



Temporary Sacral Nerve Stimulator procedure

After care:

- You may feel a tingling or pulsing sensation around the anus, which should not be uncomfortable, or controlled with paracetamol if mild discomfort.
- Most patients can return to work during their trial period but discuss your circumstances if you are concerned.

Things to avoid during your trial:

- Showering and bathing – it is important that you keep your dressing, stimulator box and controller intact and dry for the whole trial period.
- Strenuous activity or sport e.g. bending, twisting or lifting, high impact/contact sports.
- Sexual activity.
- Medical procedures – you will need to inform your doctor if you are due to undergo any procedure using diathermy (cautery) or MRI scans.

Things you must do:

- Keep a symptom diary – this will tell us if your trial has been successful.
- Sponge bath instead of showering or bathing.
- Switch the stimulator down or off when driving, operating heavy machinery or using power tools (you will have been taught how to change the settings).

Contact the Pelvic Health Team (or your GP/111) if you notice:

- Signs of infection (temperature, swelling, redness, discharge)
- Bruising or bleeding around your wound.
- Pain over the wound.
- Problems emptying your bladder – pain, burning, urgency, frequency, incomplete emptying.
- Device malfunction or lead breakage/migration.

Note: The Pelvic Health Team are a weekday service, who you can call and leave a voicemail for- they will triage calls every Thursday and ring back.

After your trial period:

- You will either undergo another procedure to implant a permanent device/battery.

OR

- If no benefit was seen the wire/lead will be removed – this may be in an outpatient clinic or in theatre if a tined (bone anchored) lead has been used.

Key Contact numbers

If you have any concerns, you can contact:

Pelvic Health Team (8am-4pm Monday – Friday): **02921 846541**

Surgical Hub (7am-7pm Monday-Friday): **02921 826510 or 02921 826348**

Your GP or 111 for out of hours GP services or A&E



Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Bowel Diary

Name: _____

Date of Birth ____/____/____

My evaluation started on ____/____/____ at ____:____ time

[illegible]

Bowel Diary

Do you feel that this therapy is providing relief?

YES / NO

How would you characterise your improvement?

Slightly improved

Moderately improved

Markedly improved

Date	Time	Urgency (1-5, with 5 being most urgent)	Number of pads	Stool description*	Did you have an accident?	If yes, amount of soiling?
					Yes / No	Slight / Moderate / Heavy
					Yes / No	Slight / Moderate / Heavy
					Yes / No	Slight / Moderate / Heavy
					Yes / No	Slight / Moderate / Heavy
					Yes / No	Slight / Moderate / Heavy
					Yes / No	Slight / Moderate / Heavy
					Yes / No	Slight / Moderate / Heavy
					Yes / No	Slight / Moderate / Heavy
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					Yes / No	Slight / Moderate / Heavy
					Yes / No	Slight / Moderate / Heavy