

# START YOUR JOURNEY TO RELIEF



## THERAPY POCKET GUIDE

Living with Medtronic Bladder or Bowel Control Therapy  
Delivered by the InterStim™ System

**Medtronic**  
Further. Together

# LASTING RELIEF STARTS HERE

Congratulations on moving forward with Medtronic Bladder or Bowel Control Therapy delivered by the InterStim™ system. You're on the way to lasting relief.

Use this therapy guide to understand how to use your smart programmer and communicator — and make the most of your therapy experience.

# WE'RE HERE FOR YOU

Call your clinician if you have general questions about your therapy, stimulation settings, changes in symptoms, or anything related to medical care.

To receive ongoing education, including the latest information about Medtronic Bladder or Bowel Control Therapy, join us online at:

**Medtronic.com/BladderTherapy**  
**Medtronic.com/BowelTherapy**



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## TIP

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 clinician's instructions on activities you'll want to avoid and when you should be able to resume your normal routine.

## CHECK YOUR INCISION

Call your clinician'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 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, 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 Symptom Diary, you can download one at:

**[Medtronic.com/BladderTherapy](https://www.Medtronic.com/BladderTherapy)**  
**[Medtronic.com/BowelTherapy](https://www.Medtronic.com/BowelTherapy)**



## Your Patient ID Card

You should have received a temporary patient ID card with your programmer.

- 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:

**(800) 551-5544**

**Monday–Friday**

**7:00 a.m.–6:00 p.m. CST**

# YOUR INTERSTIM™ SYSTEM

## Neurostimulator

Generates stimulation for your therapy



## Smart Programmer

Enables you to adjust and manage your therapy



## Communicator

Connects the smart programmer with your neurostimulator



## Charger

Recharges the smart programmer and the communicator



## YOUR SMART PROGRAMMER



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

## POWER ON

Press and hold the **power button** to turn your smart programmer on. Once the blue Medtronic screen appears, swipe the screen in any direction to unlock the device.

When you are finished using the app, press the **power button** to put the programmer to sleep.

## CHARGE YOUR SMART PROGRAMMER

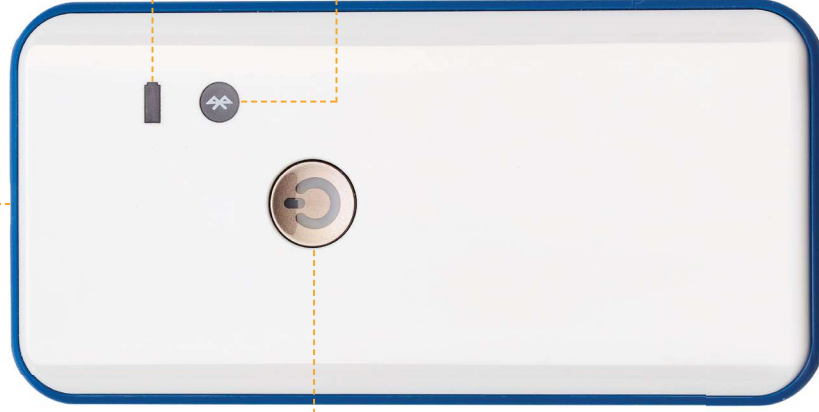
Keep your smart programmer charged by plugging it in using the cord that came with it. The battery indicator at the top of the screen will show you how much battery life remains.

## TIP

Your smart programmer can't be used or sold for any other purpose and is of no value outside of your therapy management. It is not set up to make phone calls or access the Internet.

## YOUR COMMUNICATOR

Charging Port



### Indicator Lights

- Green: Battery charged
- Orange: Battery charging
- Yellow: Battery low
- Blinking blue: Discovery mode
- Solid blue: Connected

Power Button

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

## TURN THE COMMUNICATOR ON/OFF

To turn the communicator on, press the **power button**. To turn it off, hold the **power button** down until all the lights are off.

## 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 and tap **RETRY**

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.

## CHARGE YOUR COMMUNICATOR

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 you need to use it right away, charge it for five minutes first.

## INTUITIVE APPS



### 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 exactly 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



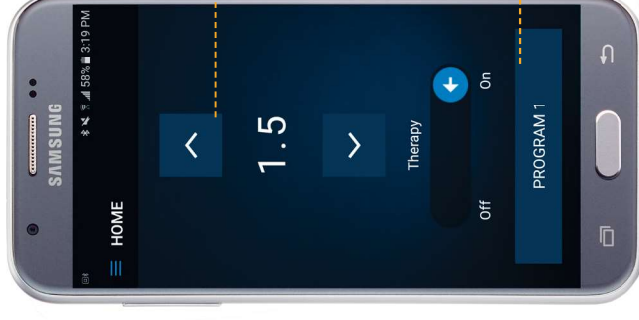
### Clinician

This app is only for your clinician. You should not use it.

\*If applicable

## MANAGE YOUR STIMULATION

Use your communicator to connect your programmer and the neurostimulator before adjusting your therapy.



