

A woman with long brown hair, smiling, is standing in a forest. She is wearing a tan jacket over a black shirt, blue jeans, and grey sneakers with pink accents. She is leaning against a large tree trunk. The background shows trees with autumn foliage.

ACHIEVE LASTING BLADDER CONTROL

LIVE WITHOUT LIMITS

Choose Medtronic Bladder
Control Therapy Delivered
by the InterStim™ Systems

Medtronic
Further. Together



YOU'RE NOT ALONE

Bladder control problems affect millions of Americans. If you're one of them, you know how these conditions, like overactive bladder (OAB) and non-obstructive urinary retention, can interrupt your life.

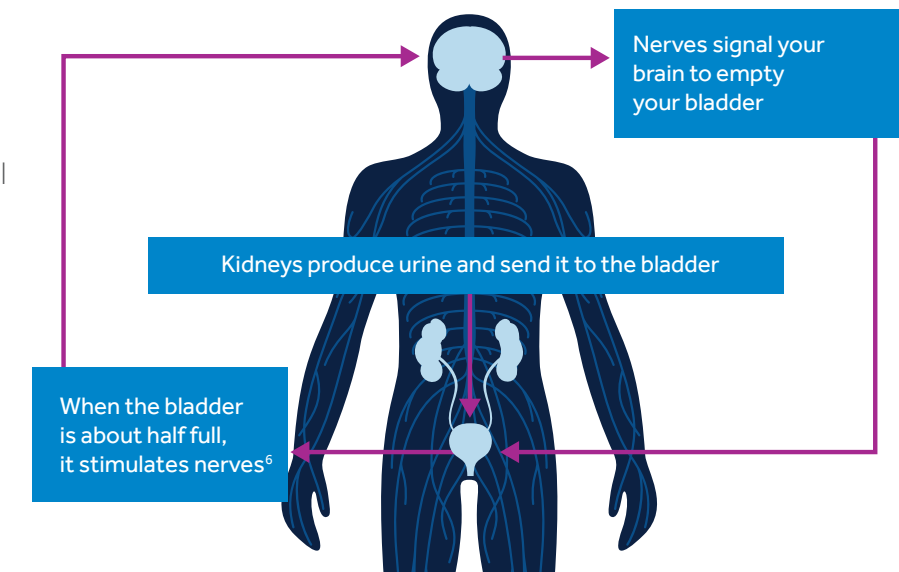
You may have tried changing your diet. Or Kegel exercises and physical therapy. Or medications with unpleasant side effects. But the results just aren't what you hoped.

Don't give up. You have other choices.

COMMUNICATION IS CRITICAL

Evidence suggests that breakdowns in the bladder-brain communication pathway are the root cause of OAB and non-obstructive urinary retention.^{1,2,3} That's why conventional treatments may not produce the results you want — they don't target this miscommunication.

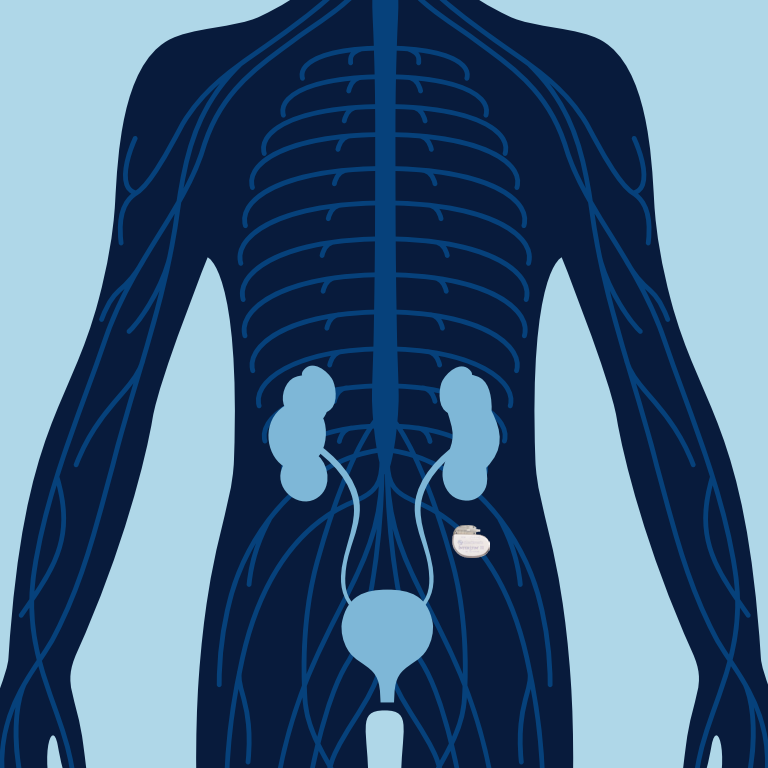
Unlike conventional treatments, Medtronic Bladder Control Therapy delivered by the InterStim™ systems uses gentle nerve stimulation to correct the bladder-brain communication pathway and restore* bladder function.^{4,5}



