

Medtronic

InterStim X™ system

Patient therapy handbook



Your InterStim X™ system

More control starts here

Welcome to Medtronic and your InterStim X™ system. For 25 years, we've helped hundreds of thousands of people like you get more control.

Use this handbook to learn how to:

- Use your smart programmer and communicator
- Manage your therapy for more sustainable control



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What to expect at home

Take it easy

Follow your healthcare provider's instructions on activities to avoid and when to resume your normal routine.

Check your incision

Call your healthcare provider 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

When your therapy is initially turned on, you may feel a sensation that most people describe as a tingling, flutter, or vibration in the pelvic area. It should not be painful. **That sensation may dissipate over time, and you may eventually feel nothing. This is normal and does not mean adjustments need to be made.** As long as you're having 50% or greater improvement over your baseline symptoms, the therapy is working.

Your support team

Contact your healthcare provider if:

You have general questions about your therapy, stimulation settings, changes in symptoms, or anything related to medical care

Contact Medtronic Patient Services if:

800-510-6735 Monday-Friday, 8 a.m.-5 p.m. CT

- You have technical questions about your programmer or communicator
- You have a notification on your programmer that you are unable to resolve



Your InterStim X™ system



Implanted neurostimulator and lead

Your implant generates and delivers stimulation for your therapy.



Smart programmer

Your programmer allows you and your healthcare provider to manage your therapy as needed.

Use the black power port and black USB-C cord to charge your programmer.



Communicator

Your communicator connects the programmer with your neurostimulator.

Use the black power port and white micro USB cord to charge your communicator.



Carrying case

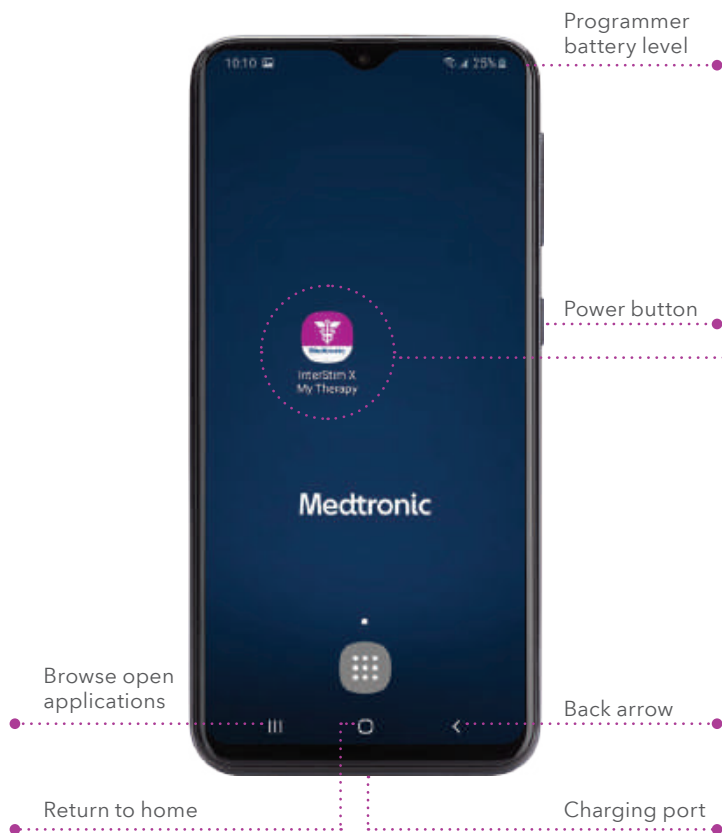
For convenience and device protection, you can keep your programmer and communicator in your carrying case.



Keep your programmer and communicator charged in case you need to make therapy changes. Use the power buttons to turn your programmer and communicator off when not in use. Your programmer and communicator do not need to be powered on for your therapy to work.

A closer look

Your smart programmer



InterStim X™ My Therapy app



The app is similar to the one you used during your test.

Use the app to:

- Check your neurostimulator battery level
- Adjust your stimulation
- Turn stimulation on or off
- Change the therapy program (as directed by your healthcare provider)
- Activate MRI mode and check MRI eligibility



The physical buttons on the programmer will not change your stimulation. This can only be done through the app.

Your communicator

Battery lights

- **Green:** Plugged in and fully charged
- **Orange:** Battery charging
- **Unlit:** Powered on and more than 25% charged
- **Yellow:** Powered on and 25% or less charged

Charging
port

Power
button



Bluetooth lights

- **Blinking blue:**
Discovery mode
- **Solid blue:**
Connected to programmer

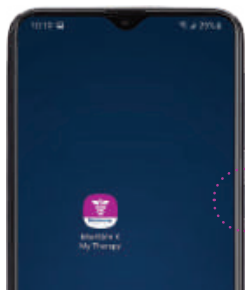
Use your communicator to connect to your programmer and access programming features on your neurostimulator. Always store your communicator with your programmer. Keep both your programmer and communicator charged. Just a reminder that the battery levels of your communicator and smart programmer do not reflect the battery level of your neurostimulator.



