THERAPY GUIDE

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

Medtronic
Further, Together

PROGRAMMER QUICK STEPS

Every time you use your programmer, you'll need to follow these steps:

1. Make sure the communicator is on by pressing the **power button**.
2. Press the **power button** on your programmer and then swipe anywhere on the screen.
3. Open the My Therapy app on your programmer.
4. Wait for indicator light on the communicator to stop blinking.
5. Place the communicator over your neurostimulator with the blue side toward the body.
6. Tap **FIND DEVICE** in the My Therapy app.
7. If the communicator fails to connect, readjust its location over the neurostimulator, tap **RETRY**.

Once your programmer and communicator are connected, you have these options to manage your therapy. *Pages 16-17 provide further instructions.*

1. To increase or decrease stimulation, press the **up or down arrows**.
2. To turn therapy on or off, slide the **on/off arrow**.
3. To change programs (as directed by your clinician), press the **program button**.

TIP

The communicator, shown below, must be held over your neurostimulator. Slightly off-center the communicator to your incision for optimal connection.

LASTING RELIEF **STARTS HERE**

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

Use this therapy guide to understand how to use your smart programmer and communicator, make changes to your therapy, and live life your way.

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WE'RE HERE **FOR YOU**

To receive ongoing education, including videos about how to use your programmer and the latest information about Medtronic Bladder or Bowel Control Therapy, join us online at:

medtronic.com/BladderTherapy
medtronic.com/BowelTherapy

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

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/BladderDiary
medtronic.com/BowelDiary

Watch Tutorials Anytime

Visit our website to watch instructional videos about your programmer.

medtronic.com/BladderTherapy
medtronic.com/BowelTherapy

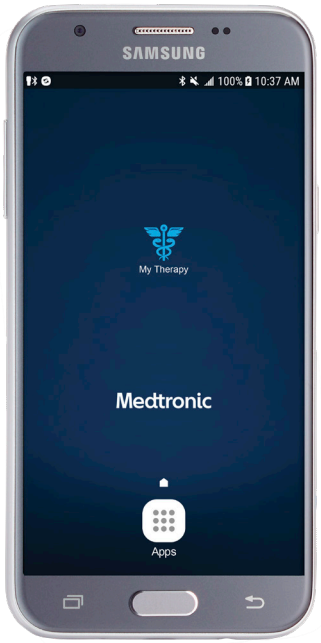
YOUR INTERSTIM™ II SYSTEM

Neurostimulator and Lead

Generates and delivers stimulation for your therapy

Smart Programmer

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



Communicator

Connects the programmer with your neurostimulator

Charger

Charges the programmer and the communicator

TIP

Learn more about using your InterStim™ II system on page 14.

A CLOSER LOOK

YOUR SMART PROGRAMMER

MY THERAPY APP

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.
- 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.

