Living with bowel incontinence is a challenge that many people face, but there is help. Your gastroenterologist (GI) has referred you to the incontinence specialists at Chesapeake Urology for good reason – our experienced physicians and incontinence team have extensive expertise in neuromodulation therapy for the effective control of your condition. If you suffer from loss of bowel control, you are not alone. Millions of people throughout the U.S. have this condition and have experienced significant relief with neuromodulation therapy.

Chesapeake Urology’s incontinence team is among the most experienced in the region in InterStim® Neuromodulation therapy (Interstim therapy). We are here to provide you with hands-on, personalized care and expert treatment to help restore your quality of life.

In this patient information packet, you will find valuable information on:

1. The Facts About Bowel Incontinence and Finding Relief
2. About Chesapeake Urology and Our Expertise in InterStim Therapy
3. Your Chesapeake Urology Care Team
4. First Line Therapies for Bowel Incontinence
5. Advanced Treatment – About Neuromodulation Therapy
6. Living with the InterStim System
7. Coping, Support, and Educational Resources
8. Step-By-Step Guide to Pelvic Floor Exercises and Foods That Affect Bowel Incontinence
9. Frequently Asked Questions

Our #1 priority: Delivering personalized care for the effective treatment of your bowel incontinence to restore your quality of life.
1. THE FACTS ABOUT BOWEL INCONTINENCE AND FINDING RELIEF

Bowel incontinence is the inability to control your bowel movements. You may experience leakage of stool when passing gas or even a frequent and strong urge to have a bowel movement that comes on suddenly, or a combination of both. Bowel incontinence interferes with daily life for many people with the condition and is often a source of stress and social anxiety.

Causes of Bowel Incontinence

For many patients, there is often a combination of factors that cause bowel incontinence, but some of the more common conditions that contribute to bowel incontinence include:

- Nerve or muscle damage, specifically to the anal sphincter muscles. This damage can occur during childbirth or result from surgery. Damage can cause miscommunication between the sacral nerves and the brain.
- Obstetrical injury from pregnancy or childbirth.
- Constipation, which can lead to impacted stool that is too hard to pass. Chronic constipation may also cause nerve damage.
- Conditions that affect the nerves such as Parkinson’s disease, stroke, diabetes and multiple sclerosis.
- Advanced age.

The Role of the Sacral Nerves in Controlling the Bowels

Bowel incontinence, just like urinary incontinence, is often caused by miscommunication between the bowel and the brain. The brain tells the bowel what to do by sending electrical signals to the muscles in the pelvic floor and the sphincter muscles. These signals travel from the brain to the nerves located in the sacral area of the back and then to the bowels. When there is damage or injury to the nerves and muscles in the sacral area, a miscommunication can occur and signals that control the reflexes and the sphincter muscles in the rectum get interrupted, leading to bowel incontinence.

Diagnosing Bowel Incontinence

If you have experienced loss of bowel control, an experienced gastroenterologist will diagnose your condition and establish a treatment plan. Your doctor will talk to you about your symptoms and perform a physical exam. Additional medical tests to identify nerve or muscle damage, and/or imaging tests, may also be ordered to aid in an accurate diagnosis.
2. ABOUT CHESAPEAKE UROLOGY AND OUR EXPERTISE IN INTERSTIM® THERAPY

Chesapeake Urology is the largest urology practice in Maryland and the Mid-Atlantic region, and one of the leading urology practices in the nation. We offer patients the most advanced urologic care available for a wide variety of conditions affecting men, women and children. More than 60 physicians, 16 physician assistants, a nurse practitioner and three patient navigators work throughout our 21 medical offices and 14 AAAHC-certified ambulatory surgery centers located throughout Maryland and the Greater Baltimore region to provide superior care to every patient. Our physicians are dedicated to clinical excellence and cutting edge research.

