

## INTERSTIM PREPARATION

Procedure date: \_\_\_\_\_

Follow up: \_\_\_\_\_

The surgical center will call you with your arrival time **2 business days** prior to your procedure date.

- Cypress Ambulatory Surgery Center
- St. Joseph's Same Day Surgery Center

### What is InterStim?

Medtronic Bowel Control Therapy delivered by the InterStim system controls the symptoms of FI by gently stimulating the sacral nerve. With this therapy, you may experience fewer episodes, fewer accidents, and more confidence as you get back to the activities you enjoy.

### Preparation:

- No solid food after midnight
- Clear liquids up to 3 hours prior to arrival time. (includes gum and mints)
- 5 days prior to procedure: **DO NOT** take iron pills or medications that may cause bleeding. These medications may include Plavix, Coumadin, & Aspirin. You **MUST** stop any anti-inflammatory type drugs including: Aspirin, Ibuprofen, Motrin, Advil, Naprosyn, Naproxen, & Diclofenac.
- Dress comfortably
- You must have a friend or family member drive you to and from the facility. **NO FORM OF TAXI SERVICE IS PERMITTED.**

**Please allow a 5-business day notice for cancellation or there will be a \$200 charge.**