Medtronic

Ease into relief



Your guidebook for getting results with Medtronic bladder control therapy delivered by the NURO™ system

Regain **your freedom**



Congratulations! This therapy may restore* bladder function, putting you on a path to fewer trips to the bathroom and more of the activities you enjoy.[1] This guidebook explains what to expect during the first 12 weeks of your therapy – and how to sustain your relief over time.

Actual patients not pictured throughout this guidebook.

*Restored bladder function is defined as a measurable reduction in urinary frequency and/or urinary incontinence episodes following treatment.

1. Kobashi K, Nitti V, Margolis E, et al. A prospective study to evaluate efficacy using the NURO percutaneous neuromodulation system in drug naive patients with overactive bladder syndrome. *Urol* 2019; 131: 77-82.

Getting **started**

Here are four things you can do as you start your journey to relief.

Visit **medtronic.com/oab** to learn more.

Register for weekly support at **medtronic.com/signup**.

Schedule all 12 weekly appointments.

Use the Bladder Symptom Diary (see page 11).

How does it **work?**

Medtronic bladder control therapy delivered by the NURO™ system targets the tibial nerve to help you regain control of your bladder. The tibial nerve, which is located where the tibia (shinbone) meets the ankle, connects to the nerves that control your bladder. Our therapy stimulates this nerve through an acupuncture-like needle placed in the skin. It is known as "percutaneous tibial neuromodulation" or PTNM. Your doctor may also call it percutaneous tibial nerve stimulation (PTNS).

What does it feel like?

The therapy should not be painful, although you may feel a slight tingling in your heel. Don't worry – PTNM is convenient and comfortable. You'll be free to read or listen to music during the sessions.

Where is it delivered?

Therapy is delivered at your doctor's office. It starts with 12 weekly, 30-minute sessions.



Get your **life back**

Our therapy helps you live with less worry and more confidence. It can help you take back control of your bladder – and your life. It doesn't cause unpleasant side effects like oral medications can[2], and is unlikely to require self-catheterization, unlike injectable medications.[3]

Most common side effects of PTNM are temporary and include mild pain and inflammation at or near the stimulation site.

While the NURO™ device was not used in these studies, since it delivers equivalent stimulation therapy as the device used in the studies, a user can expect similar performance.

2. Peters KM, MacDiarmid SA, Wooldridge L. Randomized trial of percutaneous tibial nerve stimulation versus extended-release tolterodine: results from the overactive bladder innovative therapy trial. J Urol. 2009;182(3):1055-1061.

3. Visco A, Brubaker L, Richter HE et al. Anticholinergic Therapy vs. OnabotulinumtoxinA for Urgency Urinary Incontinence. New Engl J Med. 2012;367(19):1803-1813.



Start **your journey**

Your therapy begins with 12 weekly sessions. Make sure to go to all of them.



Appointment date and time:

Session 1 _____

Session 2 _____

Session 3 _____

Session 4 _____

Session 5 _____

Session 6 _____

Session 7 _____

Session 8 _____

Session 9 _____

Session 10 _____

Session 11 _____

Session 12 _____

Clinic name:

_____

Clinic phone #:

_____

Weeks 1 to 3

Start it up!

You've taken the most important step – the first one. Use the diary (see page 14) to record any improvements as well as how you're feeling.

Weeks 4 to 6

Stick with it!

Many people do not see results right away. If you're one of them – don't worry. This doesn't mean the therapy won't work for you.

Weeks 7 to 9

Think ahead!

Look at the discussion guide (see page 10), then talk with your doctor about sustaining your relief with maintenance therapy or considering other treatment options.

Weeks 10 to 12

Keep going!

If you are starting to see benefits by now – that's great! If not, don't stop. When you've completed all 12 sessions, you and your doctor will talk about your results and what happens next.

Why does this therapy take time to work?