**Why See a Urologist?**

Chesapeake Urology physicians work closely with your gastroenterologist who has made the initial diagnosis of bowel incontinence. When more conventional treatment options (such as medication) have failed, your doctor will refer you to one of the experienced incontinence and InterStim specialists at Chesapeake Urology to provide more advanced, minimally invasive surgical treatment for effective management of your condition.

**Experts in InterStim Therapy**

Several of Chesapeake Urology’s physicians and nurses are specialists in the area of sacral neuromodulation therapy, commonly known as InterStim therapy. While neuromodulation therapy was originally intended for use with bladder control patients, this innovative treatment has been proven an effective therapy for bowel incontinence as well.

In fact, many patients who experience urinary incontinence issues such as overactive bladder (OAB) find they also experience occasional or even persistent bowel incontinence. Today, the incontinence specialists at Chesapeake Urology utilize this advanced treatment option for patients experiencing bowel incontinence and have seen excellent results and improvement in symptoms.

**Our goal is to help you find relief from bowel incontinence and a restored quality of life.**
3. YOUR CHESAPEAKE UROLOGY CARE TEAM

Taking an integrated approach to caring for and managing bowel incontinence is a group effort that includes several members of a multidisciplinary healthcare team including:

- **A gastroenterologist** is a physician who specializes in diseases of the gastrointestinal tract, which includes the bowels. A gastroenterologist will be your first point of contact when you seek treatment for bowel incontinence and is able to provide you with conservative therapies to help treat your condition.

- **A urologist** is a doctor who specializes in conditions of the urinary tract. At Chesapeake Urology, we are experienced in InterStim® therapy for the surgical treatment of both bowel and bladder incontinence. When first line therapies for bowel incontinence are not effective, a gastroenterologist will refer you to one of our experienced urologists for evaluation for neuromodulation therapy.

- **A patient navigator, nurse practitioner and pelvic health physical therapists** are a part of the urologic team of experts who provide support and care before, during and after implantation with the InterStim neuromodulation device to manage bowel incontinence.

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**Andrew M. Shapiro, M.D., F.A.C.S., Director, Continence Program**

Dr. Shapiro is the Director of the Center for Continence and Pelvic Floor Dysfunction at Chesapeake Urology and Chief of Urology at the University of Maryland Rehabilitation & Orthopaedic Institute. He specializes in sacral neuromodulation/InterStim therapy for urinary and bowel incontinence, as well as the diagnosis and management of urinary incontinence in men and women, pelvic prolapse, voiding dysfunction and neuourology.

**Office locations for InterStim therapy:**

- **The Continence Center**
  
  21 Crossroads Drive, Suite 200
  
  Owings Mills, MD 21117
  
  Phone: 410-581-8140

- **Westminster**
  
  410 Malcolm Drive, Suite A
  
  Westminster, MD 21157
  
  Phone: 410-876-1633

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**Kenneth F. Langer, M.D., F.A.C.S.**

Dr. Langer treats all aspects of adult urology and is experienced with sacral neuromodulation and the surgical implantation of the InterStim therapy system for managing bowel incontinence in men and women. In addition, Dr. Langer specializes in female voiding dysfunction and incontinence and is experienced in prosthetic surgery, minimally invasive therapy for benign and cancerous prostate disorders in men.

**Office locations for InterStim therapy:**

- **St. Agnes Hospital Campus**
  
  Angelos Medical Pavilion
  
  3407 Wilkens Ave., Suite 210
  
  Baltimore, MD 21229
  
  Phone: 410-644-0929
Pelvic floor physical therapists specialize in pelvic floor disorders and work with bowel incontinence patients before and following InterStim implantation to help strengthen pelvic floor and sphincter muscles. Chesapeake Urology works closely with In Balance Physician Therapy and Pelvic Health Center, and also refers patients to many other physical therapy practices throughout the area.

