

# INTERSTIM PROCEDURE PREP

Your physician has scheduled you for an InterStim® procedure. Please follow the instructions below.

- ☐ If you need to cancel or reschedule your procedure for any reason, please call the Endoscopy Scheduler at 970-663-2159 at least 48 hours prior to your procedure.
- ☐ **Completely fill out the “TELL US ABOUT YOURSELF” and “MEDICATION FORM” in your packet. Bring the completed forms and your packet with you the day of your exam.**

## General Information:

- ☐ Document your stools and incontinence episodes using the diary sheets provided (Bowel Symptom Tracker). Please provide at least 6 days of information.
- ☐ No aspirin or other blood thinning medications should be taken for seven days prior to the procedure. If you are taking blood thinners, please call Dr. North's office at 970-669-5432 if you have questions.
- ☐ Do not eat or drink anything for 2 hours before your procedure. (Take **nothing** by mouth for these 2 hours.)
- ☐ Follow the instructions given to you by Dr. North.
- ☐ Bring a photo ID and insurance card(s).
- ☐ If you do not receive sedation, you will be able to drive yourself home.

## If you receive sedation:

- ☐ Make arrangements to have a responsible adult drive you home. Public transportation is not allowed unless you have an adult to accompany you. Your driver should plan to stay at the facility during your procedure.
- ☐ Stop all solid food for 8 hours before your procedure. You may continue drinking clear liquids until 2 hours before your procedure, then do not eat or drink anything.