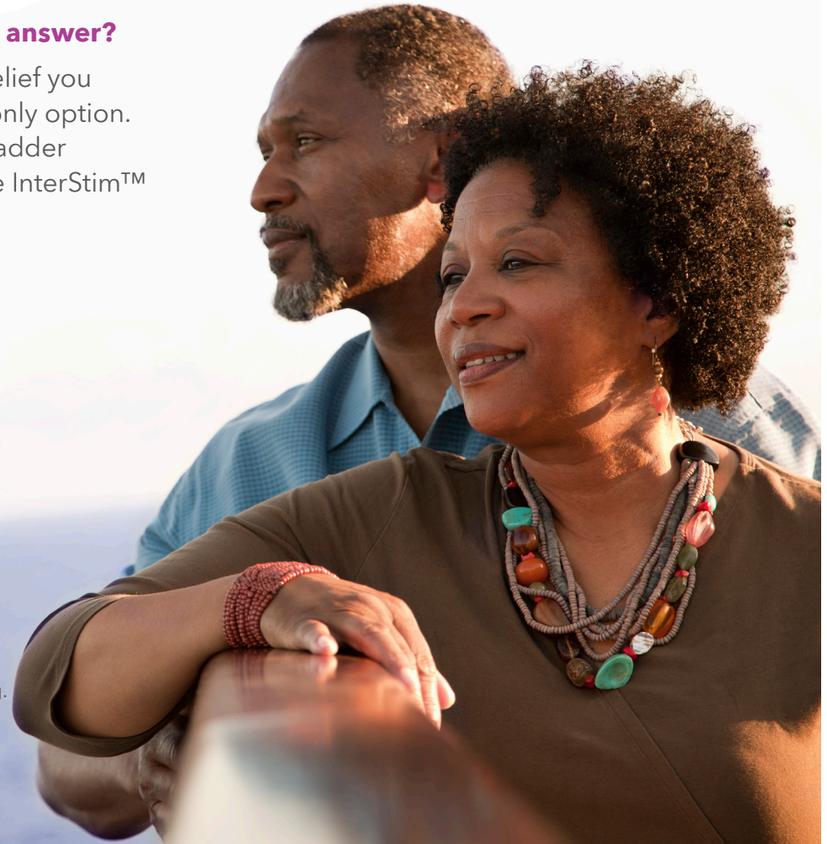
While it's not clear what causes overactive bladder (OAB), research suggests it is linked to poor bladder-brain communication.[4] Unlike most other OAB treatments, this therapy restores the communication pathway between the bladder and your central nervous system to help your bladder function normally. But it can only do so gradually.

What is maintenance therapy?

Maintenance sessions are the same as the first 12, but are scheduled every three to four weeks.

What if this therapy is not the answer?

If PTNM does not provide the relief you need, rest assured it is not the only option. Ask your doctor if Medtronic bladder control therapy delivered by the InterStim™ systems could work for you.



4. Griffiths D, Tadic SD. Bladder control, urgency, and urge incontinence: evidence from functional brain imaging. *Neurourol Urodyn.* 2008;27(6):466-474.

Extend your relief

Starting at week 8, use this discussion guide to talk with your doctor about what comes next.

If you're happy with your results, ask:

1. What should I do after my 12 weeks of therapy?
2. Are maintenance therapy sessions any different than the ones I just finished?
3. How often should I come in for maintenance therapy?
4. What can I do to make sure I get the most from my maintenance therapy sessions?
5. Will my insurance cover maintenance therapy?

If you're not sure you want to continue therapy, ask:

1. What are some other treatment options I could try?
2. Is Medtronic bladder control therapy delivered by the InterStim™ system an option for me?
3. Where can I go to learn more about the InterStim™ system?

Discussion notes

Track **your relief**

Use the Bladder Symptom Diary on the back of this page to track how you are feeling each week of the therapy. It can help guide discussions with your doctor and keep you on the right path.

At the last weekly session, the diary will help you and your doctor figure out the next step to take.

Download a diary at
medtronic.com/bladderdiary

"PTNM has improved my quality of life. It is such a relief not to have to be worrying about my bladder needs. It's a nice sense of freedom."

– Mary D., experiencing relief with Medtronic bladder control therapy delivered by the NURO™ system



Your bladder symptom diary

Track your symptoms in the diary according to your doctor's recommendations. If you had no episodes on a given day, record that as well. Please record your urgency rating even if you did not experience leakage. Talk with your doctor if you have questions about completing this diary.

		OVERACTIVE BLADDER (OAB)			RETENTION		
Date	Time	Urgency: 0–4 (4 is high)	Leak: 1–3 1. Slight 2. Moderate 3. Heavy	Did you change your protective pad/ underwear? Yes/No	Void Yes/No	Voided volume (mL or oz.)	Cathed volume (mL or oz.)

Do you feel that this therapy is providing you relief? **Yes** **No**

How would you characterize your improvement?

Slightly improved **Moderately improved** **Markedly improved**

Medtronic Bladder Control Therapy delivered by the NURO™ system treats overactive bladder and associated symptoms of urinary urgency, urinary frequency, and urge incontinence. This therapy is not intended for patients with pacemakers or implantable defibrillators, patients prone to excessive bleeding, patients with nerve damage that could impact either percutaneous tibial nerve or pelvic floor function, or on patients who are pregnant or planning pregnancy. Do not use if the skin in the area of use is compromised. Exercise caution for patients with heart problems. Adverse events are typically temporary, and include mild pain, minor inflammation and bleeding near treatment site.

These therapies are not for everyone. These treatments are prescribed by your doctor. Please talk to your doctor to decide whether these therapies are right for you. Your doctor should discuss all potential benefits and risks with you. Although many patients may benefit from the use of these treatments, results may vary. For further information, please call Medtronic at 1-800-328-0810 and/or consult Medtronic's website at 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.

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.

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.

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).

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