*If applicable

YOUR COMMUNICATOR

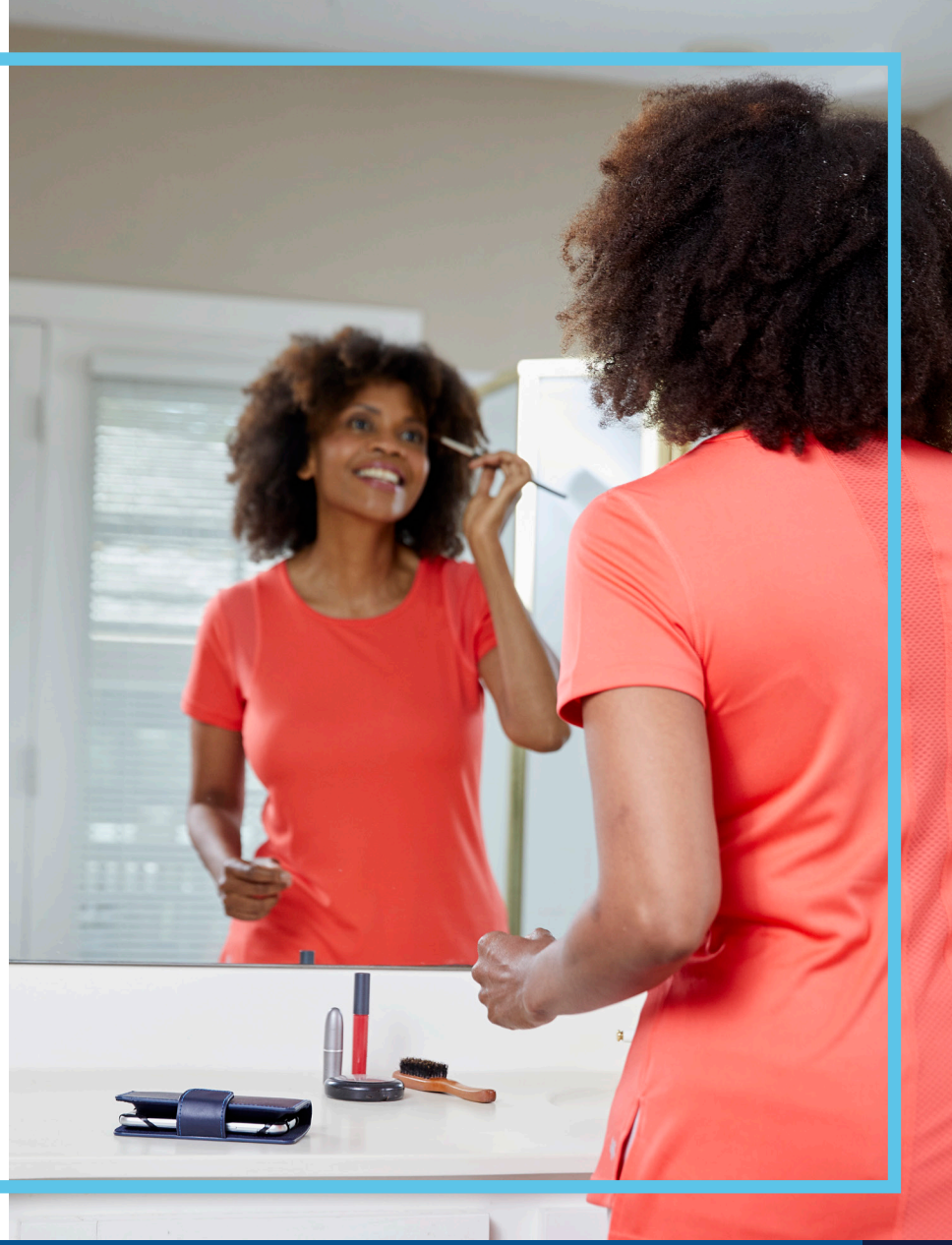
Battery Lights

- Green: Fully charged
- Orange: Battery charging
- Unlit: More than 25% charged
- Yellow: 25% or less charged

Bluetooth Lights

- Blinking blue: Discovery mode
- Solid blue: Connected

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



USING YOUR INTERSTIM™ SYSTEM

CHARGE UP

A cord has been provided to keep your programmer and communicator charged. The battery indicator at the top of the screen will show you how much battery life remains. Use the same cord to charge your communicator after charging your smart programmer.

It is important to keep your communicator charged. If the battery is running low, the battery light will turn yellow. To charge the communicator, simply connect it to the charger. To conserve battery life, turn the communicator off in between uses.

Note: the communicator can't be used while it is charging. If the communicator battery level is at 0%, you will need to charge it for five minutes before it's ready to communicate.

TIP

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

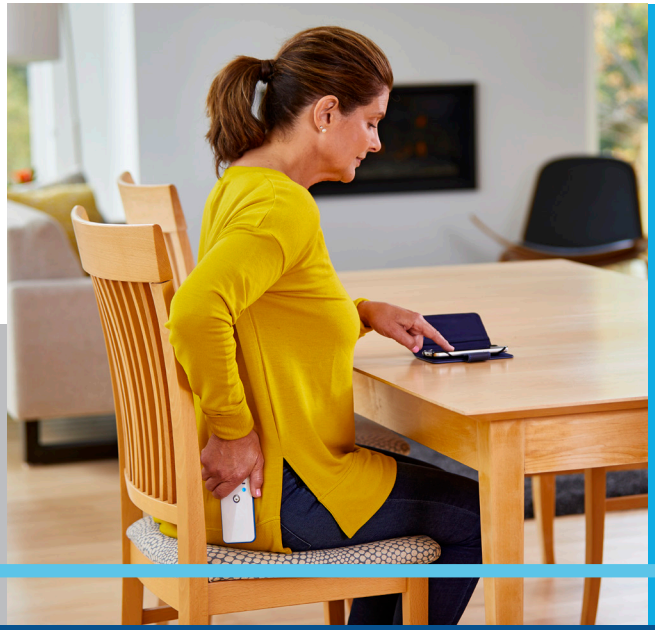
POWER ON

To turn your programmer on, press and hold the **power button**. To unlock, swipe the blue Medtronic screen in either direction.