**In Balance Physical Therapy**

![Jodi Berger, MPT](image1)  
Jodi Berger, MPT  
Pelvic Health Physical Therapist

![Kerry Kress, PT](image2)  
Kerry Kress, PT  
Pelvic Health Physical Therapist

**ANNE ARUNDEL COUNTY**

Anne Arundel Medical Center  
Health Sciences Pavilion, Suite 104  
Annapolis, MD 21401  
443-481-1140

**BALTIMORE CITY**

Johns Hopkins Physical Therapy Bayview  
4940 Eastern Avenue  
Baltimore, MD 21224  
410-614-3234

Sinai Physical Therapy  
5051 Greenspring Avenue  
Baltimore, MD 21209  
410-601-7360

Johns Hopkins Physical Therapy Main  
Myers Building  
600 N Wolfe Street, Suite 1-102  
Baltimore, MD 21208  
410-614-3234

**BALTIMORE COUNTY**

Advanced Physical Therapy  
(female only)  
4000 Old Court Road, #100  
Pikesville, MD 21208  
410-415-0005

**GBMC Rehab**  
(female only)  
6701 N Charles Street, #4377  
Towson, MD 21204  
443-849-6210

Franklin Square Hospital  
9105 Franklin Square Drive  
Baltimore, MD 21237  
443-777-7750

Johns Hopkins Physical Therapy Greenspring  
10753 Falls Road, Suite 235  
Lutherville, MD 21093  
410-583-2665

Life Fitness Physical Therapy  
9110 Philadelphia Road, #104  
Rosedale, MD 21237  
410-686-8922

**CARRILOL COUNTY**

Pivot Physical Therapy  
844 Washington Road, Suite 209  
Westminster, MD 21157  
410-848-4248

**CECIL COUNTY**

Rising Sun Physical Therapy  
Rising Sun Tower Center  
1 E Main Street  
Rising Sun, MD 21911  
410-658-0100

**EASTERN SHORE**

AquaCare of Salisbury  
106 Milford Street, #601  
Salisbury, MD 21804  
410-548-7600

**FREDERICK COUNTY**

FMH Crestwood Services  
7211 Bank Court  
Frederick, MD 21703  
240-215-1425

**HARFORD COUNTY**

Upper Chesapeake Physical Therapy  
510 Upper Chesapeake Drive  
Suite 514  
Bel Air, MD 21014  
443-643-3257

**HOWARD COUNTY**

Chesapeake Physical and Aquatic Therapy  
7080 Deepage Drive  
Columbia, MD 20145  
410-381-7000

Her Health Physical Therapy  
(female only)  
10705 Charter Drive  
Columbia, MD 20144  
443-283-2018
Treatment for bowel incontinence begins with more conservative therapies as prescribed by a gastroenterologist. Often called first line therapies, your doctor may prescribe one or more of the following treatments:

**Medications**

Depending on your diagnosis and the confirmed cause of the bowel incontinence, your doctor may prescribe medications such as anti-diarrheal drugs, or laxatives if chronic constipation is causing your issue.

**Behavioral techniques and lifestyle changes**

- **Diet modification** – Certain foods can affect your bowel more than others, which is why your doctor may recommend drinking more fluids (especially water, but not cola or sugary drinks) and adding more fiber-rich foods to your daily diet such as whole grains, beans and fresh fruits and vegetables. These diet modifications aid in better digestion, which in turn alleviates constipation. Adding more fiber to your diet also adds bulk to your stools which minimizes bouts of diarrhea.

- **Bowel training** – Sometimes done in combination with medications and diet modification, your doctor may recommend bowel training, where you try to train your body to have a bowel movement at a specific time of day. Creating a schedule for going to the bathroom can help you control your bowels more effectively over time.

**Physical Therapy**

Physical therapy is beneficial for patients who have muscle damage that is causing their bowel incontinence. Specially trained pelvic floor physical therapists will focus on developing a personalized program of exercise and other strengthening therapies to restore muscle tone to the pelvic floor muscles that control the bowels. These therapies can help improve anal sphincter control and the awareness of the urge to defecate. In addition to bowel training (above), physical therapists provide a therapy called biofeedback.

