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Mayo Clinic Health System in Eau Claire

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InterStim Therapy

InterStim Therapy is available to patients who have had little luck with other incontinence interventions.

InterStim Therapy uses a device the size of a pacemaker, which is placed under the skin in your hip area. A lead wire is connected to the device and sends electrical impulses to the sacral nerves. The impulses stimulate the nerves that suppress bladder contraction offering relief to patients with bladder issues.

InterStim Therapy is an outpatient procedure, and patients should notice an improvement in bladder functioning immediately. Nationally, four in five patients have a positive reaction to the therapy. A test stimulation is performed to determine the likelihood of success with InterStim Therapy before the device is implanted.

Patients interested in InterStim Therapy must have documentation of overactive bladder or non-obstructed urinary retention from a bladder function test and have tried two different medications without success.

Signs and symptoms of overactive bladder may mean you:

- Feel a sudden urge to urinate that’s difficult to control
- Experience urge incontinence — the involuntary loss of urine immediately following an urgent need to urinate
- Urinate frequently, usually eight or more times in 24 hours
- Awaken two or more times in the night to urinate (nocturia)

**Call 715-838-6150 for more information about InterStim Therapy.**



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