

THERAPY GUIDE



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

Medtronic
Further, Together



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](https://www.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](https://www.medtronic.com/bladderdiary)
[medtronic.com/boweldiary](https://www.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

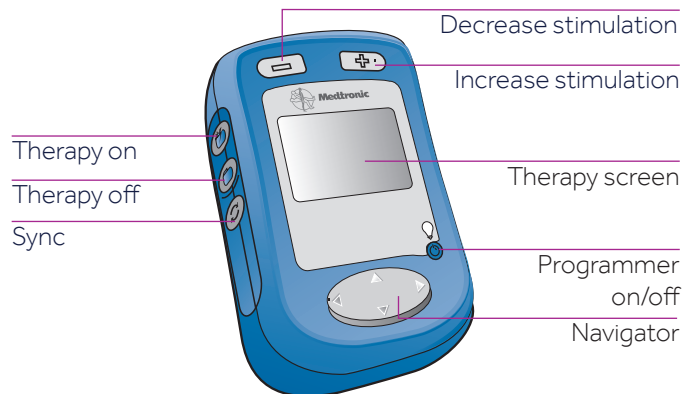


MANAGE YOUR THERAPY

Using your
programmer

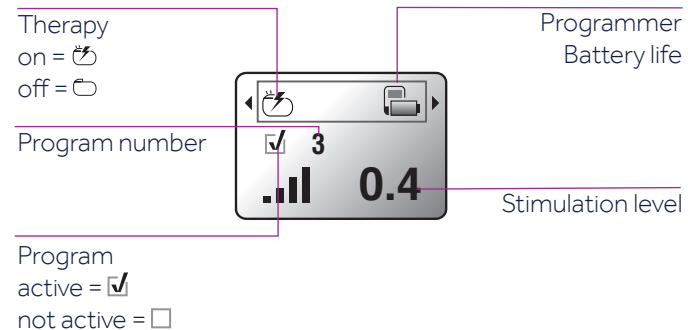
PROGRAMMER FEATURES

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

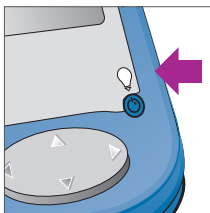
Using your
programmer

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.

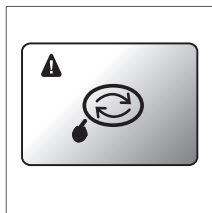
STEP 1: TURN ON THE PROGRAMMER

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.

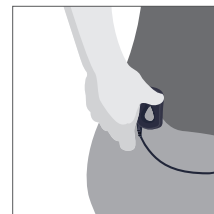


Wait for the **Synchronize** screen to appear.

STEP 2: POSITION CORRECTLY

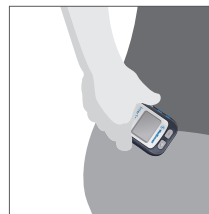
Any time you use your programmer, position it **OR** the antenna directly over the neurostimulator in your upper buttock.

Position:



With antenna:

Make sure the antenna is plugged into the programmer.

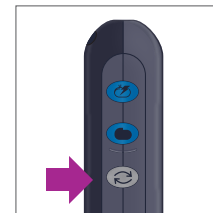


With programmer:

Make sure the screen faces outward.

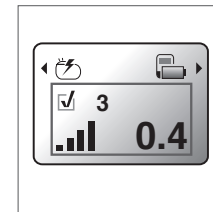
STEP 3: SYNC WITH YOUR NEUROSTIMULATOR

Sync:



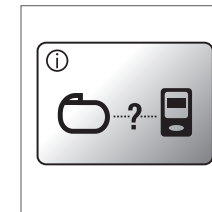
Press the **Sync** button. Pressing Sync will result in one of the following screens:

Therapy Screen:



Once this screen appears, the sync is complete.

Poor Communication:



If you see this screen, the programmer and neurostimulator are not syncing.

Repeat steps 2 and 3.

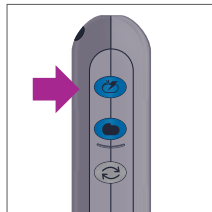
CHANGING YOUR THERAPY

Using your programmer

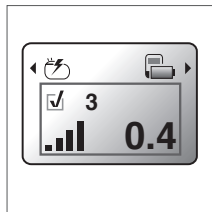
These pages show three options for changing your therapy. Always sync your programmer with your device before making these changes, using the instructions on the previous page.

TURN YOUR THERAPY ON AND OFF

Therapy **ON**:

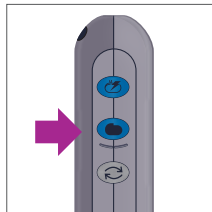


Press the top **ON** button.



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.

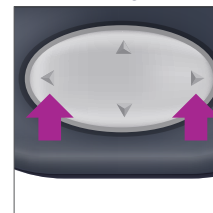
Less stimulation:



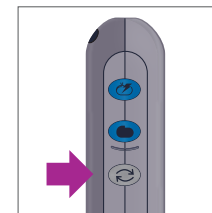
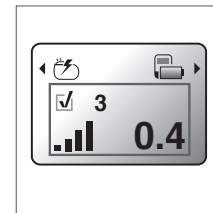
Press **Decrease -**

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.

OTHER MESSAGES

Using your programmer

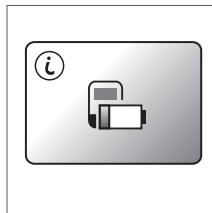
TIP NEED A QUICK REVIEW?

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

WATCH FOR OTHER MESSAGES

Here are a couple of other screens you may see.

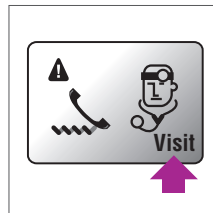
Low Battery



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.

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/bladderdiary
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

TIP

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

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?)*:



LIFE WITHOUT LIMITS

Get back to living your way

Medtronic

Medtronic
710 Medtronic Parkway
Minneapolis, MN 55432-5604
USA
Tel: 763-505-5000

[medtronic.com](https://www.medtronic.com)

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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