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Potential Appointment Dates:	Confirmed Appointment
Name:	Appt Date:
For questions call:	Appt Time:

Patient Instructions for Solesta Injections:

SOLESTA® is indicated for the treatment of fecal incontinence in patients 18 years and older who have failed conservative therapy (diet, fiber therapy, anti-motility medications). It is important for you to know that SOLESTA® does not work for everyone and you may not benefit from SOLESTA treatment. It is also important for you to know that you may not experience immediate improvement after your first treatment with SOLESTA and the full effects of SOLESTA may not be apparent until 3 to 6 months after treatment. In order for your physician to get the best results, you will need to follow the instructions below.

Prior to the Procedure:

1. There is no patient preparation (fasting, laxative, etc.) needed prior to your procedure. However, your physician may ask that you discontinue use of aspirin 24 hours before the procedure.
2. Your physician may ask you to use an enema prior to the procedure at your home.

The Day of Procedure: (what to expect)

1. Arrive at your physician's office at the designated time dressed in loose fitting, two piece clothing.
2. You will be asked to lie on your side and a small scope will be inserted into your rectum.
3. Solesta is a gel that is given through 4 injections into the wall of the anal canal. It helps give you more control by bulking up the tissue in the anal canal. The injections do not usually cause pain (it is inserted above where your rectum feels pain) and anesthesia is not necessary.
4. The procedure should only take 10-15 mins.
5. After the injections you will be asked to remain in the recovery area for a short period of time to make sure that there are no immediate adverse effects from the injections.

After the Procedure:

1. You should contact us immediately if symptoms of rectal bleeding, bloody diarrhea, fever, or problems with urination occur.
2. For **24 hours after treatment**, you should avoid hot baths and limit physical activities. Stool softeners may be used until the first bowel movement occurs.
3. For **1 week after treatment**, patients should avoid sexual intercourse, antidiarrheal medications, and strenuous physical activities, such as horseback riding, bicycling, and jogging.
4. For **1 month after treatment**, you should avoid anal manipulation of any kind, including enemas & suppositories