- **Biofeedback therapy** – Working with a pelvic floor physical therapist, you will learn specific exercises that target and help strengthen the anal sphincter muscles. Stronger pelvic floor muscles can help you sense when stool needs to be released and also help to contract the muscles when you need to hold the bowels until you can get to a bathroom. The goal of biofeedback therapy is to improve anal sphincter control and to help you better control bowel urgency.
If you have not had success with more conservative therapies for chronic bowel control problems or if bowel incontinence has worsened and is significantly diminishing your quality of life, sacral neuromodulation therapy – an advanced treatment for bowel incontinence - may be right for you.

**What is Sacral Neuromodulation for Bowel Incontinence?**

The sacral nerves help control bowel function. When there is a communication breakdown between these nerves and the brain, bowel incontinence results because the bowels do not function properly.

Sacral neuromodulation delivered through the InterStim® system has been FDA-approved to treat bowel and bladder incontinence and is a proven treatment option that targets the communication problem between the brain and the sacral nerves. InterStim therapy uses a small neurotransmitter device that can be compared to a pacemaker. The small device is surgically implanted into the lower back. The neuromodulation device sends mild electrical impulses to modulate the sacral nerves, helping the nerves regulate bowel function and diminish symptoms of bowel incontinence including leakage of liquid and solid stools.

**Is Sacral Neuromodulation Right for You?**

To make certain this therapy is right for you, your urologist will start you with a test stimulator that does not require surgery. The test typically lasts five to seven days. The test stimulator involves temporary placement of a thin wire that is worn in your lower back. The wire is connected to a small external stimulator which is worn on a belt around your waist. The stimulator sends mild electrical impulses through the wire to the nerves that involve bowel function.

Your doctor and/or Chesapeake Urology’s incontinence nurse navigator will provide you with detailed instructions on how to operate the test stimulator to ensure the most effective evaluation. Throughout the testing phase, your provider will ask you to keep a diary to record your bowel symptoms and determine if you have experienced improvement. You and your urologist will review the diary and decide whether permanent InterStim therapy is right for you.
Implanting the InterStim Device

If the evaluation phase has shown improvement in your symptoms and you feel comfortable using the InterStim therapy, your urologist will talk to you about next steps for implanting the device. The InterStim neurostimulator device is easily implanted under the skin in your upper buttock during a short surgical procedure performed by your urologist. You will also have a small incision in your lower back where your doctor will place a long-term electrode. The neurostimulator will send electrical pulses through the electrode to one of your sacral nerves. You will also receive a patient programmer which tells you if the stimulation is on or off and the level of stimulation. Your doctor will set the stimulator to a level that is most effective for controlling your bowel symptoms.

Your provider will see you back in the office within four weeks following the implantation to ensure the neurostimulator is performing optimally and to discuss any questions or concerns you may have.

Benefits of Sacral Neuromodulation

Many patients report significant improvement in their bowel incontinence after having the InterStim device implanted. Benefits include:

• Significantly improved quality of life.
• Proven control to stop or greatly reduce accidents.

Studies of patients followed for one year found that seven out of every 10 patients experienced at least a 50% reduction in weekly accidents compared with accidents before starting InterStim therapy.

Risks of Sacral Neuromodulation

Side effects associated with sacral neuromodulation are uncommon, but if discomfort or problems do arise, the therapy is reversible by turning off or surgically removing the InterStim device.

The risks are similar to any surgical procedure and may include:

• Post-operative swelling, bruising, and bleeding.
• Pain at the implant site.
• Infection.
  • Lead (thin wire) movement, technical or device problems.
  • Undesirable changes in urinary or bowel function.
  • Uncomfortable stimulation.
After having an InterStim device implanted to help control your bowel incontinence, you may notice not only an improvement in your symptoms but also the ability to once again enjoy the activities you love – taking a walk, socializing with friends, going to the movies, and even traveling.