* Defined as a 50% or greater reduction in your troublesome bladder symptoms.

"When medications and physical therapy did nothing for me, I tried InterStim™ — I'm so glad I did."

- Cindy R.



CHOOSE A **SAFE AND PROVEN** APPROACH

Medtronic Bladder Control Therapy is safe, FDA-approved, and minimally invasive. And it's been helping people improve their lives for more than 20 years.

LESS WORRY **MORE LIVING**

Medtronic Bladder Control Therapy delivered by the InterStim™ systems restores* bladder function by gently stimulating the sacral nerves. It's sometimes called sacral neuromodulation (SNM). With this therapy, you may experience **fewer trips to the bathroom, fewer accidents, and more confidence**⁷ living with OAB.

* Defined as a 50% or greater reduction in your troublesome bladder symptoms.

84%

satisfaction among those who use it^{*8}

3X

greater improvements in quality of life compared to medications^{7*}

76%

of people achieved success at six months with Medtronic Bladder Control Therapy compared with 49% of people who used medications^{7*†}

325,000+

people worldwide have chosen the Medtronic InterStim™ system for long-term relief



The most common adverse events experienced during clinical studies included pain at implant sites, new pain, lead migration, infection, technical or device problems, adverse change in bowel or voiding function, and undesirable stimulation or sensations. Any of these may require additional surgery or cause return of symptoms.

* Reflects OAB patients.

† These patient groups were analyzed based on the treatment they received; incomplete data was not counted as failures. Another analysis reported 61% of people achieved success with InterStim™, compared to 42% who used medications. These patient groups were analyzed based on the treatment they were assigned; incomplete data was counted as failure.

