

Medtronic

Your Symplicity™ Blood Pressure Procedure

Congratulations on completing your Symplicity blood pressure procedure! Use this document to record important details for any follow-up appointments.



What is the Symplicity™ blood pressure procedure?

It is a safe and effective way to help reduce high blood pressure.¹⁻³ It calms excessively active nerves connected to the kidneys that may be contributing to your high blood pressure.¹⁻³

Adverse events include, but are not limited to, bruising and pain. Results may vary.

For more information about the Symplicity blood pressure procedure, **visit [medtronic.com/SymplicityDetails](https://www.medtronic.com/SymplicityDetails).**

What you need to know now

When can I return to normal activities?

Most people resume normal activities within a week. Your doctor will decide when you can do the same.

Should I keep taking my medication?

Yes. Continue taking all blood pressure (and other) medication as prescribed unless your doctor recommends a change.

What about lifestyle changes?

Maintaining a healthy lifestyle can help reduce your blood pressure. Get your blood pressure checked regularly, follow your doctor's advice, and make healthy choices about diet, exercise, and smoking.

When should I call my doctor?

Contact your doctor if you experience pain, discomfort, or have other concerns.

What happens next?

At your doctor's discretion, you may have follow-ups with the doctor who performed the procedure and the doctor who treats your high blood pressure.



To find more frequently asked questions, scan the QR code or visit [medtronic.com/SymlicityAnswers](https://www.medtronic.com/SymlicityAnswers).

Your procedure details

Share these with your doctor at follow-up.

Date of procedure: _____

Doctor: _____

Hospital: _____

BP day of procedure: _____

BP at follow-up appointment: _____

Notes: _____

References

1. Kandzari DE, et al. *The Lancet*. 2018 Jun 9;391(10137):2346-2355.
2. Böhm M, et al. *The Lancet* 2020; Published online March 29, 2020.
3. Townsend RR, et al. *The Lancet*. 2017;390:2160-2170.

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 health care professional.

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