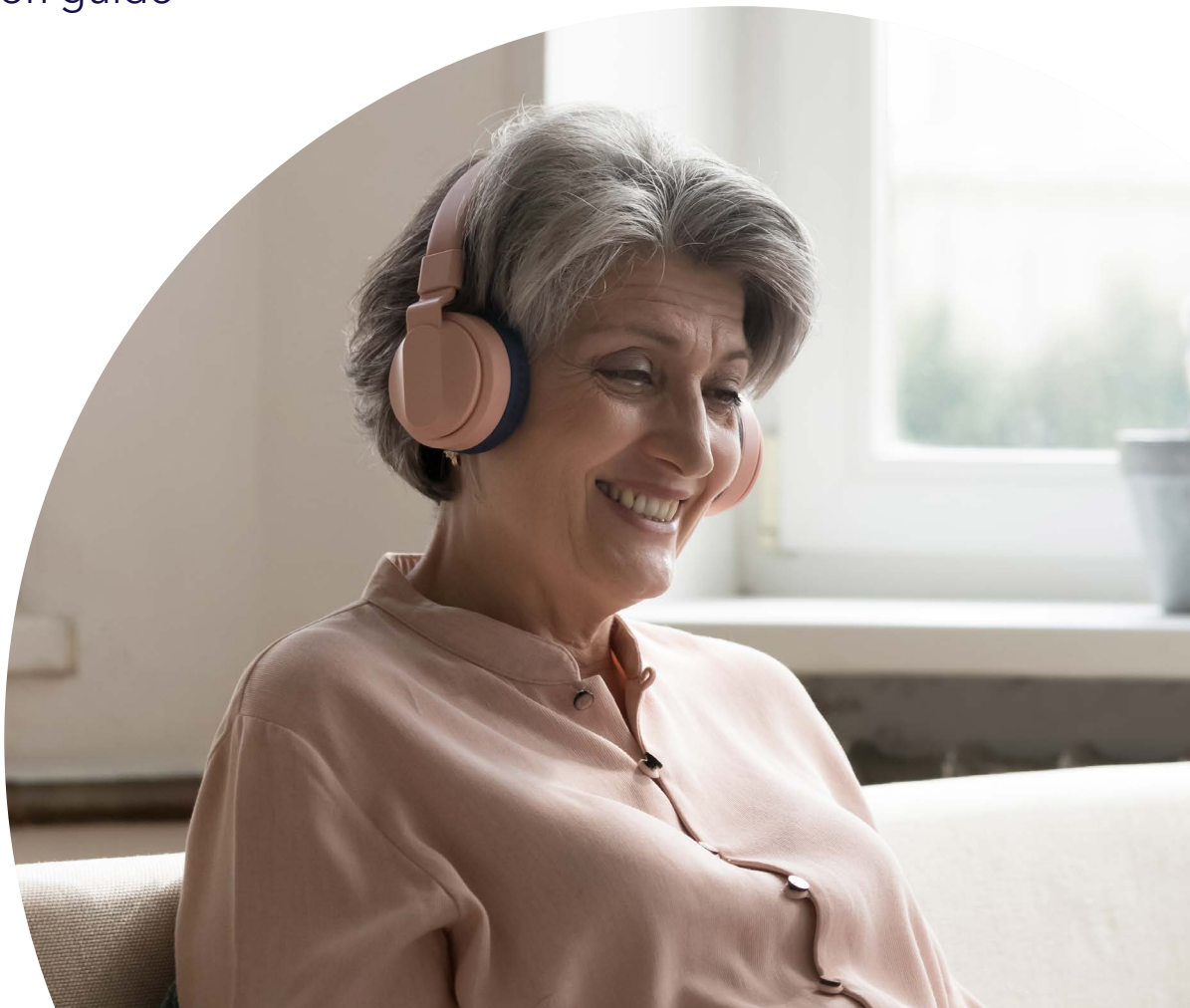
Medtronic

InterStim X™ system therapy guide

Patient information guide



More control starts here

Welcome to Medtronic and your InterStim X™ system. For more than 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 professional's instructions on activities to avoid and when you should be able to resume your normal routine.



Understand your stimulation
Most people describe the stimulation sensation as a "tingling, flutter, or vibration." 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 symptoms, your therapy is working.