SAY YES TO THE TEST

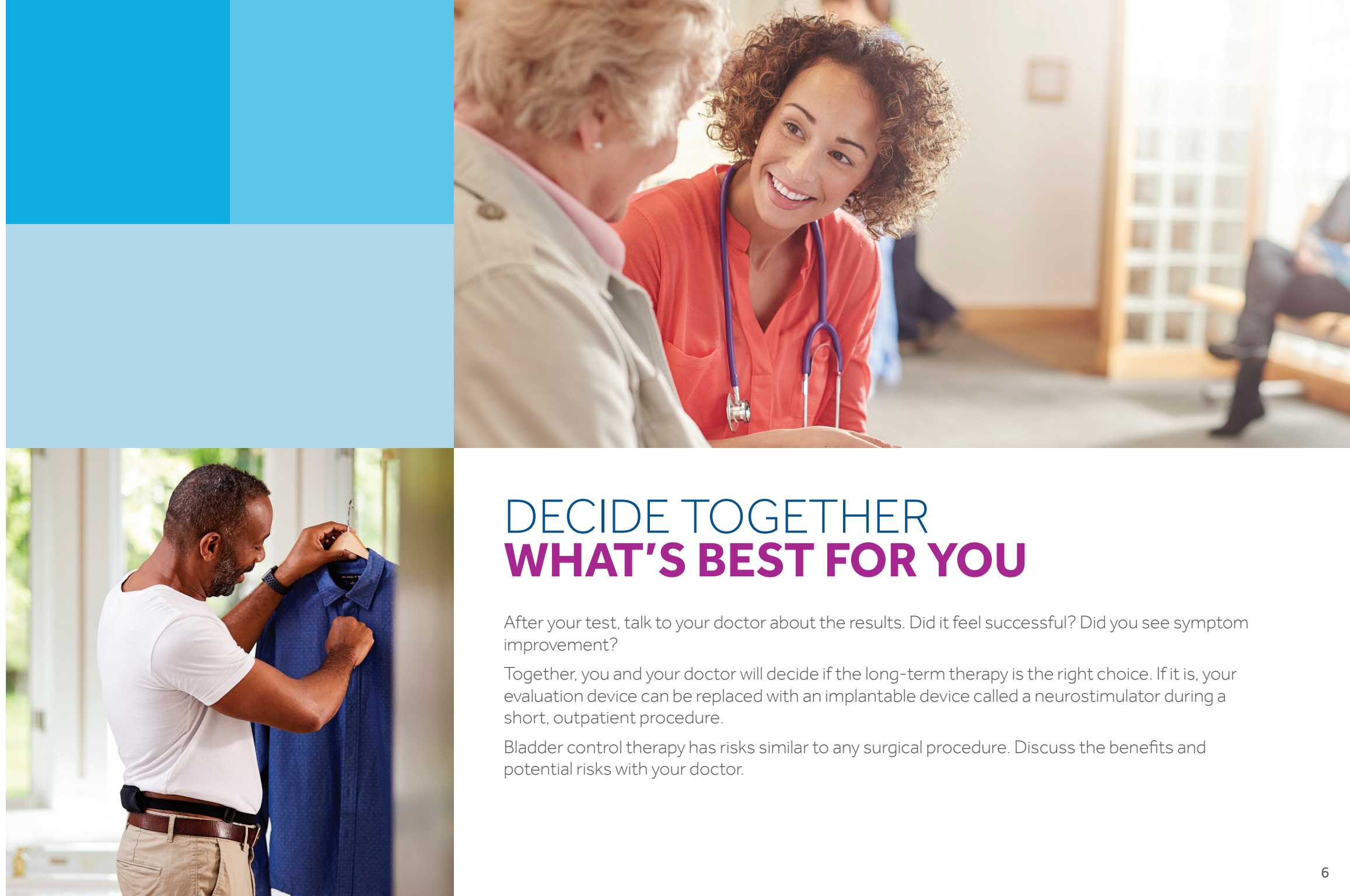
SAY YES TO GETTING YOUR LIFE BACK WITH AN INTERSTIM™ EVALUATION

Unlike other bladder control treatments, this therapy **lets you try it first** with an evaluation — like a test run, not a long-term commitment.

HERE'S HOW IT WORKS:

- The simple test starts at your doctor's office or an outpatient center.
- A lead (thin wire) is inserted in the upper part of your buttock.
- The lead attaches to a small external device worn discreetly under your clothes.
- Stop, start, or adjust the therapy with a discreet, easy-to-use programmer that resembles a smart phone.
- Go about most of your regular activities for 3–14 days.
- Track your symptoms to see if they improve.

Complications can occur with the evaluation, including movement of the wire, technical problems with the device, and some temporary pain. Your doctor or nurse will show you how to use the system and inform you of any activity restrictions and other precautions related to the test.



DECIDE TOGETHER WHAT'S BEST FOR YOU

After your test, talk to your doctor about the results. Did it feel successful? Did you see symptom improvement?

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 during a short, outpatient procedure.

Bladder control therapy has risks similar to any surgical procedure. Discuss the benefits and potential risks with your doctor.

FREQUENTLY ASKED QUESTIONS

WHY IS THIS THERAPY DIFFERENT?

You can try it before you decide, and it's reversible if you change your mind later. And unlike injections, it doesn't require self-catheterization or repeated treatment visits.

WHAT CAN THIS THERAPY DO FOR ME?

It can significantly reduce symptoms in people who have frequent urges to urinate or related frequent leaks, or are unable to fully empty their bladder.^{6,8}

WHAT DOES THE STIMULATION FEEL LIKE?

Most people describe it as a slight pulling, tingling, or fluttering sensation in the pelvic area. It should not be painful. Stimulation settings can be adjusted, and sensations will vary from person to person.

DOES THE THERAPY WORK LONG TERM?

Unlike other SNM systems, the Medtronic InterStim™ system is proven to significantly reduce symptoms of OAB and urinary retention* in people treated for five years.⁸ Your experience may be different. More people rely on Medtronic than any other SNM system to provide this relief.

WILL IT CURE MY CONDITION?

No. It can be effective, but it's not a cure. If the neurostimulator is turned off or removed, symptoms can return.

