



Medtronic

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Evaluation

Constantly worried about finding a bathroom?

Take a **Step Forward**

Toward **Lasting Bladder Control**

*The short evaluation for
Medtronic Bladder Control Therapy
will help you decide if this
treatment is right for you.*

Innovating for life.

Haven't found the right treatment? **Don't Give Up**

Living with a bladder control problem is not easy. When you can't find an effective long-term treatment, it's hard to stop worrying about when your next embarrassing accident could happen.

There is no single bladder control treatment that works for everyone, and sometimes it takes time to find the one that works for you. You may have already tried oral medications and found that they were not effective or had unpleasant side effects. In a recent survey, 72% of people said they stopped taking bladder medication within 6 months.¹

What's your next step toward lasting bladder control? Ask your doctor about testing an effective, long-term treatment—Medtronic Bladder Control Therapy.

Medtronic Bladder Control Therapy

May Be Right for You

Medtronic Bladder Control Therapy (Sacral Neuromodulation), delivered by the InterStim® System, is FDA approved and clinically proven to significantly improve bladder control in people who have not had success with other treatments, such as oral medications, and behavioral therapies like Kegel exercises, physical therapy, and dietary and fluid changes.



Medtronic Bladder Control Therapy can give you:

- Control that's proven to last 5 years
- Significantly improved quality of life
- Symptom relief when other treatments fail

The other therapies you tried may not have addressed the miscommunication between the bladder and the brain that could be causing your symptoms. Medtronic Bladder Control Therapy uses a device that provides gentle electrical stimulation to help correct this communication problem.

Please note, not everyone will experience the same results. Medtronic Bladder Control Therapy has risks similar to any surgical procedure. You should discuss the potential risks and benefits of this therapy with your doctor.



What you need to know

About the Evaluation

Medtronic Bladder Control Therapy is unique because you can try it to help you and your doctor decide if it's right for you.

- It's a short, minimally invasive procedure that can be done in your doctor's office or an outpatient center. It usually takes only 15 to 20 minutes
 - A thin wire is implanted in your upper buttock and attached to a small external device that you can wear discreetly under your clothing
 - During the evaluation, you still have the freedom to do most of your regular daily activities*
 - The treatment can be stopped, started, and adjusted using a controller. It's designed to be easy to use; your doctor or nurse can show you how
- *Complications can occur with the evaluation, including movement of the wire, technical problems with the device, and some temporary pain. Your doctor or nurse will provide you with information regarding how to operate the test device and also inform you of other precautions related to the evaluation and activity restrictions.



What to expect

After Your Evaluation

After your evaluation, you and your doctor can review the results and decide if Medtronic Bladder Control Therapy is the right long-term treatment for you.

Your doctor can explain the minimally invasive procedure for starting treatment with a bladder control device. It's a safe, FDA-approved procedure that doctors have been performing for more than 15 years.

Implanting an InterStim® System has risks similar to any surgical procedure, including swelling, bruising, bleeding, and infection. Talk with your doctor about ways to minimize these risks.



"Looking back, I should have done it (the evaluation) sooner. I noticed results immediately."[†]

—Beckie H.



"My doctor explained everything thoroughly, so I knew what to expect and had no surprises. Once I had some results, I didn't hesitate to go onto long-term therapy."[†]

—Ellen G.



"During my trial, I didn't have a single dribble, drip, or leak."[†]

—Susan W.

[†]These experiences are specific to each particular person. Your results may vary.



We're here to help you

Make an Informed Decision

The more you know, the easier it can be to make a decision with your doctor about your bladder control. Medtronic has many tools and resources to help you move forward with the evaluation.

Visit Medtronic's website for patients—
www.everyday-freedom.com

- Find detailed information, answers to common questions, and questions to ask your doctor about the evaluation
- Watch videos to understand how Medtronic Bladder Control Therapy works and how it has changed the lives of people like you



Talk to someone who is being treated

Some patients with Medtronic Bladder Control Therapy volunteer to share their success stories with people like you who are considering this treatment. The Medtronic Ambassador Program is a great way to get first-hand information from someone who knows what you are experiencing. Visit www.interstimambassadors.com or call **1-800-664-5111** to request that a volunteer ambassador contact you.

Contact your insurance company

Medicare and many private insurance companies provide coverage for Medtronic Bladder Control Therapy. Before the evaluation, make sure to ask your insurance company about your coverage.

***For more information,
call Medtronic at 1-800-328-0810
Monday-Friday, 8 AM to 5 PM CT.***



*Scan this code or visit
www.everyday-freedom.com
to see what people are saying about
Medtronic Bladder Control Therapy.*

Ask Your Doctor About the Next Step Toward Lasting Bladder Control

Important Safety Information

Sacral Neuromodulation for Bladder Control (Medtronic Bladder Control Therapy Delivered by the InterStim® System)

InterStim Therapy for Urinary Control 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.

You should have a successful trial assessment before receiving InterStim Therapy. You cannot have diathermy (deep heat treatment from electromagnetic energy) if you have an InterStim device.

InterStim 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 diseases such as multiple sclerosis.

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. Please consult your physician to decide whether InterStim Therapy is right for you. A prescription is required. For further information, please call Medtronic at 1-800-328-0810 and/or consult Medtronic's website at www.medtronic.com.

USA Rx Only. Rev 0110

Reference: 1. Yeaw J, Benner JS, Walt JG, Sian S, Smith DB. Comparing adherence and persistence across 6 chronic medication classes. *J Manag Care Pharm.* 2009;15(9):728-740.

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