Check your incision
Call your healthcare professional'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



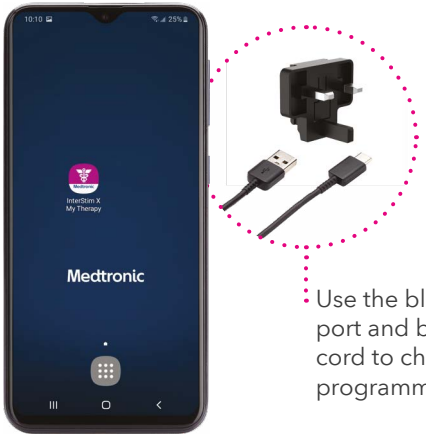
Get ready for follow-up
Remember, it's important to use your Symptom Diary before you see your healthcare professional for upcoming follow-up appointments, especially if you feel like your symptom improvement has changed. If you need a voiding diary, you can request one from your healthcare professional.

Your InterStim X™ system



Implanted neurostimulator and lead

Your implant generates and delivers stimulation for your therapy.



Use the black power port and black USB-C cord to charge your programmer.

Smart programmer and power cord

Your programmer allows you and your healthcare professional to manage your therapy as needed.



Communicator and power cord

The My Therapy app enables you to adjust and manage your therapy.



Carrying case

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



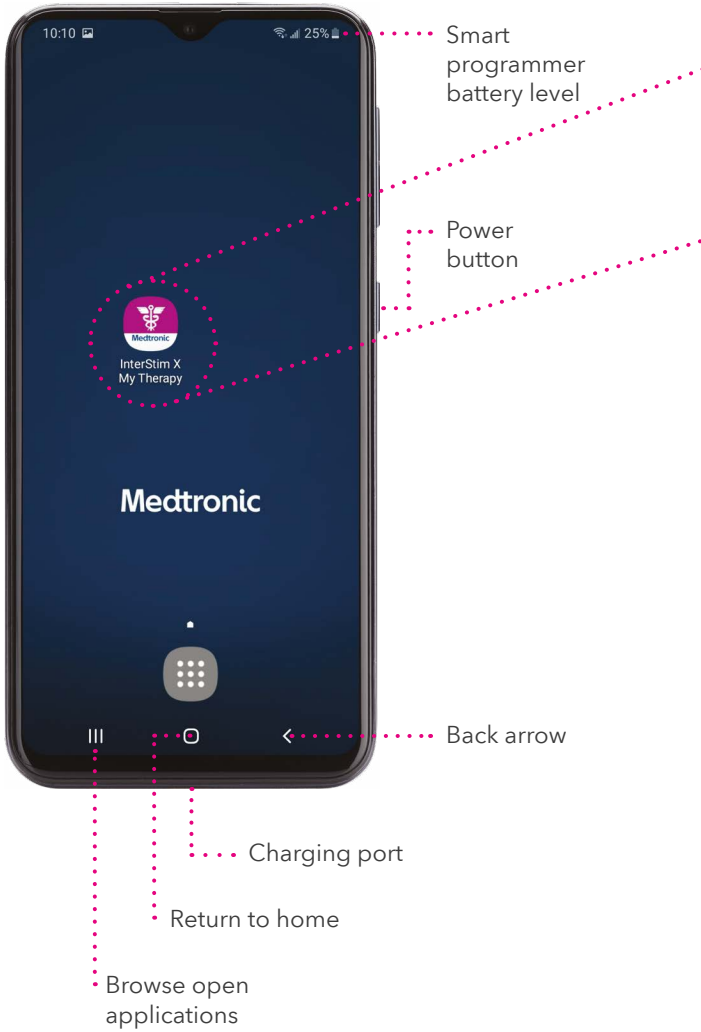
Keep your programmer and communicator charged in case you need to make therapy changes.

Note: Your programmer and communicator do not need to be powered on for your therapy to work.



A closer look

Your smart programmer



InterStim X™ My Therapy app



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 professional)
- 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.

Your communicator



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

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).
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 to learn how to increase or decrease stimulation or change programs (as directed by your healthcare professional).

