you do not sense it in either of these areas, please contact your physician's office.
- Make sure the "A" (amplitude) dial on the test box is completely turned off before unplugging the cable and that it remains off when plugging the cable back in.
- Medtronic recommends turning off your test stim box and unplugging it while you're operating a motor vehicle. The company doesn't want you to risk feeling any unexpected stimulation while you're driving that may cause you to lose control of the vehicle.

