GETTING STARTED

Evaluation of Medtronic Bladder or Bowel Control delivered by the InterStim™ systems
Congratulations on taking the first step to discovering life without limits with Medtronic Bladder or Bowel Control Therapy delivered by the InterStim™ systems.

Use this guide to understand how to use your programmer and make the most of your evaluation.

Table of Contents

Your Programmer ................................................................. 8
Power On .................................................................................. 9
Apps ......................................................................................... 10
My Therapy App ........................................................................ 11
Turn Stimulation On/Off ....................................................... 12
Adjust Your Stimulation ....................................................... 13
Change Programs .................................................................. 14
Switch Sides ........................................................................... 15
App Notifications ................................................................. 16
Reminders ............................................................................... 18
Track Your Symptoms ......................................................... 20
Helpful Resources ................................................................. 21

Doctor Discussions

Call your doctor if you have general questions about your therapy, stimulation settings, changes in symptoms, or anything related to medical care. Record your doctor’s contact information and your evaluation type below for easy access.

My Doctor: _____________________________________________
Phone: ___________________________________________________________________

☐ Basic Evaluation
☐ Advanced Evaluation
JUST THE BEGINNING
A successful evaluation can lead to long-term results, something many people have found with the InterStim™ system.

82% of people with overactive bladder (OAB) using Medtronic Bladder Control Therapy continued to experience success at 5 years.1*

89% of people using Medtronic Bowel Control Therapy continued to experience success at 5 years.2**

DELIVERING LIFE-CHANGING RELIEF

Fewer accidents.
Less worry.
More confidence to resume the relationships and activities you love.

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

* Success defined as ≥ 50% reduction of episodes/day. This patient group had data at both baseline and the 5-year visit. Another analysis reported 67% of people achieved success. For this patient group, missing data at 5 years because of a device-related reason was counted as failure.

** Success defined as ≥ 50% reduction of episodes/week. This patient group had data at both baseline and the 5-year visit. Another analysis reported 69% of people achieved success with Medtronic Bowel Control Therapy. For this patient group, missing data at 5 years because of a device-related reason was counted as failure, or if it was missing for non-device related reasons, the most recent data was carried forward.


Please return all Medtronic issued equipment on the final day of your evaluation, including:

- Your Samsung programmer
- Power cord
- Charging block
- Medtronic case.

You will not need this equipment after your evaluation.
The programmer functions below will not alter your therapy.

**POWER ON**
Press and hold the **Power button** to turn your programmer on. Once the blue Medtronic screen appears, swipe the screen in any direction to unlock the device.

**CHARGE YOUR PROGRAMMER**
Keep your programmer charged by plugging it in using the cord that came in your box. The battery indicator at the top of the programmer screen will show you how much battery is left.

**TIP**
The programmer is not set up to make phone calls or access the Internet. It’s designed only to manage your evaluation.
**APPS**

**My Therapy**
This app allows you to manage your stimulation.

**Clinician**
You should not use this app; it is intended only for clinicians.

**MY THERAPY APP**

- **Menu**
  - Home
  - About
  - Battery
  - Tutorial

- **Increase Stimulation**
- **Decrease Stimulation**
- **Turn your Stimulation On or Off**

This app allows you to manage your stimulation. Clinician should not use this app; it is intended only for clinicians.
**TURN STIMULATION ON OR OFF**

To turn stimulation on, use your finger to swipe the **On/Off indicator** to the right.

To turn stimulation off, use your finger to swipe the **On/Off indicator** to the left.

**ADJUST YOUR STIMULATION**

Tap the **Arrows Up or Down** to increase or decrease stimulation.

**TIP**

Use quick, light taps to make sure you only hit buttons one time. Do not hold the button down.

Tap **OK** to acknowledge that you have turned your therapy off.
**CHANGE PROGRAMS**

Only available for individuals undergoing an Advanced Evaluation

If you are undergoing an Advanced Evaluation, your clinician may ask you to change programs. If so, tap the Program Button to select a new program.

**SWITCH SIDES**

Only available for individuals undergoing a Basic Evaluation

If you are undergoing a Basic Evaluation, your clinician may ask you to switch sides of stimulation. If so, tap the appropriate LEFT or RIGHT button. The underline indicates the side delivering therapy.
APP NOTIFICATIONS

You may receive alerts from your My Therapy App. If you have questions about an alert not listed here, contact your physician.

Your programmer has lost connection with your ENS due to low battery or a failed signal. Tap Retry to reconnect the programmer. If the issue continues, contact your clinician to reestablish the connection.

Your ENS device has a low battery. If your ENS battery is low, contact your clinician.
**IMPORTANT REMINDERS**

**TRACKING YOUR SYMPTOMS**
- Be sure to complete the diary as directed by your doctor, and bring it to your next appointment.

**FEELING THE STIMULATION**
- If you don’t feel the stimulation but you’re getting symptom relief, there’s no need to adjust your stimulation.
- Changes in body position may affect intensity or location of the stimulation, requiring you to adjust your stimulation. Discuss this with your doctor.