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

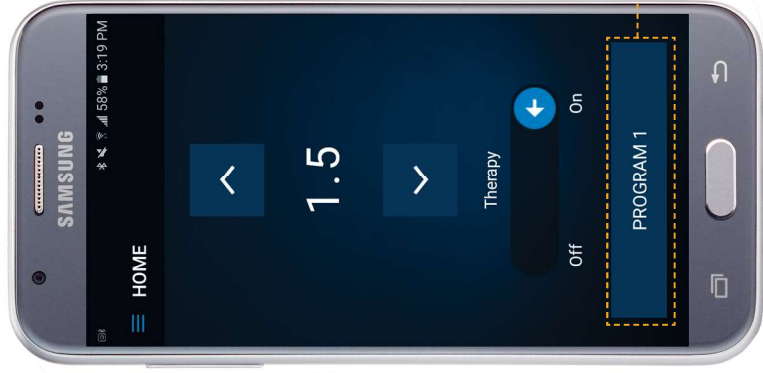
■ Swipe the **arrow right or left** to turn stimulation on and off.

■ Tap **OK** to acknowledge that you have turned the stimulation off.

Use quick, **light taps** to make sure you only hit buttons once. Do not hold the buttons down.

# CHANGE PROGRAMS

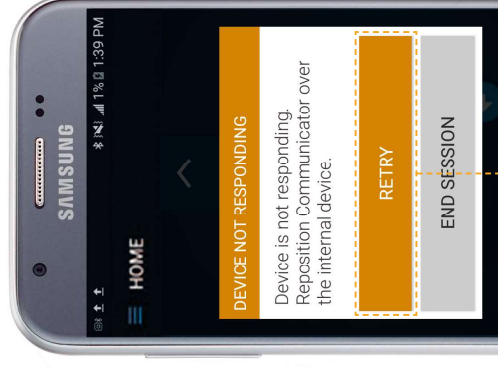
If your clinician recommends changing programs, use the communicator to connect the programmer with your neurostimulator first.



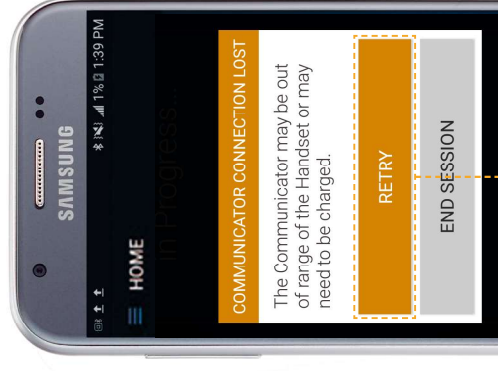
- Depending on your level of symptom relief, your clinician may ask you to change programs. If so, tap the **program button** to select a different program.

# APP NOTIFICATIONS

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



- 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 and powered on, then tap **RETRY**.

If the issue continues, contact your clinician.



# FREQUENTLY ASKED QUESTIONS

- Q What if the My Therapy app or programmer isn't responding?**  
**A** First, make sure both the 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** You can have an MRI Head Scan under specific conditions. Contact your clinician for safety information.
- 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 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 smart 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. Your programmer will still function in Airplane Mode.
- Q What if I lose my programmer?**  
**A** Contact your clinician or Medtronic Patient Services (see page 18 for details) 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. Be sure to track your symptoms for three days before each appointment with a Symptom Diary available here:  
**Medtronic.com/BladderDiary**  
**Medtronic.com/BowelDiary**

## TIP

For detailed instructions about how to manage your therapy, see the Patient User Guide, or watch videos online:

**Medtronic.com/BladderTherapy**  
**Medtronic.com/BowelTherapy**



# HELPFUL RESOURCES



## **Medtronic.com/BladderTherapy** **Medtronic.com/BowelTherapy**

Find information and more resources on Medtronic therapies.



### **Share Your Story**

Millions of people with your condition don't know relief is possible. Tell us your story to help spread the word.



### **Medtronic Pelvic Health Email and Newsletters**

Sign up to receive helpful email tips throughout your therapy journey.



## **YouTube.com/MDTBladderControl** **YouTube.com/MDTBowelControl**

Watch instructional videos and find stories from real people who share your experiences.



### **Medtronic Patient Services**

Get help with technical questions about your smart programmer. Call 800-510-6735 Monday to Friday, 8 a.m. to 5 p.m. CT.

## PLAN FOR THE FUTURE

Use this space to write about your personal relief. What's your personal goal for control? Sitting through a whole movie? Going to a family reunion? Running a marathon?

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In addition to risks related to surgery, complications of sacral neuromodulation can include pain at the implant sites, new pain, infection, lead (thin wire) movement/migration, device problems, undesirable changes in urinary or bowel function, and uncomfortable stimulation (sometimes described as a jolting or shocking feeling). Talk with your doctor about ways to minimize these risks.

## TIP

Remember to bring your smart programmer to any follow-up appointment you have.

**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](http://www.medtronic.com).

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