InterStim X™ System

Therapy guide
More control starts here

Welcome to Medtronic and your InterStim X™ system. For 25 years, we’ve helped hundreds of thousands of people like you get better bladder and bowel control.

Use this guide to learn how to:
• Use your smart programmer and communicator
• Manage your treatment for more sustainable control

What to expect at home

Take it easy

Follow your healthcare provider’s instructions on activities to avoid and when you should be able to resume your normal routine.

Check your incision

Call your healthcare provider’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

Understand your stimulation

Most people describe the stimulation sensation as a “tingling, flutter, or vibration.” You may not feel any stimulation at all. That’s OK – as long as you’re having a 50% or greater reduction in your symptoms, rest assured, your therapy is working.

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Your InterStim X™ system

Implanted neurostimulator and lead
Your implant generates and delivers stimulation for your therapy.

Smart programmer and power cord
Your programmer allows you and your healthcare provider to manage your therapy as needed.
Use the black power port and black USB-C cord to charge your programmer.

Communicator and power cord
Your communicator connects the programmer with your neurostimulator.
Use the black power port and white micro USB cord to charge your communicator.

Carrying case
For convenience and device protection, you can keep your programmer and communicator in your carrying case.

Keep your programmer and communicator charged in case you need to make therapy changes. Note: Your programmer and communicator do not need to be powered on for your therapy to work.
This app is similar to the one you used during your evaluation. Use the InterStim X™ My Therapy app to:

- Check your stimulation level
- Adjust your stimulation
- Turn stimulation on or off
- Change therapy programs* (as directed by your healthcare provider)
- Activate MRI mode and check MRI eligibility

The physical buttons on the programmer itself will not change your stimulation. This can only be done through the app.

*If applicable
Your communicator

The communicator connects the smart programmer with your neurostimulator. Keep it with your programmer at all times.

Power button

Battery lights
- Green: Fully charged
- Orange: Battery charging
- Unlit: More than 25% charged
- Yellow: 25% or less charged

Bluetooth lights
- Blinking blue: Discovery mode
- Solid blue: Connected to programmer

Charging port

Tip: The communicator can’t be used while it is charging. If the communicator battery level is at 0%, you’ll need to charge it for at least five minutes before it’s ready to communicate.
Using your InterStim X™ system

1. **Power on your programmer**
   Press and hold the power button. To unlock the screen, swipe the blue Medtronic screen in any direction.

2. **Power on your communicator**
   Quickly press the power button on the white side of the communicator until the blue indicator light starts flashing.

3. **Connect your programmer and communicator**
   Place the communicator over your neurostimulator implant with the blue side toward the body (the communicator should be held over your neurostimulator slightly off-center to your incision for optimal connection). You may find it easier to tuck the communicator into your pants to hold it in place and free up your hand.

4. **Tap the InterStim X™ My Therapy app**
   on your programmer to open it.

5. **Tap FIND DEVICE**
   If the communicator fails to connect, readjust its location over the neurostimulator and tap RETRY.

Once you are connected, keep reading (see pages 12-13) to learn how to increase or decrease stimulation or change programs (as directed by your healthcare provider).
Manage your stimulation

- 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.

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

Change programs

- Depending on your level of symptom relief, your healthcare provider may ask you to change programs to optimize your therapy. If so, tap the **program button** to select a different program.
- To “exit” the screen and end your session, tap the **back arrow** in the bottom right-hand corner of your screen and select **END SESSION** when prompted.
App notifications

You may receive pop-up notifications on the smart programmer while using the InterStim X™ My Therapy app. If you have questions about a notification not listed here, contact your healthcare provider or refer to the InterStim X™ My Therapy app Programming Guide.

- Your communicator needs to be charged.
- Plug it into the charger. Remember, you can’t use the communicator while it’s recharging.

- Your programmer has lost connection with your neurostimulator.
- Reposition the communicator over your neurostimulator, then tap RETRY.

- Your programmer has lost connection with your communicator due to low communicator battery or a failed connection.
- Ensure that your communicator is charged, powered on, and close to your programmer, then tap RETRY.

Get help with technical questions about your smart programmer.

Call 800-510-6735 Monday to Friday, 8 a.m. to 5 p.m. CT
MRI instructions

Your InterStim X™ system allows you to have a full-body MRI scan under specific conditions.* You’ll need to take a few simple steps to prepare for your scan.

