

San Buenaventura Urology

in association with Community Memorial Health System

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Adult & Pediatric Urology

MEDTRONIC - INTERSTIM THERAPY

DO

- Take it easy
- Complete your voiding diary
- Sense the stimulation at all times. You should feel a sensation, however it should not feel uncomfortable or painful. The sensation is felt in the pelvic floor region, (Vaginal, Scrotal and/or Rectal area) a deep pelvic floor "tapping" or "pulsation".
- Ensure that the green test stimulator light blinks at all times. If not, turn the unit off, check the 9V battery, and turn it back on.
- If you have any questions concerning the therapy or the test stimulator, contact the Medtronic patient services team at 800-510-6735.

DON'T

- Do not take a bath during the test period.
- You may "frontal shower", but be sure to keep the procedure area dry and disconnect the test stimulator.
- Do not scoot when you get in and out of a chair.
- Do not lift heavy items.
- Do not change your fluid intake, medications, diet, etc.
- Do not drive long distances with the test stimulator on.