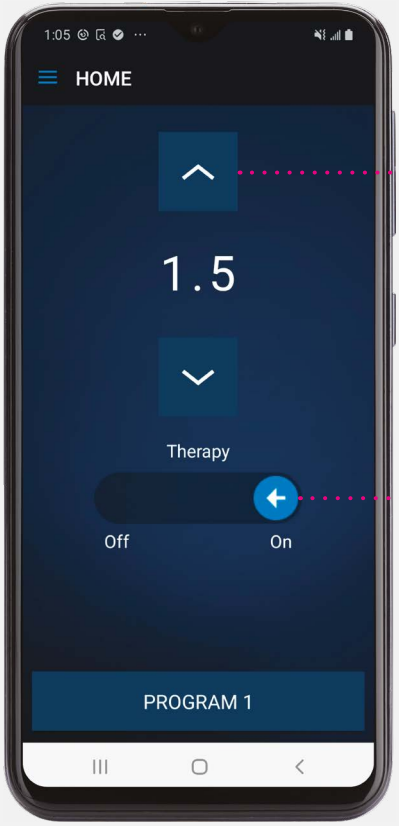




The first time you connect your therapy, the app will show a tutorial. To skip this step in the future, check the “Do not show tutorial again” box.

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

Manage your stimulation



Tap the **arrows up or down** to increase or decrease stimulation

1. Swipe the **arrow right or left** to turn stimulation on and off
2. Tap **OK** to acknowledge that you have turned the stimulation off

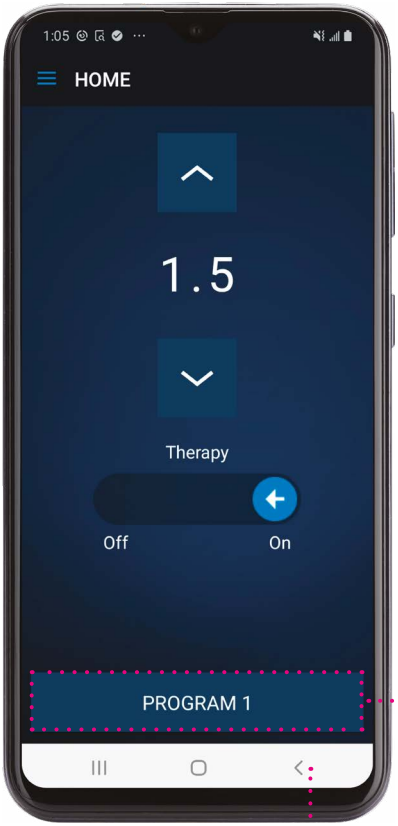
The screen responds best to quick, **light taps**. Do not hold the buttons down, as this could change your stimulation too quickly.





Change programs

Depending on your level of symptom relief, your healthcare professional may ask you to change programs to optimize your therapy.



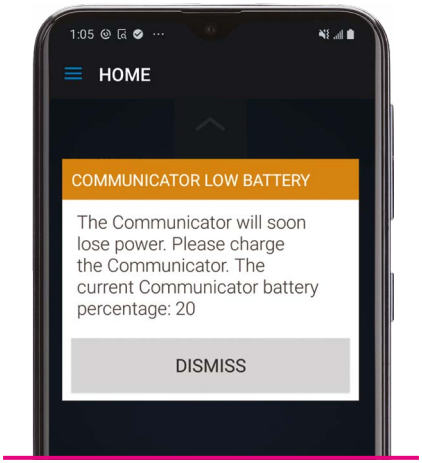
Tap the **program button** to select a different program.

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.

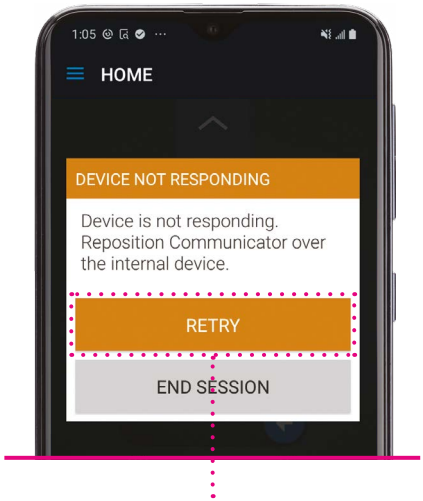


App notifications

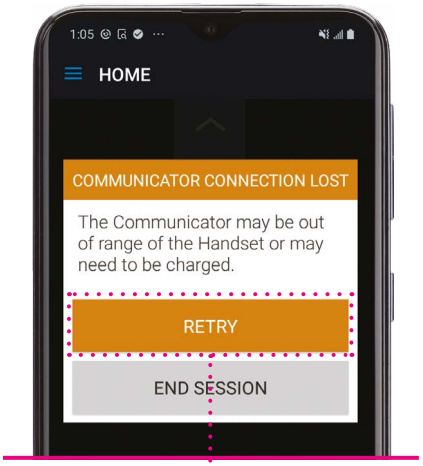
You may receive pop-up notifications on the smart programmer while using the InterStim X™ My Therapy app. If you have questions about a notification not listed here, contact your healthcare professional or refer to the InterStim X™ My Therapy app Programming Guide.