TIP

The communicator can't be used while it is charging. If the communicator battery level is at 0%, you'll need to charge it for at least 5 minutes before it's ready to communicate with your neurostimulator.

Using your InterStim X™ system



Power on your programmer

Press and hold the power button. To unlock the screen, swipe the blue Medtronic screen in any direction.



Power on your communicator

Quickly press the power button on the white side of the communicator until the blue indicator light starts flashing. The blue light won't stop flashing until the app is open and the communicator has connected with the programmer.



Tap the InterStim X™ My Therapy app on your programmer to open it.

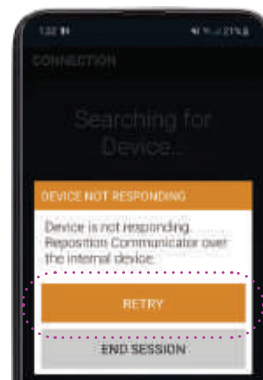


Connect your communicator and neurostimulator together

Once the blue light is solid, place the communicator over your neurostimulator implant with the blue side toward the body (your neurostimulator is located below your incision on your left or right upper buttock). You may also find it easier to tuck the communicator into your pants to hold it in place and free up your hands.

Tap FIND DEVICE

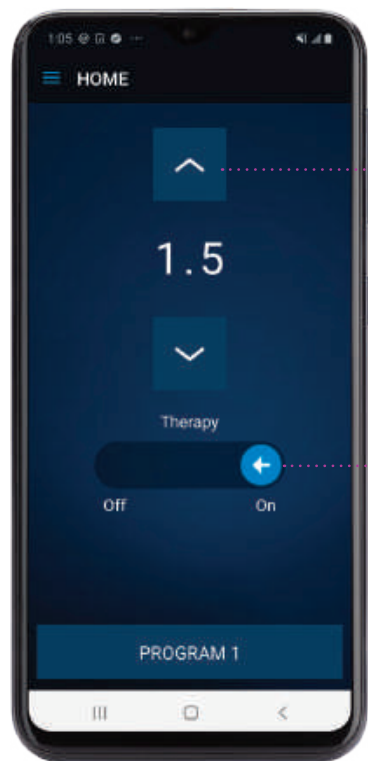
Your programmer will begin searching for your device.



If the communicator fails to connect, readjust its location over the neurostimulator and **tap RETRY**.

Once your programmer and communicator are connected to your neurostimulator, see pages 14-15 to learn how to increase or decrease stimulation or change the program (as directed by your healthcare provider). Be sure to keep your communicator over your neurostimulator while making any therapy adjustments.

Manage your stimulation

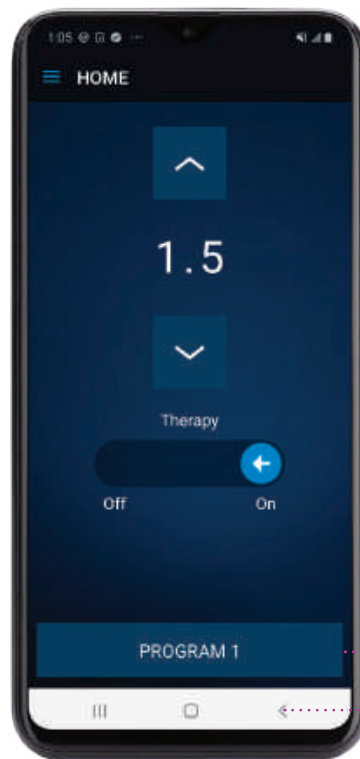


Tap the arrows **up or down** to increase or decrease stimulation

Swipe the arrow **right or left** to turn stimulation on and off. Tap **OK** when prompted to acknowledge that you have turned the stimulation off.

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

Change programs

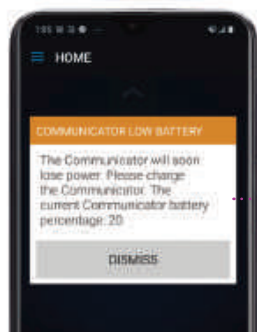


Depending on your level of symptom relief, your healthcare provider may ask you to change programs to optimize your therapy. If so, tap the **program button** to select a different program.

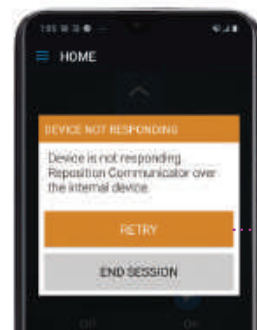
✓ To “exit” the screen and end your session, tap the **back arrow** in the bottom right-hand corner of your screen and select **END SESSION** when prompted.

App notifications

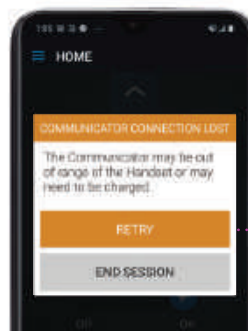
You may see these common pop-up notifications on the smart programmer while using the InterStim X™ My Therapy app.



