



# InterStim<sup>®</sup> Sacral Nerve Modulation/Stimulation (SNS)

Jonathan M. Fialkov, M.D. • Urology

## Procedure offers patient relief from urinary retention and symptoms of overactive bladder

The Iowa Clinic Department of Urology is one of two centers in Iowa offering InterStim<sup>®</sup> Sacral Nerve Modulation/Stimulation (SNS) for the treatment of urinary retention in women and the symptoms of overactive bladder, including urinary urge incontinence and significant symptoms of urgency-frequency in patients who have failed or could not tolerate more conservative treatments.

Candidates for InterStim<sup>®</sup> SNS may have any of the aforementioned symptoms or conditions and must have tried behavioral treatments (changes in diet and fluid intake, voiding at a regular time interval, and physical therapy or biofeedback). They may be unresponsive to antimuscarinic medications (oxybutinin, tolteridine, etc.) or unable to stand the side effects of these agents.

If InterStim<sup>®</sup> is found to be appropriate for a specific individual after a comprehensive urologic evaluation, a 2-stage implant procedure is performed. During the 1st stage, a lead is

placed percutaneously alongside the S3 nerve as it exits the sacral foramen. The patient is given a trial of neuromodulation for one to two weeks. If they experience at least a 50% improvement in symptoms, they may proceed to the 2nd stage in which the “silver dollar”-sized neurostimulator (Figure) is placed. Both stages of this outpatient procedure may be performed with only sedation and local anesthesia.

Patients often experience dramatic results with almost 80% experiencing significant improvement or complete resolution of urinary symptoms, or in those with urinary retention, ability to void. Complications of the procedure are uncommon and are similar to those for placement of any foreign body/device and include lead migration, infection, and pain.

*For more information on InterStim<sup>®</sup> Sacral Nerve Modulation/Stimulation, call The Iowa Clinic, P.C. Department of Urology at (515)244-8000.*

