

THERAPY POCKET GUIDE

Living with Medtronic Sacral Neuromodulation Therapy delivered by the InterStim[™] Micro system for bladder control and bowel control.



LASTING RESULTS **START HERE**

Use this therapy step-by-step guide to understand how to use your smart programmer, communicator and recharging kit - and make the most of your therapy experience.

Remember, you can always find more information in the Patient User Guide.

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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 healthcare professional's advice as to when you should be able to resume your normal routine and whether there are any activities you should avoid.

CHECK YOUR INCISION

Call your healthcare professional's office if you:

- Feel soreness and/or pain at the incision site.
- Notice signs of infection, such as a fever or redness around the incision site.

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 from your symptons, 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 voiding diary, you can request one from your healthcare professional.



YOUR INTERSTIM MICRO SYSTEM

Neurostimulator and Lead

Generates and delivers stimulation for your therapy

Smart Programmer

The Micro My Therapy app enables you to adjust and manage your therapy. The Recharger app can assist you with the recharging process.



Communicator

Connects the programmer with your neurostimulator

Charger

Charges the programmer and the communicator





You'll learn more about using your InterStim Micro[™] system on page 14.

YOUR INTERSTIM MICRO SYSTEM

Recharger

Recharges the neurostimulator in one weekly 30-minute session*

Charging Dock and Charger

Supplies the recharger with power

*Based on standard patient therapy settings and implant depth



Recharger Belt

Holds the recharger in position during the recharging session



A CLOSER LOOK

YOUR SMART PROGRAMMER



YOUR SMART PROGRAMMER

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 your stimulation level
- Adjust your stimulation
- 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.**

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YOUR RECHARGER

--- Power Button

- Spinning Green + Repeated Tones: Searching for neurostimulator
- Solid Green + 2 Rising Tones: Neurostimulator located
- Pulsing Green: Recharging
- Solid Green + Series of Rising Tones: Recharging complete
- Flashing Orange: Alert/error



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

The battery indicator at the top of the screen will show you how much battery life remains. Use the same cord to charge your communicator after charging your smart programmer.

It is 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. **It is important to charge the communicator at least once every six months.** To conserve battery life, turn the communicator off in between uses.

Note: the communicator can't be used while it is charging. If the communicator battery level is at 0% you will need to charge it for five minutes before it's ready to communicate.

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

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 are 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 THERAPY

Every time you use your programmer, you'll need to follow these steps to connect it with your neurostimulator:

- 1. Make sure the communicator is on.
- 2. Open the My Therapy app.
- **3.** Wait for indicator light on the communicator to stop blinking.
- 4. Place the communicator over your neurostimulator.
- 5. Tap FIND DEVICE in the app.
- 6. If the communicator fails to connect, readjust its location over the neurostimulator, tap **RETRY**, and gently slide the communicator back and forth over the neurostimulator until it connects.

The first time you connect your therapy, the app will show a tutorial. **To** skip this step in the future, check the "Do not show tutorial again" box.



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 19.
- **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 neurostimulator. (Listen for two rising tones as noted on page 13; 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 neurostimulator 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 neurostimulator.

RELAX AND RECHARGE

Recharging is easy and only takes 30 minutes or less, once a week.*

*Based on standard patient therapy settings and implant depth

RECHARGE YOUR THERAPY

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MANAGE YOUR STIMULATION



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

MANAGE YOUR STIMULATION

CHANGE PROGRAMS

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



Turn off your recharger before adjusting stimulation or changing programs. Use your communicator to connect your programmer and the neurostimulator (see page 16) 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, contact your clinician or refer to the Micro 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 is recharging.
- See page 14 for more information.



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

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- 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.

If the issue continues, contact your clinician.

FREQUENTLY ASKED

Q What if the My Therapy app or programmer isn't responding?

A First, make sure both the smart 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 or head-only MRI scan under specific conditions. You'll need to bring your programmer and communicator with you to your MRI. Consult your MyTherapy 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 or Medtronic Patient Services 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 am no longer getting relief?

A Use your 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. You can still make therapy adjustments in Airplane Mode. Make sure to turn OFF Airplane Mode after your flight.

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 weekly will take about 30 minutes*. If you choose to wait more than a week, expect your recharging time to last longer than 30 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 User Guide.

Q Can I wear the recharger over my clothes?

A The recharger is designed to work either over or under clothing. It can be placed directly against the body or within the belt. If you have trouble connecting to your therapy (for example, with thick or bulky clothing), place the recharger under your clothing.

Q What if I lose my programmer?

A Contact your healthcare professional 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.

*Based on standard patient therapy settings and implant depth

AIR TRAVEL ΤΙΡ

If flying with your programmer, put it in airplane mode.

- Airplane mode turns Bluetooth communication off but will not affect your therapy
- Use of the patient and healthcare professional application in airplane mode will reactivate Bluetooth
- Airplane mode stays on but the app and the communicator can be connected
- Turn OFF airplane mode once travel is complete



TIP

For detailed instructions about how to manage your therapy, see the Patient User Guide.



AIR TRAVEL TIP



Your smart programmer is not set up to make phone calls or access the internet or to take pictures. It has no value outside of your therapy management and cannot be used for any other purpose. Information contained herein does not replace the recommendations of your healthcare professional. See the device manual for detailed information regarding the instructions for use, indications, contraindications, warnings, precautions, and potential adverse events. For further information, contact your healthcare professional.

Safety and effectiveness have not been established for:

- Pediatric use
- Pregnancy
- Uncorrected high-grade internal rectal prolapse

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