WILL INSURANCE COVER THE COSTS?

Medicare and many private insurance companies cover this therapy. Talk to your doctor to learn more about your insurance coverage.

CAN I HAVE AN MRI?

Yes, you can have a full-body MRI scan under specific conditions. Contact your clinician for safety information.

Implanting an InterStim™ system has risks similar to any surgical procedure, including swelling, bruising, bleeding, and infection. Talk with your doctor about ways to minimize these risks.

*This therapy is not intended for people with urinary blockage.

REMOVE TO EXPOSE ADHESIVE

JOIN OUR COMMUNITY

With our e-newsletter and other email updates, it's easy to stay informed and make good decisions about your health. Expect to find insights from bladder control specialists, success stories about people like you, tips for managing your condition, and news about the latest therapy options.

By completing and submitting this form, you are granting Medtronic permission to add your personal information, including your contact information and basic healthcare information, to its patient database, and to share that information with Medtronic representatives and healthcare providers as appropriate. We may conduct analyses on information collected in order to make improvements to and provide training on our operations, products, services, and customer communications. Medtronic may de-identify data collected, combining it with data collected from other sources. Lastly, information provided may be shared

with your physician for treatment considerations or other purposes. You also agree to being contacted by Medtronic in the future by mail, telephone, or by non-password protected electronic communications, such as emails or text messages. Medtronic may exchange information with you regarding our products or services, inquire about your experience, or determine how Medtronic can support you through your journey.

Medtronic respects the confidentiality of your personal information. If at any time you wish to revoke all or part of this permission, you can email us at rs.neuropatientsupport@medtronic.com or send a request in writing to: Medtronic Patient Support, 7000 Central Ave NE, RCE 230, Minneapolis, MN 55432. This permission will expire 10 years after the date of your signature.[†]

Please read our complete privacy policy here:
<http://www.medtronic.com/us-en/privacy-statement.html>

Your contact information. Please print.

Patient First Name: _____ Last Name: _____

Caregiver First Name (if applicable): _____ Last Name: _____

Address 1: _____

Address 2: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Mobile Phone:* _____

Email:** _____

Patient's Physician Name: _____ Clinic Name: _____

Patient Signature: _____ (if 18 years old or older)

Caregiver Signature (if applicable): _____ Date: _____

To submit this form, please mail it to 7000 Central Ave. NE, RCE230, Minneapolis, MN 55432-9987, or fax it to 1-800-892-7708.
To receive a copy of this consent, please call 1-800-872-8287, or email us at rs.neuropatientsupport@medtronic.com.
Let us know how you would like to receive it (email, mail, or fax).
[†]If you live in Maryland, the consent expires automatically in one year. We may contact you then to see if you would like to renew it.
*Message and data rates may apply. Text STOP to 69301 to stop receiving Medtronic therapy reminders. Compatible carriers include: Verizon Wireless, AT&T, Sprint, Boost, Virgin Mobile USA, T-Mobile, Metro PCS. Medtronic respects your right to privacy. T-Mobile is not liable for delayed or undelivered messages.
**It is important to provide your email address as communications will be sent to you electronically.
Rev: 10-2016



WHAT HAPPENS NEXT?

If you are interested in this therapy, here are five ways to learn more.

- 1. **Talk to an ambassador who uses it** by visiting InterStimAmbassadors.com or calling (800) 664-5111.
- 2. **Watch a patient testimonial** at medtronic.com/bladderstories.
- 3. **Go to medtronic.com/bladder** for a variety of helpful resources.
- 4. **Say yes to the test** so you and your doctor can make a decision based on your results.
- 5. **Sign up** for more educational information. Text CONTROL to 858858 to receive emails about improving bladder health and the InterStim™ system. Message and data rates may apply. Text STOP to opt out and HELP for help.

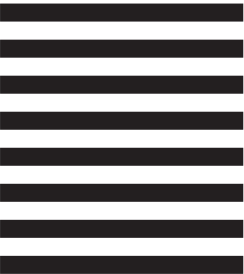
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Medtronic Bladder Control Therapy delivered by the InterStim™ system treats urinary retention (inability to completely empty the bladder) and the symptoms of overactive bladder, including urinary urge incontinence (leakage) and significant symptoms 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.

USA Rx Only. Rev 0517

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