**MANAGING YOUR ACTIVITY LEVEL**
- Keep your activity level low to moderate; avoid bending, stretching, twisting, sexual activity, or lifting heavy objects.
- Follow your doctor’s instructions regarding returning to work.
- Avoid baths and showers. Take sponge baths, but be careful to keep the area around the lead (thin wire) and external neurostimulator (ENS) dry.

**USING YOUR PROGRAMMER**
- If your programmer or the My Therapy App is unresponsive, make sure your programmer is charged. If it’s charged and still unresponsive, turn the programmer off and back on again.
- Your ENS will have new batteries when you go home. The batteries should last for the entire therapy evaluation period. If you receive a low battery alert, contact your doctor.
- Turn stimulation off while driving or using power tools.
- You can use your programmer during air travel, but you’ll need to put it in Airplane Mode. Your programmer will still function and you can adjust your therapy in Airplane Mode.
- If you lose your programmer, contact your clinician or Medtronic Patient Services right away. Your programmer can only be used for evaluations and can be disabled remotely if lost or stolen.
- Remember to return the programmer to your doctor’s office when your evaluation is complete.

**UNDERGOING OTHER MEDICAL TREATMENTS**
- If you see other doctors during the evaluation, inform them that you are using an external neurostimulator evaluating sacral neuromodulation.
- Contact your doctor before any other medical treatments during your evaluation period. Do not have diathermy or an MRI examination during your evaluation.
- Talk with your doctor about any questions you may have regarding your specific situation.
- Call your doctor if you notice any redness or swelling at the site.
It’s vital that you track your symptoms to see how the evaluation is working. Keep up to date with your diary so you and your doctor can work together to help find relief.

The goal of your evaluation is a 50% or greater improvement in symptoms.

Find a symptom diary you can print and use at:

medtronic.com/bladderdairy
medtronic.com/boweldiary

**BLADDER SYMPTOM DIARY**

Track your symptoms in the diary below according to your doctor’s recommendations. If you have no symptoms on a given day, record that as well.

**BLADDER SYMPTOM DIARY**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fluid Intake</th>
<th>Amount/Type</th>
<th>Asleep?</th>
<th>Voided</th>
<th>Volume (mL or OZ)</th>
<th>Urgency: 0-4 (4 is HIGH)</th>
<th>Leak: 1-3 (1Slight/2Moderate/3Heavy)</th>
<th>Change Pad/Protective Underwear?</th>
</tr>
</thead>
</table>

*Were you asleep or trying to sleep when the symptom occurred? Talk with your doctor if you have questions about completing this diary.*

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**HELPFUL RESOURCES**

**Medtronic.com/Bladder**

Find information and more resources on Medtronic therapies.

**Ambassador Program**

Speak directly with volunteers who have similar conditions and are ready to share their experiences with our therapy.

**Medtronic Pelvic Health Email and Newsletters**

Sign up to receive helpful email tips throughout your evaluation and your journey to relief.

**YouTube.com/MDTBladderControl**

Watch instructional videos and find stories from real people who share your experiences.

**NAFC.org**

Learn more about bowel and bladder issues from the National Association for Continence.

**Medtronic Patient Services**

Get help with technical questions about your programmer. Call 800-510-6735 Monday–Friday, 8 a.m.–5 p.m. CT.
If you have additional questions, contact your physician.

Date Evaluation Started: ________________________________
Follow-Up Appointment: ________________________________

Plan for the Future

Use this space to write about what relief looks like to you.

What's your personal goal for control? (Sitting through an entire movie? Going to a family reunion? Running a marathon?):

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

STAY AHEAD OF THE CURVE

We’ll support you with ongoing education, including the latest information about Medtronic Bladder or Bowel Control Therapy.
Join us online.

Medtronic.com/bladder
Medtronic.com/bowel
Medtronic Bladder Control Therapy delivered by the InterStim™ system 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. This 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 disease origins.

Medtronic Bowel Control Therapy delivered by InterStim™ system treats chronic fecal incontinence (an accident or leaking involving stool). It should be used after you have tried other treatments such as medications and dietary modifications and they have not worked, or if you are not a candidate for them.

Safety and effectiveness have not been established for pregnancy and delivery; patients under the age of 18; or for patients with progressive, systemic neurological diseases.

Medtronic Bladder Control Therapy and Medtronic Bowel Control Therapy: You must demonstrate an appropriate response to the evaluation to be a candidate. You cannot have diathermy (deep heat treatment from electromagnetic energy) if you have an InterStim™ device.

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. This treatment is prescribed by your doctor. Please talk to your doctor to decide whether this therapy is right for you. Your doctor should discuss all potential benefits and risks with you. Although many patients may benefit from the use of this treatment, results may vary. For further information, please call Medtronic at 1-800-328-0810 and/or consult Medtronic’s website at www.medtronic.com.

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