



Tom Veneklasen Photo

Bryan Contreras, M.D.

Gastroenterologist

Q: I plan every outing around the nearest bathroom because of accidental bowel leakage. Is there anything that really works?

A: Absolutely. Accidental bowel leakage, also known as fecal incontinence, affects millions of people but is rarely discussed because of embarrassment. Many patients suffer for years without realizing there are effective treatments available.

For individuals who have not found relief with diet changes, medications or pelvic floor therapy, InterStim® therapy can be life-changing. The treatment uses gentle electrical stimulation of the sacral nerves to improve communication between the brain and the muscles that control bowel continence.

Before committing to a permanent device, patients undergo a Peripheral Nerve Evaluation (PNE) — a temporary trial that helps determine whether the therapy is likely to be successful. If bowel control improves during the trial, patients may choose to proceed with a permanent InterStim® implant.

For many people, this treatment restores confidence and independence, helping them travel, exercise, enjoy meals out and participate in activities.

Arizona Gastroenterology
(520) 742-4139
azgastro.com