- 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**

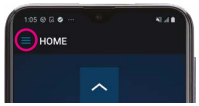
If the issue continues, contact your healthcare professional.

MRI instructions

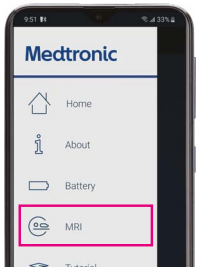
Your InterStim X™ system allows you to have a full-body MRI scan under specific conditions.**
You'll need to take a few simple steps to prepare for your scan.

Before your MRI:

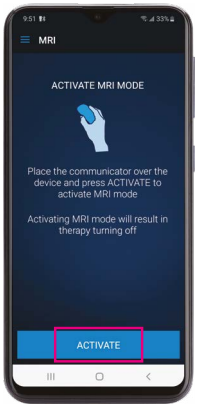
1. Charge your programmer and communicator, and bring these to your MRI appointment.
2. Turn your communicator on and place the communicator over your implanted neurostimulator.
3. Tap the **InterStim X™ My Therapy app** on your programmer.
4. Tap the menu icon.



5. Select **MRI** from the menu list.



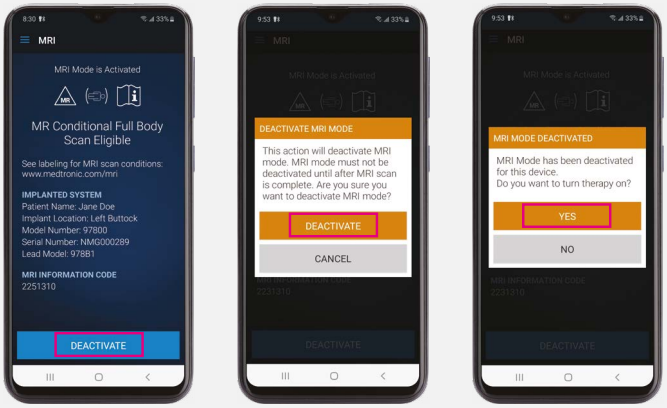
6. Select **ACTIVATE**
   Your MRI eligibility related to the InterStim X™ device will appear on the screen.
   Your therapy will be turned off while MRI mode is activated.



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.



Frequently 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. You'll need to bring your programmer and communicator with you to your MRI. Consult your My Therapy app for MRI eligibility information. See the user guide entitled "Patient Therapy App for Sacral Neuromodulation Therapy" for instructions.

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 professional or Medtronic Technical Services at 01923 205101, from 9am until 4pm (GMT), for safety information.

How often should I visit my healthcare professional to discuss my therapy?
Most people visit their specialist at least once a year to discuss their progress and make sure everything is working properly. Talk to your healthcare professional to set up a schedule that works for you.

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.

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

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 your healthcare professional as soon as possible.

What if I lose my programmer?
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.

3. My therapy experience

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

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

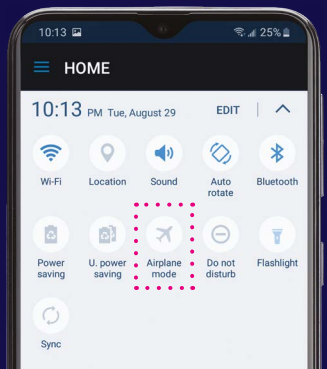
What should I do if I am no longer getting relief?
Use your programmer to make sure your neurostimulator is on. Increase stimulation as directed by your healthcare professional, if needed. If your symptoms don't improve, follow up with your healthcare professional.

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, 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.



Air travel tip

- 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

Helpful resources

Medtronic.com/uk-en/patients
Discover more about bladder and bowel control.

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

Support in Continence
Visit the website to find more information and advice on urinary and fecal incontinence.

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





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 professional 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 professional 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.[π] When it's time to replace your neurostimulator, your healthcare professional can do so during a short procedure that is similar to your initial implant.

Thank you for choosing Medtronic and joining more than 375,000[¥] 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.

Information contained herein is not medical advice and should not be used as an alternative to speaking with your doctor. Discuss indications, contraindications, warnings, precautions, adverse events and any further information with your healthcare professional.

References

* If applicable
** See approved labeling
π Under expected therapy settings and telemetry use
¥ InterStim™ Implant Numbers, version 1.0, August-2022

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