**DOES THIS SOUND FAMILIAR?**

- Frequent bowel accidents
- Avoiding social events
- Using pads to control leaks
- Changing your diet

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**WE CAN HELP**

Chronic fecal incontinence (FI) is a treatable condition. It’s not a normal part of aging. And you shouldn’t have to deal with it on your own.

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**FI IS EXTREMELY COMMON**

1 in 12 adults has FI\(^1,2\)

That’s about 20 million adults in the U.S.\(^1,2\)

**VS.**

- 5 million adults in the U.S. with Alzheimer’s disease\(^3\)
- 17 million adults in the U.S. with asthma\(^4\)

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**FI PREVENTS YOU FROM LIVING A FULL LIFE**

People with FI reported\(^5\):

- More depression
- More embarrassment
- Lower quality of life

Compared to people without FI.

8.5 out of 10 adults haven’t told their doctor about their FI\(^6\)

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**IF CHRONIC FI DISRUPTS YOUR LIFE, TALK TO AN INCONTINENCE SPECIALIST**

Just say: “I think I might have FI” and let your doctor take it from there.
FIND YOUR WAY TO REAL RELIEF

There are many ways to manage chronic FI. Remember, if conservative treatments don’t deliver the results you need, you have more options.

**ADVANCED THERAPIES**

“What is happening to me?”
Meet with a bowel incontinence specialist to see if you have chronic FI.

“What should I try first?”
Relatively simple solutions can help some people, but may not work well for others.
- Dietary modification
- Physical therapy
- Bowel retraining (biofeedback)
- Medications

“What if conservative treatments aren’t enough?”

**DIAGNOSIS**


**CONSERVATIVE TREATMENTS**

**NEUROMODULATION**

Therapy that uses gentle nerve stimulation, which is thought to normalize bowel-brain communication to control the symptoms of chronic FI.

**Medtronic Bowel Control Therapy delivered by the InterStim™ system**
- Enable patients to experience relief during an evaluation
- 89% of people who tried this therapy experienced long-term success7,*

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 provide you with information regarding how to operate the test device and inform you of other precautions related to the evaluation and activity restrictions. 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.

*Success defined as greater than or equal to 50% reduction of episodes per 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; if it was missing for non-device-related reasons, the most recent data was carried forward.

**DEXTRANOMER AND SODIUM HYALURONATE**

This gel is injected as an implant into the anal canal to thicken the tissues and improve symptoms of chronic FI.
- Does not address bowel-brain communication
- May cause unpleasant side effects

**OTHER SURGICAL OPTIONS**

Several other surgical options are available, all of which bring their own unique set of risks.
- Anal sphincter repair
- Artificial sphincter
- Colostomy
- Antegrade colonic enema (ACE)

**TALK TO YOUR DOCTOR** or visit medtronic.com/bowel to find a specialist today.
Medtronic Bowel Control Therapy delivered by the 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.

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.

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.

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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