It may take several weeks following the implantation to get used to how the device works, and it may take time to feel comfortable using the programmer before you return to daily activities. This is common.

After your surgery and during your follow-up appointments your urologist and Chesapeake Urology’s dedicated patient navigator will provide you with detailed instruction on how to use your programmer and what to expect. If you have any questions or find stimulation bothersome, use your patient programmer to turn the neurostimulation down or off and call Sue Spurlock, RN, CURN, your patient navigator at 443-738-8175.

**Common Concerns and Questions about the Implanted InterStim Device**

It’s important to know that you may not feel stimulation on a constant basis as your doctor may have programmed your neurostimulator to turn on and off at regular intervals. In some instances, you may feel an increased level of stimulation sensation even though you have not changed any of the settings on your patient programmer. This may be caused by a slight shift in the implanted lead that has moved closer to your sacral nerve due to activity or sudden movements.

Depending on your programmed settings, you might not feel a sensation at all. Remember that all of these experiences are common and it’s important to base the effectiveness of the therapy on your symptoms, not on whether you feel a sensation of stimulation.

If you have questions about your InterStim device, if you feel you are not receiving adequate symptom relief, or if your bowel incontinence symptoms return, call your doctor or patient navigator right away.

**Using Your Programmer**

The power to control how much stimulation you receive is in your hands. You can control the level of stimulation by adjusting your patient programmer according to the instruction you receive from your urologist and patient navigator. Your neurostimulator must remain on in order for therapy to be delivered.
Keep in mind that you should not experience any pain with stimulation. Rather, most patients describe the stimulation as a “tingling” sensation in the pelvic area.

**Don’t Leave Home Without It**

Make sure to always carry the programmer with you, especially when returning to your InterStim follow-up appointments with your Chesapeake Urology provider who will ensure it is functioning properly. It is also important to bring your patient programmer to appointments with other healthcare providers and for certain procedures that may require you to turn your neurostimulator off.

Following the implantation of the InterStim device, you will be provided with a patient ID card that shows you have an implanted device. Make sure to always carry this card with you in case of an emergency or even when traveling through security at airports.

**When to Call Your Doctor**

Chesapeake Urology’s incontinence patient navigator, Sue Spurlock, RN, CURN, is available to talk and answer any questions or concerns about your device before, during and following the implantation of your InterStim system. If you experience any problems, a return of bowel incontinence symptoms, or find the stimulation painful, you can use your programmer to turn the neurostimulator down or off and then be sure to call your urologist. Sue can be reached at 443-738-8175.

**Additional Support for Your InterStim Device**

Medtronic, the medical device manufacturer of the InterStim Therapy System, also offers technical assistance when you have questions about or problems with your InterStim device. While it is best to contact your Chesapeake Urology provider first, you can contact Medtronic for assistance with the use of your device or programmer; contact a Medtronic Patient Service Representative at (800) 510-6735. Their hours of operation are Monday through Friday, 8:00 a.m. to 5:00 p.m. CST.
After having an InterStim® device implanted to help control your bowel incontinence, Chesapeake Urology’s bowel incontinence program was designed with the personal needs of our patients in mind. Our team of bowel incontinence specialists understands that this condition can be a source of stress and anxiety and work closely with each patient as they go through the neuromodulation therapy, from start to finish. Along the way, our program offers a number of important support services to help maintain your quality of life and overall well-being.

The Important Role of your Patient Navigator

One of the unique features of Chesapeake Urology’s bowel incontinence and InterStim program is our dedicated patient navigator. Sue Spurlock, RN, CURN, is a registered nurse who serves as your patient advocate and support resource when it comes to managing your bowel incontinence and going through the InterStim therapy. Patients who work with our patient navigator often see better outcomes and satisfaction with their treatment and recovery. Sue works directly with our urologists to coordinate your care including scheduling appointments for testing as well as for the InterStim implantation, physical therapy consultations, and for support after having the InterStim device implanted. Sue helps patients with questions regarding the patient programmer after the InterStim implantation as well as with follow up care. Sue is available to answer all of your questions and concerns about the InterStim device and to help ensure that neuromodulation is working just right to minimize your bowel incontinence symptoms.

