



# YOUR JOURNEY TO **LASTING CONTROL**

A Guide to Living with Medtronic  
Bladder Control or Bowel Control Therapy  
delivered by the InterStim™ system

**Medtronic**  
Further, Together

# LASTING CONTROL STARTS HERE

USE THIS GUIDE  
TO GET THE MOST FROM  
YOUR EXPERIENCE

Welcome to your journey with Medtronic Bladder Control or Bowel Control Therapy. You're on the way to lasting control and more confidence, every day.

Keep this guide to make sure you are getting the best relief from your therapy.

## **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 iCon™ programmer or any component of your InterStim™ system.

(800) 510-6735  
Monday–Friday  
8:00 a.m.–5:00 p.m. CST

# WHAT TO EXPECT AT HOME

Rest, relax, and heal.

## Living with your therapy

### **TAKE IT EASY**

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

### **CHECK YOUR INCISION**

Call your doctor'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



## WHAT DOES THE STIMULATION FEEL LIKE?

Most people describe the stimulation as a “pulling” or “tingling.” It should never be painful. Your stimulation is also adjustable; follow instructions on page 11 of this guide if you need to increase or decrease your stimulation.

## MAKE SURE YOUR THERAPY IS WORKING

Use the Symptom Tracker before you see your doctor for follow-up, especially if you feel like your symptom improvement has changed.

Diaries are available for download at [medtronic.com/bladderdiary](https://www.medtronic.com/bladderdiary) or [medtronic.com/boweldiary](https://www.medtronic.com/boweldiary).



## 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**

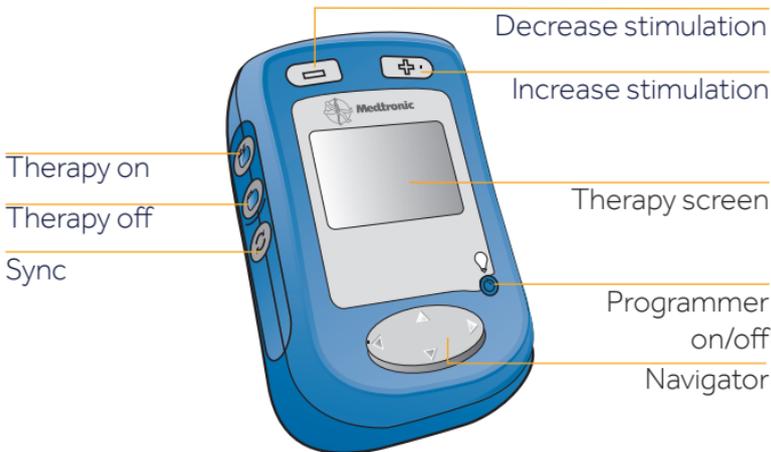
# HOW TO MANAGE YOUR THERAPY

Lasting control,  
every day.

## Using your programmer

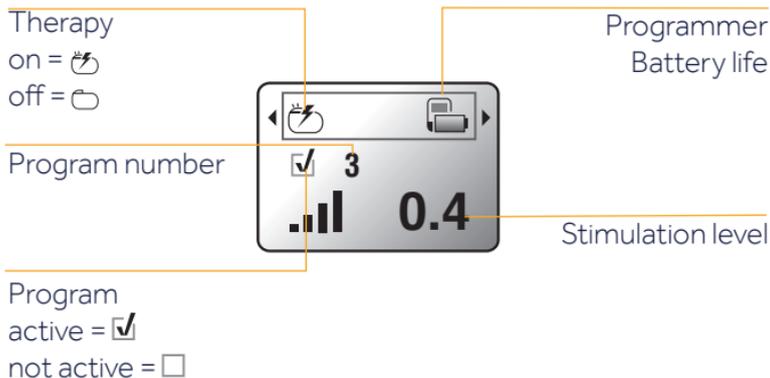
### PROGRAMMER FEATURES

Your iCon™ programmer is a simple tool you and your doctor can use to turn your therapy on and off, adjust your stimulation, or change your therapy program.



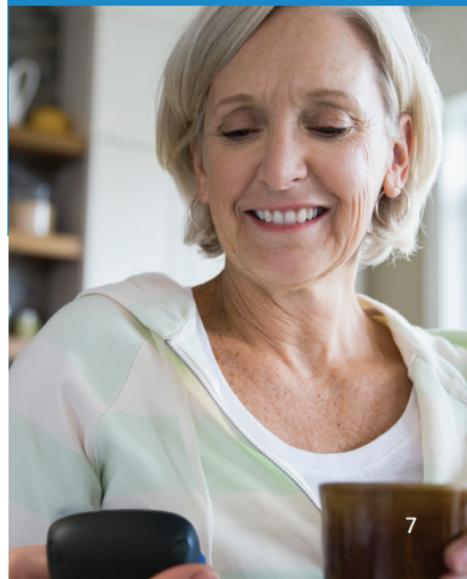
## THERAPY SCREEN

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

As you recover, spend some time familiarizing yourself with the buttons on the programmer and the main therapy screen shown here.



## REMEMBER:

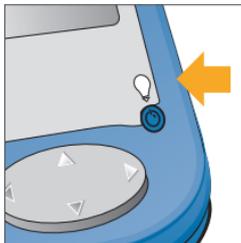
Every time you use your programmer, you'll need to follow these three steps to synchronize ("sync") it with the neurostimulator. This allows the two devices to communicate.