Before your MRI:
1. Charge your programmer and communicator, and bring these to your MRI appointment.
2. Turn your communicator on and place the communicator over your implanted neurostimulator.
3. Tap the InterStim X™ My Therapy App on your programmer.
4. Tap the menu icon.
5. Select MRI from the menu list.

6. Select ACTIVATE
Your MRI eligibility related to the InterStim X™ device will appear on the screen. Your therapy will be turned off while MRI mode is activated.

After your MRI:
To deactivate MRI Mode and restart therapy, repeat steps 2-5 and tap DEACTIVATE. Then tap YES and therapy will resume under previous settings.

*See approved labeling
Commonly asked questions

1. Medical tests and procedures

Can I have an MRI?
People with an InterStim™ system can have a full-body MRI scan under certain conditions. Your healthcare provider will determine whether you meet those conditions when you’re implanted.

Will medical tests affect my therapy?
Most routine medical tests, such as X-rays, CT scans, and diagnostic ultrasounds, should not affect your therapy. Contact your healthcare provider or Medtronic Patient Services at 800-510-6735 for safety information.

2. Using and maintaining my system

What if nothing happens when I tap the screen of my smart programmer?
Hold the power button down on the side of your smart programmer and tap RESTART to re-boot it.

I don’t want to forget to charge my programmer and communicator. Can I leave them plugged into the wall?
Yes; this won’t harm your devices. (Just remember, your communicator can’t be used while it’s plugged in, so always unplug it prior to use.)

What if I lose one of my therapy accessories?
Contact Medtronic Patient Services at 800-510-6735 as soon as possible.

3. My therapy experience

What if I don’t feel the stimulation?
You may not feel any stimulation at all. That’s OK — as long as you’re having a 50% or greater reduction in your symptoms, the therapy is working.

Why are there different programs?
Different programs allow you to personalize your therapy settings to help control symptoms. Your healthcare provider will select the optimal program for you.

What should I do if I am no longer getting relief?
Use your programmer to make sure your stimulation is ON (see page 12 for instructions). If so, follow up with your healthcare provider.
4. Travel
Should I take my programmer and communicator with me when I travel?
Yes. For convenience and device protection, you can store your programmer and communicator in your carrying case during travel.

What do I do at the airport?
At the airport, show your patient ID card and ask to bypass the security system or undergo a manual search. If you must walk through the system, turn off your therapy first.

Can I use my programmer during air travel?
Yes. While in flight, use Airplane Mode to disable cellular function (as required by the airline). You can still make adjustments in Airplane Mode. Make sure to turn Airplane Mode off after your flight.

The most common adverse events experienced during clinical studies include pain at implant sites, new pain, lead migration, infection, technical or device problems, adverse change in bowel or voiding function, and undesirable stimulation or sensations. Any of these may require additional surgery or cause return of symptoms.

Helpful resources

Medtronic.com/rechargefree
Access instructional videos about your InterStim X™ system, including how to use your programmer and communicator.

Open your personal phone camera and hover it over this code. Click the link that pops up on your screen.

Medtronic Patient Services
Get help with technical questions about your smart programmer or communicator. 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 at your implant. 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 Medtronic Patient Registration at 800-510-6735, Monday to Friday, 8 a.m. to 5 p.m. CT.

There is an additional ID card for your smart programmer. This is not a card for your implanted device. Keep this card somewhere safe in case your device is lost.
More life ahead

Your InterStim X™ system helps achieve bladder or bowel control. Continue any lifestyle changes – like avoiding dietary triggers – that you and your healthcare provider have discussed. These habits will still be helpful!

You’ve chosen a recharge-free device – and that comes with more freedom and convenience. Most people just visit their healthcare provider annually to discuss their progress and maintain symptom control. Talk with your provider to set up a schedule that works for you.

Remember to use your symptom diary before these appointments, especially if you feel like your symptom improvement has changed.

You can expect more than 10 years with your InterStim X™ system.* When it’s time to replace your neurostimulator, your healthcare provider can do so during a short outpatient procedure that is similar to your initial implant.

Thank you for choosing Medtronic and joining the more than 350,000 people who’ve trusted our InterStim™ systems for bladder or bowel control. Expect more from us as we continue to put patients like you at the center of our innovation.

Download your diary:
medtronic.com/bladderdairy
medtronic.com/boweldiary

*Under expected therapy settings and telemetry use
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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