



**Medtronic**

# InterStim<sup>®</sup> Therapy

FOR URINARY CONTROL

**IMAGINE  
EVERYDAY  
FREEDOM**



If bladder control problems are keeping you from enjoying your life, you are not alone. More than 33 million people in America—1 in 6 adults—suffer from bladder control issues!<sup>1</sup>

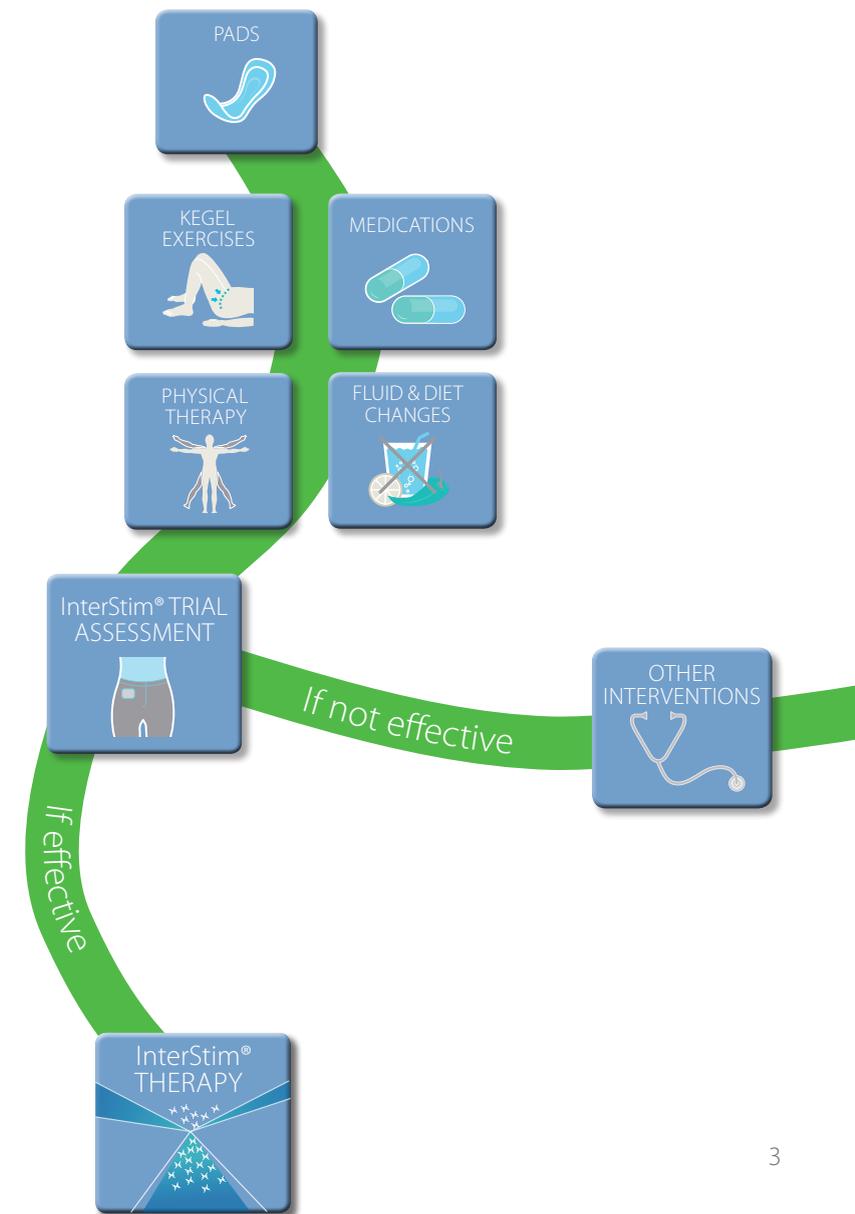
<sup>1</sup> Current Medical Research and Opinion 2004;20(6):791-801

## Are you ready to reclaim control?



## You have **choices**. There is **hope** for relief.

Finding relief from the symptoms of overactive bladder can be a long journey. InterStim Therapy is an option for patients who have not had success with, or could not tolerate, more conservative treatments. InterStim Therapy is not intended for patients with a urinary blockage.

