



### **PNE testing or Stage I Interstim**

- Do not take a shower or tub bath during the testing period.
- You may take a sponge bath, but be sure to keep the procedure area dry.
- Do not remove or change the dressing. If your dressing becomes saturated or undone, reinforce it with more tape and/or gauze.
- Do not perform excessive bending, twisting, exercise, sexual activity, or lift heavy items during testing period.
- Do not scoot when getting in and out of a chair to prevent tension or dislodgement of the test lead.
- You should be able to sense the stimulation at all times. The sensation is felt as a “tapping” or “pulsation” in the pelvic floor region (vaginal, scrotal, and/or rectal area). You should feel a strong sensation, but it should not be painful.
- Continue to keep voiding diaries during the testing period.
- Do not change your fluid intake, medications, diet, etc.

### **Full Interstim implant/Stage II Interstim**

- You can shower after 24 hours but no tub bath until after postoperative appointment.
- Walking is encouraged. Do not perform excessive bending, twisting, strenuous exercise, sexual activity, or heavy lifting for 4 weeks.
- Do not drive for 24 hours after anesthesia or while taking narcotic pain medication.
- No MRI. You may have CT scans, x-rays, fluoroscopy, ultrasound.
- Use care when near theft detectors and security devices (found in airports, stores, libraries, etc.). Shut your stimulator off and show your identification card if necessary.
- Keep your programmer with you at all times.
- Notify your physician regarding any fever over 101°F, uncontrolled pain, or increased swelling/foul discharge from the incision sites.

### **What if I have other questions regarding my procedure?**

For general questions and follow up appointment information, please call The Urology Center of Iowa during regular business hours at **(515) 400-3550**.

For urgent after-hours issues not addressed here, please call The Urology Center of Iowa and ask to speak to the provider on call. For emergencies, call **911** or go to the nearest emergency room.