

Gastroenterologists:

Robert P. Albares, M.D.
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*Digestive Health
Specialists*
OF THE SOUTHEAST

Gastroenterologists:

S. Andrew Sarrels, M.D.
Tyler P. Black, M.D.
George A. Nelson, IV M.D.
Adam L. Edwards, M.D.
Benjamin A. Hewitt, M.D.

Pathologist:

Beth M. Rutland, M.D.

Permanent InterStim Placement – Patient Instructions

You will have a small incision in your lower back. This will be closed with either dissolvable stitches or staples, depending on your doctor's decision at the time of the procedure. A surgical dressing will be placed over the area.

- If you have staples, you will need to come to one of our Dothan offices in 10–14 days to have them removed by a trained nurse.
- If you have dissolvable stitches, you may remove the bandage as instructed at discharge.

Do not take tub baths or swim for two weeks. You may shower with mild soap and water after 24 hours.

InterStim Representative:

Yvette Pavone

Phone: 850-570-1682

Please contact her with any InterStim-related needs or concerns.

Pre-Procedure Instructions:

1. Do not eat or drink anything after midnight the night before your procedure.
2. Bring an updated list of your medications.
3. You must bring a driver, as you will receive IV sedation.
4. Take heart, blood pressure, or thyroid medications the morning of your procedure with a small sip of water.
5. Wear comfortable clothing.

Important:

- **If you are taking a blood thinner, notify the nurse. You will need to stop this medication 3–5 days prior to your procedure.**
- **If you are taking diet or diabetic medications (GLP-1), you must stop them 10 days prior to your procedure.**
- **If there have been any changes in your health history or you are scheduled for additional medical testing, please notify our office.**

Please call the office if you have any questions prior to your procedure.

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