Living with Medtronic Bladder or Bowel Control Therapy Delivered by the InterStim™ Micro System
PROGRAMMER QUICK STEPS

Every time you use your programmer, you’ll need to follow these steps:

1. Make sure the communicator is on by pressing the **power button**.
2. Press the **power button** on your programmer and then swipe anywhere on the screen.
3. Open the Micro My Therapy app on your programmer.
4. Wait for indicator light on the communicator to stop blinking.
5. Place the communicator over your neurostimulator with the blue side toward the body.
6. Tap **FIND DEVICE** in the Micro My Therapy app.
7. If the communicator fails to connect, readjust its location over the neurostimulator, tap **RETRY**.

Once your programmer and communicator are connected, you have these options to manage your therapy. Pages 22–23 provide further instructions.

1. To increase or decrease stimulation, press the **up or down arrows**.
2. To turn therapy on or off, slide the **on/off arrow**.
3. To change programs (as directed by your clinician), press the “**program**” button.

TIP

The communicator, shown below, must be held over your neurostimulator. Slightly off-center the communicator to your incision for optimal connection.
LASTING RELIEF STARTS HERE

Congratulations on moving forward with Medtronic Bladder or Bowel Control Therapy delivered by the InterStim™ Micro System. You’re on the way to lasting relief.

Use this therapy guide to understand how to use your smart programmer, communicator, and recharging kit — and live life your way.

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WE’RE HERE FOR YOU

To receive ongoing education, including the latest information about Medtronic Bladder or Bowel Control Therapy, join us online at:
Medtronic.com/RechargeBladder
Medtronic.com/RechargeBowel

Call your clinician if you have general questions about your therapy, stimulation settings, changes in symptoms, or anything related to medical care.

TIP

Remember, if you feel your symptoms return, first confirm that your therapy is turned on.
WHAT TO EXPECT AT HOME

TAKE IT EASY
Follow your clinician’s instructions on activities you’ll want to avoid and when you should be able to resume your normal routine.

CHECK YOUR INCISION
Call your clinician’s office if you:
- Have issues with pain or bleeding as you heal
- Notice signs of infection, such as a fever or increased pain or redness around the incision
Wait to recharge your neurostimulator until your incision has fully healed.

UNDERSTAND YOUR STIMULATION
Most people describe the stimulation as a “tingling.” It should always be comfortable and never painful. Keep in mind, you may not feel any stimulation at all. If you’re experiencing relief, your therapy is working.

GET READY FOR FOLLOW-UP
Remember, it’s important to use your Symptom Diary before you see your clinician for upcoming follow-up appointments, especially if you feel like your symptom improvement has changed. If you need a Symptom Diary, you can download one at:
Medtronic.com/BladderDiary
Medtronic.com/BowelDiary

Watch Tutorials Anytime
Visit our website to watch instructional videos about your programmer and recharger.
Medtronic.com/RechargeBladder
Medtronic.com/RechargeBowel
YOUR INTERSTIM™ MICRO SYSTEM

Neurostimulator and Lead
Generates stimulation for your therapy

Smart Programmer and Power Cord
The Micro My Therapy app enables you to adjust and manage your therapy. The Recharger app can assist you with the recharging process. Use the black power port and black USB-C cord to charge your smart programmer.

Communicator and Power Cord
Connects the smart programmer with your neurostimulator. Use the black power port and white micro USB cord to charge your communicator.

TIP
Learn more about using your InterStim™ Micro System on page 14.
YOUR INTERSTIM™ MICRO SYSTEM

Recharger
Recharges the neurostimulator in about 20 minutes during one weekly session*

Charging Dock and Power Cord
Supplies the recharger with power

Recharger Belt
Holds the recharger in position during the recharging session

*Under standard therapy settings and appropriate recharger placement
A CLOSER LOOK

YOUR SMART PROGRAMMER

The physical buttons on the smart programmer itself will not change your stimulation. This can only be done through the “Micro My Therapy” app.

INTUITIVE APPS

Micro My Therapy

This app is designed to provide the same intuitive, user-friendly experience you had during your evaluation. In fact, the interface and controls are nearly the same. Use it every time you need to manage your therapy.

- Check and adjust your stimulation level
- Turn stimulation on or off
- Change therapy programs* (as directed by your clinician)
- Manage notifications
- Activate MRI mode and check MRI eligibility

The physical buttons on the smart programmer itself will not change your stimulation. This can only be done through the “Micro My Therapy” app.

Recharger

This app can be used to manage the recharging process.

- View the neurostimulator battery level while charging
- View the recharger battery level
- View recharger to neurostimulator connection
- Change charging speed

*If applicable
The communicator connects the smart programmer with your neurostimulator. Keep it with your programmer at all times, and keep both your programmer and communicator charged.