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

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

Turning the programmer and communicator on or off will not impact your therapy.



MANAGE YOUR STIMULATION

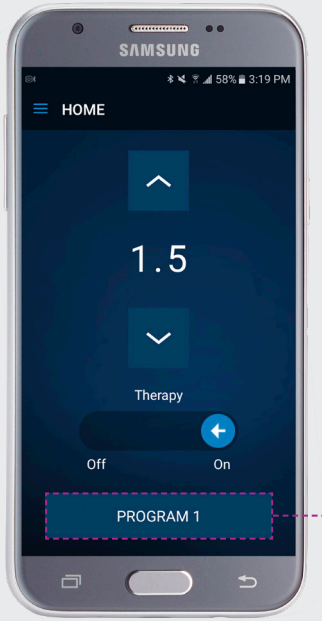
- Tap the **arrows up or down** to increase or decrease stimulation
- Swipe the **arrow right or left** to turn stimulation on and off.
- Tap **OK** to acknowledge that you have turned the stimulation off.

TIP

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

CHANGE PROGRAMS

Your clinician may ask you to change programs to optimize your therapy.

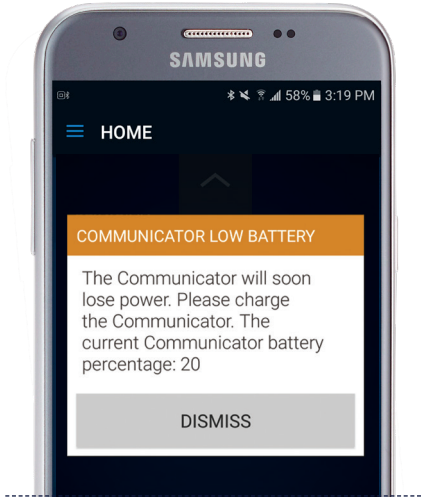


- Depending on your level of symptom relief, your clinician may ask you to change programs. If so, tap the **program** button to select a different program.

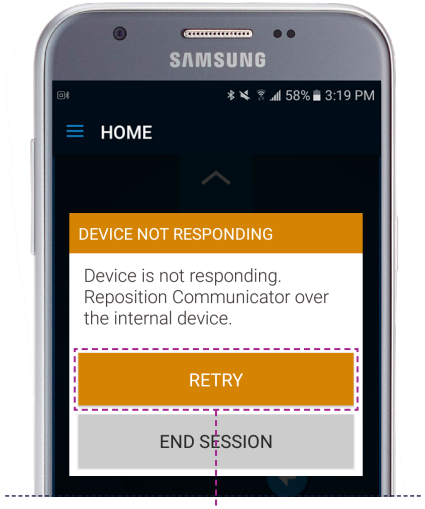
Use your communicator to connect your programmer and the neurostimulator (see page 2) before adjusting stimulation or changing programs.

APP NOTIFICATIONS

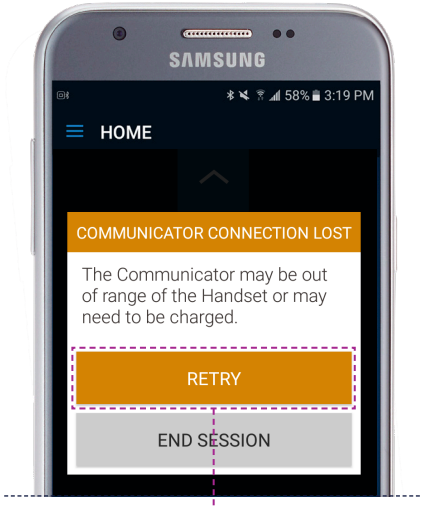
You may receive pop-up notifications on the smart programmer while using the My Therapy app. If you have questions about a notification not listed here, contact your clinician or refer to the My Therapy app Programming Guide.



- Your communicator needs to be charged.
- Plug it into the charger. Remember, you can't use the communicator while it is recharging.
- See page 14 for more information.



- 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 clinician.

FREQUENTLY ASKED QUESTIONS

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

A 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.

Q Can I have an MRI?

A Yes, you can have a full-body MRI or head-only MRI scan under specific 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.

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 or Medtronic Patient Services 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 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. You can still make therapy adjustments in Airplane Mode. Make sure to turn OFF Airplane Mode after your flight.

Q What if I lose my programmer?

A Contact Medtronic Patient Services (see page 22 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
Tell us your story to let others know relief is possible.

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 of relief.

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.

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 to Friday, 7 a.m. to 6 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?

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 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.

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