ACHIEVE LASTING BLADDER CONTROL
THERE’S ANOTHER CHOICE

Medtronic Bladder Control Therapy Delivered by the InterStim™ System
YOU'RE NOT ALONE

Bladder control problems affect millions of Americans. If you're one of them, you know how these conditions, like overactive bladder (OAB) and urinary retention, can interrupt your life. You may have tried changing your diet. Or Kegel exercises and physical therapy. Or medications with unpleasant side effects. But the results just aren't what you hoped.

Don’t give up. You have another choice.

COMMUNICATION IS CRITICAL

That’s why conventional treatments may not produce the results you want — they don’t target the miscommunication between your bladder and brain.

Unlike conventional treatments, Medtronic Bladder Control Therapy delivered by the InterStim™ system uses gentle nerve stimulation to correct the bladder-brain communication pathway and restore* bladder function.

* Defined as a 50% or greater reduction in your troublesome bladder symptoms.

“When medications and physical therapy did nothing for me, I tried InterStim — I’m so glad I did.”

- Cindy R.
CHOOSING A SAFE AND PROVEN APPROACH

Medtronic Bladder Control Therapy is safe, FDA-approved and minimally invasive. And it’s been helping people improve their lives for more than 15 years.

LESS WORRY MORE LIVING

Medtronic Bladder Control Therapy delivered by the InterStim™ system restores* bladder function by gently stimulating the sacral nerves. It’s sometimes called sacral neuromodulation (SNM). With this therapy, you may experience fewer trips to the bathroom, fewer accidents, and more confidence as you get back to the activities you enjoy.

84% satisfaction among those who use it1

3X greater improvements in quality of life compared to medications2

76% of people achieved success at 6 months with Medtronic Bladder Control Therapy compared with 49% of people who used medications2*

Implanting an InterStim system has risks similar to any surgical procedure, including swelling, bruising, bleeding, and infection. Talk with your doctor about ways to minimize these risks.

* These patient groups were analyzed based on the treatment they received; incomplete data was not counted as failures. Another analysis reported 61% of people achieved success with InterStim, compared to 42% who used medications. These patient groups were analyzed based on the treatment they were assigned; incomplete data was counted as failures.
SEE IF IT WORKS FOR YOU

Unlike other bladder control treatments, our therapy is the only therapy that lets you try it first. It’s called an evaluation — like a test run, not a long-term commitment.

HERE’S HOW IT WORKS:
- The simple evaluation starts at your doctor’s office or an outpatient center
- A lead (thin wire) is inserted in the upper part of your buttock
- The lead attaches to a small external device worn discreetly under your clothes
- Stop, start, or adjust the therapy with an easy-to-use controller
- Go about most of your regular activities for 3-14 days
- Track your symptoms to see if they improve

Complications can occur with the evaluation, including movement of the wire, technical problems with the device, and some temporary pain. Your doctor or nurse will show you how to use the system, and inform you of any activity restrictions and other precautions related to the evaluation.

DECIDE TOGETHER, WHAT’S BEST FOR YOU

After your evaluation, talk to your doctor about the results.
Did it feel successful?
Did you see symptom improvement?
Together, you and your doctor will decide if the long-term therapy is the right choice. If it is, your evaluation device can be replaced with an implantable device called a neurostimulator during a short, out-patient procedure.
Bladder control therapy has risks similar to any surgical procedure. Discuss the benefits and potential risks with your doctor.
WHY IS THIS THERAPY DIFFERENT?
You can try it before you decide, and it’s reversible if you change your mind later. And unlike injections, it doesn’t require self-catheterization or repeated treatment visits.

WHAT CAN THIS THERAPY DO FOR ME?
It can significantly improve quality of life by reducing your symptoms. It’s proven to work in people who have frequent urges to urinate or related frequent leaks, or are unable to fully empty their bladder.

WHAT DOES THE STIMULATION FEEL LIKE?
Most people describe it as a slight pulling, tingling, or fluttering sensation in the pelvic area. It should not be painful. Stimulation settings can be adjusted, and sensations will vary from person to person.

DOES THE THERAPY WORK LONG TERM?
This therapy significantly reduced symptoms of OAB and urinary retention* in people treated for 5 years. Your experience may be different.

WILL IT CURE MY CONDITION?
No. It can be effective, but it’s not a cure. If the neurostimulator is turned off or removed, symptoms can return.

WILL INSURANCE COVER THE COSTS?
Medicare and many private insurance companies cover this therapy. Talk to your doctor to learn more about your insurance coverage.

Implanting an InterStim™ system has risks similar to any surgical procedure, including swelling, bruising, bleeding, and infection. Talk with your doctor about ways to minimize these risks.

*This therapy is not intended for people with urinary blockage.
WHAT HAPPENS NOW?

If you are interested in this therapy, here are five ways to learn more.

1. **Talk to an ambassador who uses it** by visiting InterStimAmbassadors.com or calling (800) 664-5111.

2. **Watch a patient testimonial** at medtronic.com/youtubebladder.

3. **Go to everydayfreedom.com** for a variety of helpful resources.

4. **Try the evaluation** so you and your doctor can make a decision based on your results.

5. **Connect with a Support Link™ Specialist** who can answer your questions during your evaluation.
InterStim Therapy for Urinary Control treats urinary retention (inability to completely empty the bladder) and the symptoms of overactive bladder, including urinary urge incontinence (leakage) and significant symptoms of urgency-frequency. It should be used after you have tried other treatments such as medications and behavioral therapy and they have not worked, or you could not tolerate them.

You should have a successful trial assessment before receiving InterStim Therapy. You cannot have diathermy (deep heat treatment from electromagnetic energy) if you have an InterStim device.

InterStim Therapy is not intended for patients with a urinary blockage. Safety and effectiveness have not been established for pregnancy and delivery; patients under the age of 16; or for patients with neurological diseases such as multiple sclerosis.

In addition to risks related to surgery, complications can include pain at the implant sites, new pain, infection, lead (thin wire) movement/migration, device problems, interactions with certain other devices or diagnostic equipment such as MRI, undesirable changes in urinary or bowel function, and uncomfortable stimulation (sometimes described as a jolting or shocking feeling).

This therapy is not for everyone. Please consult your physician to decide whether InterStim Therapy is right for you. A prescription is required. For further information, please call Medtronic at 1-800-328-0810 and/or consult Medtronic’s website at www.medtronic.com.

USA Rx Only. Rev 0110