## Using your programmer

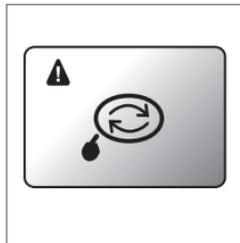
### STEP 1:

#### 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.



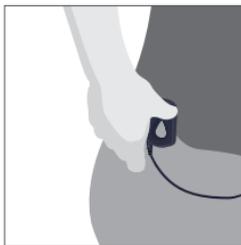
Wait for the **Synchronize** screen to appear.

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

## 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.

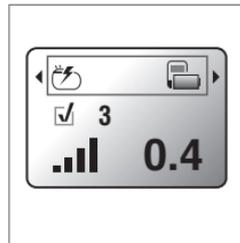
## STEP 3: SYNC WITH YOUR NEUROSTIMULATOR

Sync:



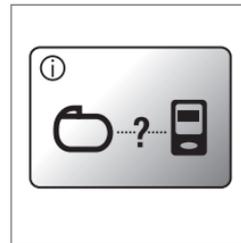
Press the **Sync** button. Pressing Sync will result in one of the following screens:

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.**

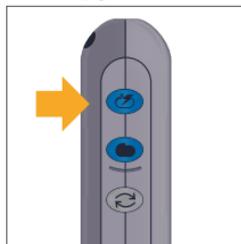
## THESE PAGES SHOW THREE OPTIONS FOR CHANGING YOUR THERAPY.

Always sync your programmer with your device before making these changes, using the instructions on the previous page.

## Using your programmer

### TURN YOUR THERAPY ON AND OFF

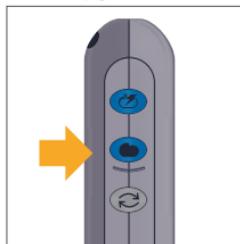
Therapy **ON**:



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:



Less stimulation:



Press **Increase +**

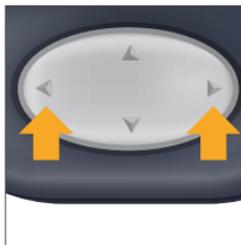
Press **Decrease -**

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

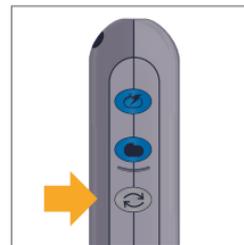
Over time, your body may adjust to the stimulation, and you may no longer feel it. If you're getting symptom relief, your therapy is working – even if you do not feel the sensation.

## CHANGE YOUR PROGRAM

Select a program:



Use the **Navigator** button to select a program.



Press the sync button to activate the new program.

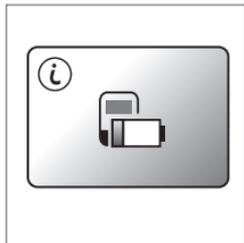
The check mark  on the Therapy screen means the program number shown is active.

## Using your programmer

### WATCH FOR OTHER MESSAGES

Here are a couple of other screens you may see.

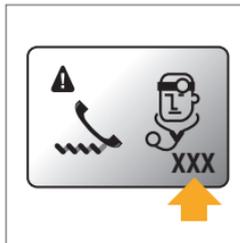
#### Low Battery



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 Do I have to turn off therapy when I drive?

A Yes, it is recommended that you turn off your therapy when driving a vehicle. You do not need to turn off therapy if you are a passenger.

### 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, and an adjustment in stimulation is not needed.

If your relief does not improve, track your symptoms on a diary, and make an appointment to review them with your specialist.

Diaries are available for download at [medtronic.com/bladderdiary](http://medtronic.com/bladderdiary) and [medtronic.com/boweldiary](http://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?**

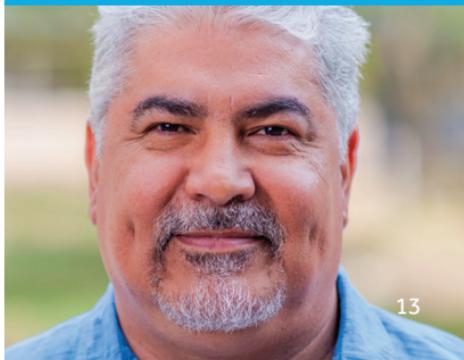
**A** You can request a new ID card by calling:

(800) 551-5544  
Monday–Friday  
7:00 a.m.–6:00 p.m. CST

*\* 1.5T Head Scan MRI only, under specific conditions.  
Consult your doctor for more information.*

# NEED A QUICK REVIEW?

For more detailed instructions about how to use your programmer, see your iCon™ Programmer Guide. Or watch instructional videos online at [medtronic.com/icon](https://www.medtronic.com/icon).



# ENJOY YOUR RELIEF

Get back  
to living life.

## Recording your details

### MY INTERSTIM™ SYSTEM

Date of implant: \_\_\_\_\_

Doctor: \_\_\_\_\_

Clinic: \_\_\_\_\_

Clinic phone: \_\_\_\_\_

### FIRST FOLLOW-UP APPOINTMENT

Date of appointment: \_\_\_\_\_

Questions I want to ask: \_\_\_\_\_

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## BEST SYMPTOM RELIEF

Capture your best evaluation symptom relief (*voids, leaks, accidents*): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 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?*):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## SEEING YOUR SPECIALIST

Remember to bring your iCon™ Programmer and Symptom Diary to any follow-up appointment you have.

# CONGRATULATIONS!

YOU'VE STARTED YOUR JOURNEY  
TO LASTING CONTROL

[medtronic.com](http://medtronic.com)

# Medtronic

Medtronic Inc.  
710 Medtronic Pkwy.  
Minneapolis, MN 55432  
USA  
Tel: 1-763-505-5000

**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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