Medtronic

InterStim™ Therapy for bowel control

Patient information guide



Your bowel control matters

Millions of people are suffering in silence from bladder and bowel control issues.[1,2]
Solutions exist.

Bowel control problems are treatable conditions and symptoms are manageable. Contrary to preconceptions, faecal incontinence is not a normal part of aging or inevitable after giving birth. It is a medical condition for which it is important to seek medical advice.

You don't have to deal with this on your own, you can talk about it.



Bowel symptoms

1 What is faecal incontinence? You are not alone. **Solutions exist.**

2 About the sacral neuromodulation InterStim™ journey.

1 Bowel control symptoms

Faecal incontinence (FI)

Bowel control problems can be embarrassing and debilitating.
They can have a major negative impact on lifestyle as well as on both physical and psychological health leading to depression, loss of confidence and loss of self-esteem. You may have to cut back on your hobbies, stop working and feel trapped by a fear of leaking accidents, or feel the need to be close to the bathroom at all times.[1,2]



What is faecal incontinence?

Faecal incontinence prevents you from controlling your bowel movements. You may experience unexpected leaks, or use the bathroom very frequently. Some people experience a combination of these symptoms.



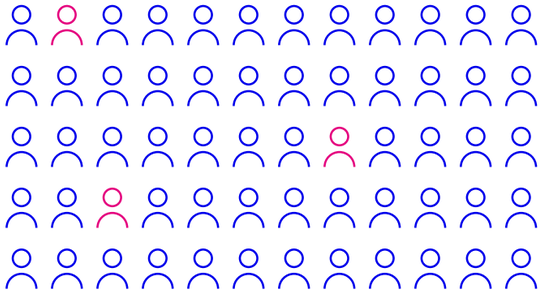
With faecal incontinence you may:

- Have diarrhoea
- Feel the urgent need to go to the toilet and/or not reach the toilet in time
- Have constipation
- Stain or soil your underwear

Why do I have bowel control problems?
Nerves carry information to and from the brain. Some nerves control the bowel and muscles that relate to defecation. When the communication system between these nerves and the brain is disturbed, a person may have bowel problems such as faecal incontinence or constipation.

You are not alone

Faecal incontinence is common and affects 4.8–6.7% of adults.[3]



4.8^– 6.7π%

of adults

^for solid stools
πfor liquid stools

You can suffer from both bladder and bowel problems.[4]

Overactive Bladder (OAB)

17%

of adults** suffer from OAB in Europe.[5]

OAB & faecal incontinence

18%

of patients with OAB may also have faecal incontinence.[6]



You are not alone

Faecal incontinence is a chronic and debilitating condition.

Only 29% of adults spoke to a physician about this condition.[7]



Quality of life

Suffering from Accidental Bowel Leakage (ABL) can make everyday activities a challenge and become socially very difficult.[7]

In a survey of 1,096 women ≥ 45 years with ABL

97%
of patients expressed ‘bother’ about this condition.

39%
of women with ABL were categorised as having severe impact on QoL.

29%
of patients reported frequently feeling depressed. Almost one-third of women with ABL agreed that they felt they were fighting a losing battle.

Solutions exist

Even if the journey can be long, solutions are available, and each patient may be offered suitable therapies according to his/her symptoms. If there is an underlying cause to the symptoms, this should be treated first.

First-line treatments should be proposed by your doctor:

Behavioural treatments: lifestyle changes, fluid and diet modifications, bowel retraining, pelvic floor exercises/physical therapy.

Medication: Your doctor may prescribe medications to help control the symptoms.

If these treatments are not working or not well tolerated, other specialised options can be offered.

It’s time for another option.



2 Sacral neuromodulation

Sacral neuromodulation therapy with the InterStim™ System can help to restore normal bowel function.

This therapy addresses the communication problem between the bowel and the brain that may be causing your symptoms.

Did you know...

That InterStim™ Therapy can also treat urinary incontinence alone or in combination with your bowel problems?

Ask for more information from your doctor.

What is sacral neuromodulation?