Sue can be reached at 443-738-8175.

Support Groups and Free Educational Seminars

Talking with other people living with bowel incontinence can be very helpful for coping with the condition. Throughout the year, Chesapeake Urology holds free educational seminars on neuromodulation and the InterStim system for patients. Information about upcoming free educational seminars is regularly posted on our website at www.chesapeakeurology.com/about-us/educational-seminars.
Other Online and Support Resources

For InterStim support:

- Medtronic, the medical device manufacturer of the InterStim Neuromodulation System - www.medtronic.com
- Medtronic’s InterStim Ambassadors - Talk with a patient who has been there; InterStim ambassadors are real patients who can answer your questions about life with InterStim. Visit http://www.everyday-freedom.com/bowel/women/patients/talk/index.htm
- Medtronic InterStim product support - For assistance with the use of your InterStim device or programmer, contact a Medtronic Patient Service Representative at (800) 510-6735, Monday through Friday, 8:00 a.m. to 5:00 p.m. CST.

For more information on bowel incontinence, visit these websites:

- The National Association of Continence - www.nafc.org
- The Urology Care Foundation of the American Urological Association (AUA) - www.urologyhealth.org

The InterStim Therapy for Bowel Control Prospective Clinical Study demonstrates a statistically significant decline in patient bowel incontinence 12 months post implant:

- 83% of patients achieved ≥ 50% reduction in incontinent episodes per week.
- 83% of patients achieved ≥ 50% reduction in incontinent days per week.
- 80% of patients achieved ≥ 50% reduction in urge incontinent episodes per week.

[Source: www.Medtronic.com]
8. STEP-BY-STEP GUIDE TO PELVIC FLOOR EXERCISES AND FOODS THAT AFFECT BOWEL INCONTINENCE

Weak pelvic floor and anal sphincter muscles can contribute to your bowel incontinence symptoms. Pelvic floor muscle exercises help strengthen these important muscles and help manage your symptoms.

Specially trained pelvic floor physical therapists will help you identify these muscles and teach you how to properly perform the exercises on your own every day. The key is finding your pelvic floor muscles to ensure you are performing these exercises correctly for maximum benefit.

**STEP 1**
Once you have isolated the proper muscles, lie on your back and relax.

**STEP 2**
Tighten or contract your pelvic floor muscles. Make sure you are not tensing the muscles in your butt, thighs or abdomen. Breathe steadily throughout the exercises.

**STEP 3**
Hold the contraction for five seconds and then relax for five seconds. Your goal should be to work up to 10 repetitions and being able to hold the contraction for 10 seconds. This may take a couple of weeks.

**STEP 4**
Work up to doing the exercises two or three times per day. Once you get comfortable with the pelvic floor muscles exercises, you can perform them anytime – sitting at your desk, watching TV, lying in bed, and even in your car! Many people who do the exercises regularly and properly begin to notice an improvement in muscle strength and in bowel incontinence symptoms.

If you need help locating your pelvic floor muscles, ask your physical therapist. It is important to seek the assistance of a trained pelvic health physical therapist or your urologist before starting any pelvic floor exercise program.

