Living with Medtronic Bladder Control or Bowel Control Therapy Delivered by the InterStim™ System
LASTING RELIEF STARTS HERE
Use this therapy guide to understand how to use your InterStim iCon™ programmer, make changes to your therapy, and live life your way.

GET HELP ONLINE, ANYTIME
You can always find more information about your therapy and your programmer at medtronic.com/icon.

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WE’RE HERE FOR YOU
Call your doctor if you have general questions about your therapy, stimulation settings, changes in symptoms, or anything related to medical care.
Call Medtronic Patient Services if you have technical questions about your InterStim iCon™ programmer or any component of your InterStim™ system.
(800) 510-6735
Monday–Friday
8:00 a.m.–5:00 p.m. CT
WHAT TO EXPECT
Living with your therapy

UNDERSTAND YOUR STIMULATION
Most people describe the stimulation as a “fluttering” or “tingling.” It should never be painful. Keep in mind, you may not feel any stimulation at all. If you’re experiencing relief, your therapy is working. Your stimulation is also adjustable; follow instructions on page 11 of this guide if you need to increase or decrease your stimulation.

GET READY FOR FOLLOW-UP
Use the Symptom Diary before you see your clinician for 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

YOUR PATIENT ID CARD
You should have received your patient ID card with your programmer.
- 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. CT
PROGRAMMER FEATURES
Your InterStim iCon™ programmer is a simple device you and your clinician can use to turn your therapy on and off, adjust your stimulation, or change your therapy program.

THERAPY SCREEN
The display on the programmer tells you everything you need to know about your therapy, including whether it is on or off, which program is running, and your current level of stimulation.

TAKE YOUR TIME
Spend some time familiarizing yourself with the buttons on the programmer and the main therapy screen shown here.
**MANAGE YOUR THERAPY**

**Using your programmer**

**TIP**

Every time you use your programmer, you’ll need to follow these three steps to synchronize (“sync”) it with the neurostimulator. This allows the two devices to communicate.

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**STEP 1: TURN ON THE PROGRAMMER**

If you would like to use the antenna, plug it into the programmer before beginning these steps.

Press the blue **Power** button.

*TIP: To brighten the screen, press and hold the blue button again.*

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**STEP 2: POSITION CORRECTLY**

Any time you use your programmer, position it **OR** the antenna directly over the neurostimulator in your upper buttock.

**Position:**

- **With antenna:** Make sure the antenna is plugged into the programmer.
- **With programmer:** Make sure the screen faces outward.

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**STEP 3: SYNC WITH YOUR NEUROSTIMULATOR**

Press the **Sync** button. Pressing Sync will result in one of the following screens:

**Sync:**

- **Therapy Screen:**
- **Poor Communication:**

Once this screen appears, the sync is complete.

If you see this screen, the programmer and neurostimulator are not syncing. **Repeat steps 2 and 3.**
CHANGING YOUR THERAPY
Using your programmer

These pages show three options for changing your therapy. Always sync your programmer with your device before making these changes, using the instructions on the previous page.

TURN YOUR THERAPY ON AND OFF

Therapy ON

Press the top ON button.

The Lightning bolt on the Therapy screen means your therapy is on.

Therapy OFF

Press the middle OFF button.

REMEMBER
If you turn your therapy off, symptoms will return.

ADJUST YOUR STIMULATION

More stimulation:

Press Increase +

Most people describe the stimulation as a “tingling sensation.” It should never be painful.

Over time, your body may adjust to the stimulation, and you may no longer feel it. If you’re getting symptom relief, your therapy is working — even if you do not feel the sensation.

Less stimulation:

Press Decrease –

CHANGE YOUR PROGRAM

Select a program:

Use the Navigator button to select a program.

Press the sync button to activate the new program.

The check mark on the Therapy screen means the program number shown is active.
WATCH FOR OTHER MESSAGES
Here are a couple of other screens you may see.

Low Battery
If you see this screen, the programmer’s AAA batteries need to be replaced soon.
You can bypass this message and continue to make adjustments by pressing the navigation button.

Call the Doctor
If you see this screen, it’s important to write down the code and call your physician’s office. The system may not be working correctly, but it may be possible to resolve the problem over the phone.

OTHER MESSAGES
Using your programmer

TIP
NEED A QUICK REVIEW?
For more detailed instructions about how to use your programmer, see your InterStim iCon™ Programmer Guide. Or watch instructional videos at medtronic.com/icon.

FREQUENTLY ASKED QUESTIONS

Q  What should I expect from my therapy?
A  The InterStim™ system is not a cure, but you can expect the therapy to reduce your symptoms by 50% or more. If you feel like your relief has changed, use your programmer to make sure your therapy is turned on.
If you believe your symptoms have returned to baseline, track your symptoms on a diary, and call your clinician to review them.
Diaries are available for download at: medtronic.com/bladderiary
medtronic.com/boweldiary

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.

Q  Can I go through airport security?
A  At the airport, show your patient ID card and ask to bypass the security system or undergo a manual search. If you must walk through the system, turn off your therapy first.

Q  Can I have an MRI?
A  You can have an MRI head scan* only. An MRI of anything other than the head is not recommended.

Q  What if I lose my patient ID card?
A  You can request a new ID card by calling: (800) 551-5544 Monday–Friday 7:00 a.m.–6:00 p.m. CT

* 1.5T head scan MRI only, under specific conditions. Visit medtronic.com/mri for more information.
**PLAN FOR THE FUTURE**
Recording your details

**MY INTERSTIM™ SYSTEM**
Date of implant: ____________________________
Doctor: ____________________________
Clinic: ____________________________
Clinic phone: ____________________________

**DEFINE YOUR PERSONAL RELIEF**
What's your personal goal for control? (Sitting through a whole movie? Going to a family reunion? Running a marathon?):

________________________________________
________________________________________
________________________________________
________________________________________
________________________________________
________________________________________

TIP
Remember to bring your programmer to any follow-up appointment you have.
LIFE
WITHOUT LIMITS
Get back to living your way

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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