The recharger should be stored in the blue recharging dock when not in use to make sure it is always ready to recharge your therapy.
**USING YOUR INTERSTIM SYSTEM**

**CHARGE UP**

Two cords have been provided to keep your programmer and communicator charged. The battery indicator at the top of the screen will show you how much battery life remains. Use the same power plug to charge your communicator and programmer. Use the white Micro USB cord to charge your communicator and the black USB-C cord to charge your programmer.

It’s important to keep your communicator charged. If the battery is running low, the battery light will turn yellow. To charge the communicator, simply connect it to the charger cord. To conserve battery life, turn the communicator off in between uses.

Note: The communicator can’t be used while it’s charging. If the communicator battery level is at 0%, you’ll need to charge it for 5 minutes before it’s ready to communicate.

A separate cord has been provided for your recharger dock. Use this cord to keep your recharger charged. Simply store the recharger in the dock to keep it charged.

**TIP**

Your programmer is not set up to make phone calls or access the internet. It’s designed for therapy management only.

**POWER ON**

To turn your programmer on, press and hold the **power button**. To unlock, swipe the **blue Medtronic screen** in either direction.

When you’re finished using the app, press the **power button** to put the programmer to sleep.

To turn the communicator on, press the **power button**. To turn it off, hold the **power button** down until all the lights are off.

Turning the programmer and communicator on or off will not impact your therapy.
CONNECT YOUR RECHARGER

Every time you use your programmer, you’ll connect it with your neurostimulator as instructed on page 2.

The first time you recharge your therapy, you’ll connect your recharger to the Recharger app. Charging will not occur if the recharger and the Recharger app have not been connected.

Open your Recharger app on your programmer. If the “Connect” screen appears, follow the steps below. If not, your device is already connected and you are ready to recharge your therapy (see page 20).

To connect the app to your recharger:
- Turn on or unlock the smart programmer.
- Tap the recharger icon.
- Turn on your recharger by pressing the power button.
- Tap CONNECT on the screen.
- Then tap SCAN CODE. When the pop up “requesting access” appears, tap ALLOW.
- Aim the smart programmer camera at the scannable code located on the blue side of the recharger. This will connect the recharger with the Recharger app.

Note: If the app is unable to scan the code, enter the recharger serial number listed beneath the scannable code on the blue side of the recharger. This will connect the recharger with the Recharger app.

TIP

You’ll only need to connect your recharger to your Recharger app at your initial (or first) charging session.
RECHARGE YOUR THERAPY

Follow these steps to recharge your neurostimulator:

1. Remove the recharger from the dock.
2. Place it in the belt so the “bullseye” designs match, as shown in the figure on page 21.
3. Press the power button to turn the recharger on; the power button light will spin until the recharger connects and turns solid green.
4. Put on the belt so the recharger lines up with your neurostimulator.
5. Wait for the recharger to connect with your therapy. (Listen for two rising tones as noted on page 15; adjust the belt if necessary.)
6. Recharging will start automatically (the recharger power button will pulse green).
7. Recharging will end when the battery is full (listen for a series of rising tones).
8. Remove the recharger from the belt.
9. Press the power button to turn the recharger off.
10. Place the recharger back in the dock.

Medtronic recommends recharging your therapy once a week. If you happen to skip a week, you can follow the same steps, but it may take longer than 30 minutes to recharge your therapy.

TIP

Watch a video to learn how to recharge your therapy.

Medtronic.com/RechargeBladder
Medtronic.com/RechargeBowel
**TIP**

The screen responds best to quick, *light taps*. Do not hold the buttons down, as this could change your stimulation too quickly.

**CHANGE PROGRAMS**

Your clinician may ask you to change programs to optimize your therapy.

- Tap the **arrows up or down** to increase or decrease stimulation.
- Swipe the **arrow right or left** to turn stimulation on and off.
- Tap **OK** to acknowledge that you have turned the stimulation off.

- Depending on your level of symptom relief, your clinician may ask you to change programs. If so, tap the **program button** to select a different program.

Turn off your recharger before adjusting stimulation or changing programs. Use your communicator to connect your programmer and the neurostimulator (see page 2) before adjusting stimulation or changing programs.
APP NOTIFICATIONS

You may receive pop-up notifications on the programmer while using the Micro My Therapy app. If you have questions about a notification not listed here, refer to the Patient Therapy App for Sacral Neuromodulation Therapy Patient User Guide for InterStim™ Systems.

- Your communicator needs to be charged.
- Plug it into the charger. Remember, you can’t use the communicator while it’s recharging.
- See page 16 for more information.

