

InterStim Handout

There is a solution to help your OAB...

“What I recommend is that I schedule for two things: 1st a test in our office, 2nd a 30 minute outpatient procedure at the hospital. The 10 minute test in our office tells us what should happen on the 2nd date to best help your bladder problems.”

Doctor, what will happen when I have the test?

“You will go home that day with a box – similar to a pager – that you will have with you for three days. I will ask you to keep track of your bladder for those three days. What we see in those results will tell us what will need to happen on the 2nd procedure day.”

What will happen on the 2nd procedure day?

“Well, that can vary with what we see during the 3 days that you are keeping track of your bladder. We’ll talk about that more when I see you back from the test.”

What happens when I return from the test?

“Wow, I see great improvement in your diary from where you were previously when you were using the Right wire. What I’d recommend is that we proceed with placing a stimulator. Let me explain what will happen on your procedure date: I will place a small stimulator (the size of a silver dollar, the thickness of two silver dollars) under your skin in your upper buttock. That stimulator will work as your test did – blocking the bad signals, which are causing your bladder symptoms. What do you think?”

Or...

“It looks like we didn’t see much change with your bladder with either the left or right wires. This happens with 30% of the patients that we test and is fairly common. This tells me that our next step is to do some different testing at the hospital. 90% of the patients that we do not see a response with the office test, will see a large improvement with their bladder symptoms with the hospital test. I propose we get you scheduled for that test, what do you think?”