Medtronic sacral neuromodulation with the InterStim™ System uses a small implanted medical device to send mild electrical pulses to nerves that control your bowel. It helps to restore normal nerve activity so that you can defecate normally.[8]



InterStim X™

and InterStim™ Micro Neurostimulators



The choice is yours

Medtronic lets you and your doctor choose between the convenience of a recharge free or a rechargeable system.



How it works

InterStim™ Therapy works with the sacral nerves, located near the tailbone.

The sacral nerves control the bowel and muscles related to defecation function.

If the brain and sacral nerves are miscommunicating, the nerves can't tell the bowel to function properly.

Sacral neuromodulation helps the brain and the nerves to communicate so the bowel and related muscles can function properly.[8]

It may help you resume normal activities and avoid frustrating or embarrassing experiences associated with faecal incontinence.



Patient journey

Sacral neuromodulation with the InterStim™ System: an adjustable, reversible therapy with lasting results

01. Start with a test
With InterStim™ Therapy's two-step process, you can test to see if it will work for you before making a long-term commitment.

The testing period is called an "evaluation". The evaluation is temporary and generally lasts several days. It is used to measure the effectiveness of the InterStim™ Therapy in your daily life.

- Your doctor will tell you about the evaluation procedure and discuss the options for using either a temporary lead (a thin wire) or a long-term lead for the evaluation. Your doctor will help you decide between:
  - A recharge-free system
  - A rechargeable system
- Before and during the evaluation, you'll be asked to track your symptoms in a diary to help determine how well InterStim™ Therapy works for you

02. Decide together, what's best for you
- If you experienced relief from your symptoms during the evaluation phase you may be a candidate for a permanent implant
- Together, you and your doctor will decide if the long-term therapy is the right choice. If it is, your evaluation device can be replaced with an implantable device called a neurostimulator

03. Implant phase
If the evaluation phase was successful, your doctor may propose to you the implant of an InterStim™ System.

The InterStim™ System consists of:
- An implantable neurostimulator, which is like a pacemaker implanted in buttock area under the skin
- A lead which is a thin wire that carries mild electrical pulses to the nerves controlling the bowel
- A hand-held patient programmer that enables you to adjust the level of the stimulation and allows you to turn your neurostimulator on or off
- A portable charger that enables you to recharge the neurostimulator (only in case of a rechargeable system)

04. Life after therapy
Sacral neuromodulation therapy may allow you to resume many daily activities.
- Minimal follow up required – once per year recommended
- The system can estimate the longevity of the battery so that a replacement can be pre-scheduled
- The system is eligible for full-body MRI*



Live without limits

The InterStim X™ System is the only recharge-free, long-term therapy[9,11] that lets you get full-body MRI* scans if you need them.

Longevity:
Powered by an innovative battery, the InterStim X™ System delivers more than 10 years of results.∏‡



Small device, big innovation

The InterStim™ Micro System is the smallest rechargeable system for SNM therapy that lets you get a full-body MRI* scan if you need it.

Longevity:
Powered by an innovative battery, the InterStim™ Micro System delivers 15 years of results with just a quick weekly recharge.†



Relax and recharge

Recharging is easy and only takes 20 minutes, once a week.†

Choose a therapy with long-lasting results

Sacral neuromodulation is a well-established therapy.

375,000¥ patients worldwide have received the InterStim™ System for bladder and bowel control.

The InterStim™ System has been available for over 25 years, treating on average 50 patients every day for different indications worldwide.¥

Sacral neuromodulation for faecal incontinence

90% of patients satisfied with sacral neuromodulation.[10]

89% of patients achieved success at 5 years.[11]



Smart programmer with the communicator to manage your therapy discreetly with a device that looks like a smartphone.



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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* Under certain conditions; refer to your doctor for details.

** Age >40

⎡ Under expected therapy settings and telemetry use.

‡ With low energy settings, your device may last up to 15 years.

† Under standard patient therapy settings and appropriate recharger placement.

¥ InterStim™ Implant Numbers, version 1.0, August-2022

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