



### **What is InterStim Basic Evaluation?**

InterStim Basic Evaluation is a temporary trial of the InterStim neuromodulation system. The InterStim neuromodulation system is used to help patients with symptoms of bowel or bladder incontinence. With the basic evaluation, the therapy leads are temporarily placed for up to a week. This allows patients to test out the therapy to determine if a permanent placement is right for them.

### **How does InterStim Neuromodulation Work?**

Research suggest that bowel control problems may be caused by miscommunication between the brain and the sacral nerves that are responsible for controlling bowel function. When it's time to go, the nerves in your body get the message too late, too often or not at all. The InterStim neuromodulation system restores bowel function by gently stimulating the sacral nerves, helping control symptoms.

### **What should I expect during the InterStim Basic Evaluation?**

During the basic evaluation, leads are placed near the nerve that communicates with your bowel. The evaluation leads are engineered with advanced coil technology that keeps them in place throughout duration of the evaluation. The basic evaluation occurs for up to 7 days. You wear a belt with an external device and record your symptoms during the evaluation phase. Based on your results, you and your health care provider will decide next steps.

Plan to spend up to 1½ hours at the endoscopy center the day of your procedure. The procedure itself takes 30 minutes to complete. Pain medication and/or sedatives are not generally needed for this procedure.

You will be limited, during the basic evaluation, to mild activity levels to ensure the wires stay secure. Avoid bending, stretching, twisting, sexual activity, and lifting heavy objects. Avoid baths and showers. Follow your healthcare provider's instructions about returning to work.

### **Before the Procedure:**

Your medical history will be reviewed with you by your health care team including a nurse and your gastroenterology physician. A representative from Medtronic will be present in the admitting area. They will provide device teaching and any other pertinent information.

### **During the Procedure:**

You will receive a numbing medication injected below the tissue of the skin prior to placing the wire leads. You will lay on your stomach for the duration of the procedure. The care team and the Medtronic representative will communicate to ensure proper placement of the wires.

### **What should I expect after the InterStim lead placement?**

Most people describe the stimulation as a slight pulling, tingling, or fluttering sensation in the pelvic area. This stimulation is always adjustable and should not be painful. With this therapy,

you may experience improved symptom relief allowing for fewer trips to the bathroom, fewer accidents, more confidence, and more freedom. Fecal incontinence is a chronic condition. InterStim therapy helps manage the symptoms but does not cure these conditions.

Once your trial is completed, you will return to the MNGI clinic where a registered nurse will remove the dressing and the wire leads. There should not be any pain with wire removal and minimal to no bleeding, that may require a small bandage.

**What are the risks of the InterStim System?**

Although serious complications are rare, any medical procedure has the potential for risks. In addition to risks related to surgery, complications can include pain at the implant site, new pain, infection, lead (thin wire) movement/migration, device problems, undesirable changes in urinary or bowel function, and uncomfortable stimulation (sometimes described as a jolting or shocking feeling).