More on back...
FOODS THAT DIRECTLY AFFECT BOWEL INCONTINENCE

Foods that stimulate the internal anal sphincter to relax:

- Coffee
- Chocolate
- Tea
- Caffeinated beverages

Laxative effect:

- Fruits

Irritants:

- Spicy foods

Foods that cause gas:

- Dried and string beans
- Beer
- Carbonated beverages
- Cucumbers
- Cabbage family vegetables (Brussels sprouts, cabbage, onions, broccoli, cauliflower)
- Dairy products
- Spinach
- Corn
- Radishes

Foods that thicken stool:

- Bananas
- Rice
- Bread
- Potatoes
- Creamy peanut butter
- Applesauce
- Cheese
- Tapioca
- Yogurt
- Pasta
- Pretzels
- Oatmeal
- Oat bran
- Grits
- Boiled milk

Foods that stimulate stool production:

- Dried or string beans
- Chocolate
- Raw fruits
- Raw vegetables
- Highly spiced foods
- Greasy foods
- Fried foods
- Prune juice
- Grape juice
- Seasoned foods
- Cabbage
- Leafy green vegetables
- Sweet foods and vegetables
- Alcohol
- Wheat bran
9. FREQUENTLY ASKED QUESTIONS

Q: Is Medtronic Bowel Control Therapy FDA-approved?

A: Yes. The InterStim® Neuromodulation System was approved by the FDA in 2011 for chronic bowel incontinence; in 1997 for urge incontinence; and in 1999 for urinary retention and significant symptoms of urgency-frequency. It has been available in the U.S. for over a decade.

Q: How effective is Medtronic Bowel Control Therapy?

A: Medtronic Bowel Control Therapy is clinically proven to be safe and effective for people who have not had success with other treatments. It has been used to treat 150,000 people worldwide.

Medtronic Bowel Control Therapy has been proven to stop or greatly reduce accidents. Studies of patients followed for one year found that seven out of every 10 patients experienced at least a 50% reduction in weekly accidents compared with accidents before starting Medtronic therapy. In addition, people using this treatment said they experienced significant improvements in their quality of life. It is important to know that individual results may vary and that not every patient who receives Medtronic Bowel Control Therapy will receive the same benefits or experience the same adverse events as the patients in the clinical study.

Q: Is Medtronic Bowel Control Therapy for both men and women?

A: Yes. The InterStim System can be used to treat chronic bowel control symptoms in both men and women.

Q: Will my insurance cover the costs?

A: Medicare and many other private insurance companies cover Medtronic Bowel Control Therapy. Your out-of-pocket costs will vary according to your insurance plan. Check with your insurance provider about the details of your coverage.
Q: How will I know if it will work for me?

A: An evaluation period lets you test Medtronic Bowel Control Therapy to see if it will work for you before making a long-term commitment. The evaluation is considered a success if you experience a significant reduction in your symptoms.

Q: How will Medtronic Bowel Control Therapy impact my daily life?

A: Medtronic Bowel Control Therapy can eliminate or greatly reduce bowel control symptoms for people suffering from chronic bowel control problems. Medtronic Bowel Control Therapy may allow you to regain your everyday freedom, so you can stop worrying about your bowel control problems and return to the life you once enjoyed.

Your doctor will inform you of precautions and activity restrictions related to Medtronic Bowel Control Therapy. You cannot have diathermy if you have an InterStim System.

Q: Will Medtronic Bowel Control Therapy cure my condition?

A: No. Medtronic Bowel Control Therapy is a treatment for bowel control problems, not a cure. If the neurostimulator were turned off or removed, your symptoms would return.
BOWEL INCONTINENCE TREATMENT PATHWAY

EVALUATION
By a Gastroenterologist
Medical History, Physical Exam, Bowel Diary

Conservative First Line Therapies for Bowel Incontinence

- Dietary Modifications
- Medications
- Pelvic Floor Exercises
- Biofeedback

RE-EVALUATION
By Chesapeake Urology for InterStim® Therapy

Advanced Treatments

- Sacral Neuromodulation/InterStim Therapy
- Anal Bulking with Dextranomer and Sodium Hyaluronate
- Anal Sphincter Repair
- Other Treatments (e.g. Artificial Sphincter, Colostomy, etc.)

If you have questions or would like more information, please call our patient navigator, Sue Spurlock, RN, CURN, at 443-738-8175.

Interstim® is a registered trademark of Medtronic.