Your communicator needs to be charged. Plug it into the charger. Remember, you can't use the communicator while it's recharging.



Your programmer has lost connection with your neurostimulator. Reposition the communicator over your neurostimulator, then tap **RETRY**. (Your neurostimulator is located below your incision on your left or right upper buttock.)



Your programmer has lost connection with your communicator due to low communicator battery or a failed connection. Ensure that your communicator is charged, unplugged, powered on, and close to your programmer, then tap **RETRY**.

When you are finished using your InterStim X™ accessories:

- 1 **Tap the back arrow** in the bottom right-hand corner of your programmer screen and select **END SESSION**.
- 2 **Power off the programmer** (press and hold the power button then touch **POWER OFF** on the screen)
- 3 **Power off the communicator** (push and hold the power button until the blue light goes off)



Get help with technical questions about your smart programmer.
Call 800-510-6735 Monday-Friday, 8 a.m.-5 p.m. CT



Watch video tutorials to learn how to use your InterStim X™ system

Open your personal phone camera and hover over this code.
 Click the link that pops up on your screen.

medtronic.com/rechargefree

Questions?

We've got you covered!

Medical tests and procedures

1 Can I have an MRI?

People with an InterStim™ X system can have a full-body MRI scan under certain conditions.[†] Your healthcare provider will determine whether you meet those conditions when you're implanted. You can also check your MRI eligibility on your smart programmer.

2 Will medical tests affect my therapy?

Most routine medical tests, such as X-rays, CT scans, and diagnostic ultrasounds, should not affect your therapy. Contact your healthcare provider or Medtronic Patient Services at 800-510-6735 for safety information.

[†]See approved labeling for details. Patients with InterStim™ SureScan™ MRI Leads only.

Using and maintaining your system

1 What if the InterStim X™ My Therapy app or programmer isn't responding?

First, make sure both the programmer and communicator are charged. If they are charged and the app or programmer is still unresponsive, restart the programmer by holding down the power button on the side of the programmer and tap RESTART to re-boot it.

2 I don't want to forget to charge my programmer and communicator. Can I leave them plugged into the wall?

To help preserve the batteries in your programmer and communicator, it's best to unplug accessories once they have reached a full charge. Just like your cell phone, regular recharging of your programmer and communicator are recommended to ensure they're available for use.

3 What if I lose one of my therapy accessories?

Contact Medtronic patient services at 800-510-6735 as soon as possible. Your programmer can be disabled remotely if lost or stolen.

My therapy experience

1 Do I need to feel the stimulation in order for the therapy to work?

No. When your therapy is initially turned on, you may feel a sensation that most people describe as a tingling, flutter, or vibration in the pelvic area. It should not be painful. That sensation may dissipate over time, and you may eventually feel nothing. This is normal and does not mean adjustments need to be made. As long as you're having 50% or greater symptom improvement, the therapy is working.

2 What makes one program different from another?

The wire that is stimulating your nerve is comprised of four contact points or electrodes. Each of these electrodes stimulate your nerve at different locations, which can impact your symptom relief. Your healthcare provider and Medtronic representative will select the optimal program for you.

3 What should I do if I am no longer getting relief?

Use your programmer to make sure your stimulation is ON (see page 12 for instructions). If so, adjust your stimulation or switch programs as directed by your healthcare provider. If this issue persists, follow up with your healthcare provider.

Travel

1 Should I take my programmer and communicator with me when I travel?

Yes. For convenience and device protection, you can store your programmer and communicator in your carrying case during travel.

2 What do I do 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, first turn off your therapy. Turn your therapy back on after your security scan.

3 Can I use my programmer during air travel?

Yes. While in flight, turn your programmer off or use airplane mode to disable cellular function (as required by the airline). You can still make adjustments in airplane mode. Make sure to turn airplane mode off after your flight.

Helpful resources



Your patient ID card

You should have received a temporary patient ID card at your implant. 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 device registration at 800-551-5544 or visiting medtronic.com/idcard.

There is an additional card with a user ID on it for your smart programmer. This is not a card for your implanted device. Keep this card somewhere safe in case your programmer is lost.



Your symptom diary

Download a diary at medtronic.com/diary and complete it before appointments with your healthcare provider, especially if you feel like your symptom improvement has changed.

More life ahead

Your InterStim X™ system **helps achieve bladder or bowel control**. Continue any lifestyle changes – like avoiding dietary triggers – that you and your healthcare provider have discussed. These habits will still be helpful!

You've chosen **a recharge-free neurostimulator** – and that comes with more freedom and convenience. Most people just visit their healthcare provider annually to discuss their progress and maintain symptom control. Talk with your provider to set up a schedule that works for you.

You can expect **more than 10 years** with your InterStim X™ system.* When it's time to replace your neurostimulator, your healthcare provider will discuss your options.

Thank you for choosing Medtronic and joining the **more than 350,000 people who've trusted our InterStim™ system** for bladder or bowel control. Expect more from us as we continue to put patients like you at the center of our innovation.

*Under expected therapy settings and telemetry use

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 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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