

Sacral Neuromodulation: Patient Guide

What it is

Sacral neuromodulation (InterStim™ or Axonics™) sends mild pulses to the sacral nerves that help control the bladder and bowel. You test it for a short time first. If it helps, a small device is placed under the skin. Dr. Mann and Dr. Jani do this at GSMC.



Keep a symptom diary

- Write down each bathroom trip, leak and urge for 3 days.
- Note how much you drink and any pads used.
- Do one diary before the test and one during it.
- Bring both diaries to your visit.

After the implant

- Keep the cuts clean and dry until they heal.
- No heavy lifting or hard exercise for several weeks.
- Carry your device ID card at all times.
- Call us before any MRI or surgery.

When to call us

- Fever over 101°F or chills
- Redness, swelling or fluid at a cut
- A sudden change or shock-like feeling
- Symptoms come back or get worse
- You cannot pass urine

Call 911 for chest pain or trouble breathing.

Trial week tips

- Keep the dressing dry. Sponge bathe; no showers or swimming.
- Avoid bending, lifting and hard exercise.
- Keep the outside device clipped on and on.

Using your programmer or remote

- Change settings only as shown by our team.
- If you feel no tingling or it feels odd, try the next setting or turn it off.
- Rechargeable device? Charge it on the schedule we give you.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Consults at all 7 offices: Whiting · Toms River · Brick · Barnegat · Manahawkin · Freehold · West Long Branch. **Procedures:** Manchester Surgery Center, Whiting

gsmedicalcenter.org/treatments/interstim-sacral-neuromodulation/



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