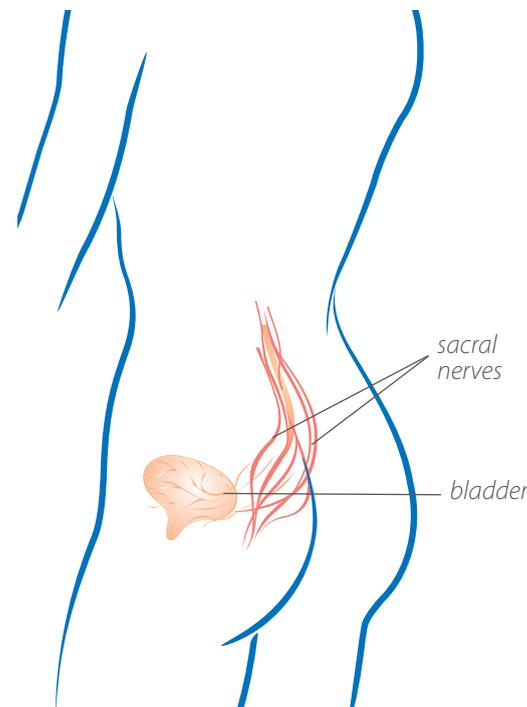


# What Is InterStim Therapy?

InterStim Therapy is a proven neuromodulation therapy that targets the communication problem between the brain and the nerves that control the bladder. If those nerves are not communicating correctly, the bladder will not function properly.

The InterStim system uses an external device during a trial assessment period and an internal device for long-term therapy. You and your doctor may decide to try InterStim Therapy by going through a [trial assessment](#) period. Based on the outcome of the trial assessment, you and your doctor will determine the next step that is right for you.

InterStim Therapy was created by Medtronic, the developer of the pacemaker, and has been [FDA approved](#) since 1997 for urge incontinence, and since 1999 for urinary retention and urgency-frequency.



**Medicare and many other private insurance companies cover InterStim Therapy.**



*"My urologist referred me to another urologist who offered InterStim Therapy. I approached it with an open mind.*

*I took some time to read up on InterStim Therapy before I made that appointment. I finally said, 'This is something that might help me, so I should give it a try.'"*

— ELAINE H.

Received InterStim Therapy in 2004

With four children, nine grandchildren and an active lifestyle, Elaine doesn't have time to slow down for bladder control problems. There was a time when Elaine could not have imagined a relaxing dinner outdoors.

# The Trial Assessment Process

Medtronic has created a trial assessment so you can [test InterStim Therapy](#) without making a long-term commitment.

Here's how it works:

- Your doctor will numb a small area and insert a thin, flexible wire near your tailbone. The wire is taped to your skin and connected to a small external device which you'll wear on your waistband.
- The external device sends mild electrical pulses through the wire to nerves near your tailbone which may get your bladder working the way it's supposed to.

During the trial assessment you can continue many of your daily low to moderate level activities with caution. You can usually continue to work throughout your trial assessment if your job doesn't require strenuous movement. You will be asked to document your bladder symptoms. [The trial assessment will help your doctor determine the next course of treatment for your bladder control problems.](#)

Complications can occur with the trial assessment, 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 trial assessment and activity restrictions.

## Imagine returning to the life you once enjoyed:

taking long walks through the park, seeing movies at the theater, sleeping through the night, traveling, and most important, just feeling comfortable participating in the daily activities of living.

*"Once I had some results, I didn't hesitate to go on to long-term therapy. That's the beauty of InterStim Therapy. I was really glad to have a chance to see that it would work."*

— ELLEN G.  
Received InterStim Therapy in 2007

Ellen's bladder issues affected her life for 10 years before she heard about InterStim Therapy.

The quotes throughout this brochure recount the experiences of individual patients who are receiving InterStim Therapy. Results vary; not every response is the same.