- Your programmer has lost connection with your communicator due to low communicator battery or a failed connection.
- Reposition the communicator over your neurostimulator, then tap RETRY.
- Your programmer has lost connection with your neurostimulator.
- Reposition Communicator over the internal device.
- The Communicator may be out of range of the Handset or may need to be charged.
- The Communicator will soon lose power. Please charge the Communicator. The current Communicator battery percentage: 20

If the issue continues, contact Medtronic Patient Services at 800-510-6735.

You may receive pop-up notifications on the programmer while using the Micro My Therapy app. If you have questions about a notification not listed here, refer to the Patient Therapy App for Sacral Neuromodulation Therapy Patient User Guide for InterStim™ Systems.
FREQUENTLY ASKED QUESTIONS

Q What if the Micro My Therapy app or programmer isn’t responding?
A First, make sure both the programmer and communicator are charged. If they are charged and the app or programmer is still unresponsive, turn the programmer off and back on again by holding down the power button on the side of the programmer.

Q Can I have an MRI?
A Yes, you can have a full-body MRI scan under specific conditions. You’ll need to bring your programmer and communicator with you to your MRI appointment. Consult your Micro My Therapy app for MRI eligibility information. See the user guide entitled “Patient Therapy App for Sacral Neuromodulation Therapy” for instructions.

Q Will medical tests affect my therapy?
A Most routine medical tests, such as X-rays, CT scans, and diagnostic ultrasounds, should not affect your therapy. Contact your clinician for safety information.

Q What if I don’t feel my stimulation?
A If you’re still getting symptom relief, there is no need to adjust your stimulation, even if you don’t feel it.

Q What should I do if I’m no longer getting relief?
A Use your smart programmer to make sure your neurostimulator is on. Increase stimulation as directed by your clinician, if needed. If your symptoms don’t improve, follow up with your clinician.

Q Can I use my programmer during air travel?
A Yes. While in flight, put your programmer into Airplane Mode to disable cellular function as required by the airline or the flight crew. Your programmer will still function in Airplane Mode.
**Q** How often should I recharge my therapy?
**A** Choose a recharging schedule that works best with your routines. Many patients find a weekly schedule convenient; recharging will take about 20 minutes.* If you choose to wait more than a week, expect your recharging time to last longer than 20 minutes.

**Q** What does the orange error light on my recharger mean?
**A** It means charging has stopped due to an error. Try opening up your Recharger app for help. If the light persists, please consult the Troubleshooting section of your Recharger Patient User Guide.

**Q** Should I wear the recharger over my clothes?
**A** Medtronic recommends wearing the recharger in the belt over your clothes. If you have trouble connecting to your therapy (for example, with thick or bulky clothing), place the recharger over a thin undergarment or the first layer of clothing closest to your body.

**Q** What if I lose my programmer?
**A** Contact your clinician or Medtronic Patient Services (see page 30 for details) as soon as possible. Your smart programmer can only be used for your therapy and can be disabled remotely if lost or stolen.

**Q** How often should I visit my clinician to discuss my therapy?
**A** Most people visit their specialist at least once a year to discuss their progress and make sure everything is working properly. Talk to your clinician to set up a schedule that works for you. Be sure to completely charge your programmer and communicator prior to your doctor’s visit. Track your symptoms for three days before each appointment with a symptom diary available here:

  Medtronic.com/BladderDiary
  Medtronic.com/BowelDiary

*Under standard therapy settings and appropriate recharger placement*
HELPFUL RESOURCES

Medtronic.com/RechargeBladder
Medtronic.com/RechargeBowel
Find information and more resources on Medtronic therapies.

Share Your Story
Tell us your story to let others know relief is possible.

Medtronic Pelvic Health Email and Newsletters
Sign up to receive helpful email tips throughout your therapy journey.

YouTube.com/MDTBladderControl
YouTube.com/MDTBowelControl
Watch instructional videos and find stories of relief.

Medtronic Patient Services
Get help for your device-related technical questions.
Call 800-510-6735 Monday to Friday, 8 a.m. to 5 p.m. CT.

Your Patient ID Card
You should have received a temporary patient ID card with your programmer. A permanent one will be mailed to you within a few weeks. Carry this ID card with you at all times.
If you lose your patient ID card, request a new one by calling: 800-551-5544, Monday to Friday, 7 a.m. to 6 p.m. CT.

PLAN FOR THE FUTURE
Use this space to write about your personal relief. What’s your personal goal for control? Sitting through a whole movie? Going to a family reunion? Running a marathon?

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In addition to risks related to surgery, complications of sacral neuromodulation can include pain at the implant sites, new pain, infection, lead (thin wire) movement/migration, device problems, undesirable changes in urinary or bowel function, and uncomfortable stimulation (sometimes described as a jolting or shocking feeling). Talk with your doctor about ways to minimize these risks.

TIP
Remember to bring your fully charged smart programmer to any follow-up appointment you have.
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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