# You have the power to reclaim control.

Visit [www.everyday-freedom.com](http://www.everyday-freedom.com) to learn more about InterStim Therapy and get support during your personal journey:

- Watch videos to hear what doctors and patients have to say and to see how InterStim Therapy works.
- Register for our **Reclaim Control Program** to receive current information by email.
- Follow **Lorraine** as she describes her experience before, during and after the trial assessment.
- Get answers to common questions, including the benefits and risks associated with InterStim Therapy.
- Schedule a conversation with a volunteer patient ambassador to discuss real-life experiences with InterStim Therapy.



Medtronic  
InterStim® Therapy for Bladder Control

Find a Specialist | Education & Events | Request More Information  
Enter your keyword(s) Search  
Important Safety Information

Imagine Everyday Freedom

Is your bladder controlling your life?  
InterStim Therapy may help you regain control and get back to the activities you enjoy. This FDA-approved treatment has helped men and women worldwide find relief from bladder control problems—especially overactive bladder.

Explore This Bladder Control Treatment Option  
Learn more

Get Support During Your Trial Assessment  
Log in

Get Long-Term Therapy Support  
Log in

InterStim Therapy for Urinary Control is indicated for the treatment of urinary retention and the symptoms of overactive bladder, including urinary urge incontinence and significant symptoms of urgency-frequency alone or in combination, in patients who have failed or could not tolerate more conservative treatments. InterStim Therapy is not intended for patients with a urinary blockage.

In addition to risks related to a surgical procedure, complications from this therapy can occur and may require surgery. For a complete list of adverse events that have been associated with the therapy, please refer to the [Important Safety Information](#). Patients should always discuss the potential risks and benefits of the therapy with a physician. This therapy is not for everyone. A prescription is required.

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Information on this site should not be used as a substitute for talking with your doctor. Always talk with your doctor about diagnosis and treatment information.

Give your doctor the facts. Go to [www.everyday-freedom.com](http://www.everyday-freedom.com) and download forms to:

- track your bladder symptoms.
- get your bother score.
- rate how much your symptoms are affecting your life.
- set goals to envision what your life might be like if your bladder symptoms were under control.

Bring these completed forms with you to your next appointment.

Talk openly and be upfront with your doctor.

Don't minimize your symptoms or the impact that your overactive bladder has on your life.

If you are already scheduled for a trial assessment, go to [www.everyday-freedom.com/trial](http://www.everyday-freedom.com/trial) to learn more about what to expect before, during and after your trial assessment procedure.

# InterStim Therapy Common Questions

## Q: Will my everyday activities be affected during the trial assessment?

You should take it easy during the trial assessment period. Avoid bending, stretching, or lifting heavy objects. You can usually continue to work throughout your trial assessment if your job doesn't require strenuous movement. Be aware that the trial assessment wire can move. Keep your activity level low to moderate.

## Q: Will the trial assessment cure my condition?

No. The trial assessment is temporary. Once the wire is removed, your original symptoms will return. The trial assessment helps your doctor determine the next course of treatment for your bladder control problems.

## Q: What is the next step after the trial assessment?

The trial assessment helps to determine whether your doctor will recommend implanting an internal device in an outpatient procedure, perform additional testing, or offer another course of treatment.

## Q: What does the stimulation feel like?

Stimulation varies from person to person, but most people describe it as a slight "pulling" or a "tingling" sensation in the pelvic area. It should not be painful. Talk to your doctor if you have any concerns.

## Q: What are the risks of long-term InterStim Therapy?

Complications may include pain at the implant site or new pain, infection or skin irritation, lead (thin wire) movement/migration, device problems, interactions with certain other devices or diagnostic equipment such as MRI, among others. For more risk information, refer to the back cover of this brochure.

## Q: Will insurance cover the costs?

Medicare and many other private insurance companies cover InterStim Therapy.

Watch this DVD of patient stories from people who suffered from the same symptoms you may be experiencing.  
Ask your doctor if a trial assessment is right for you.

*"I have my life back! I do things with my family and friends, and I am a part of my community again. My self confidence has increased."*

— KATHLEEN Z.  
Received InterStim Therapy in 2002



For more information about InterStim Therapy, visit [www.everyday-freedom.com](http://www.everyday-freedom.com).

### **Important Risk Information About InterStim Therapy**

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

USA Rx Only. Rev 0110

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

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