

Boston
Scientific



Trial System

SPECTRA
WAVEWRITER™
Spinal Cord Stimulator System



Getting to know your Trial System

This booklet will walk you through the basics of what you need to know for your Trial System.

Make sure to read your Patient Trial Handbook carefully to learn how to use your Trial System and its components.

An overview

Spectra WaveWriter™ Spinal Cord Stimulator Trial System



Trial Stimulator: This is used to generate electrical impulses to interrupt the pain signals travelling to your brain.

Remote Control: Your remote will help you adjust your stimulation for optimal pain improvement.

Cable: This is a plastic-coated wire with a box that attaches the lead to the Trial Stimulator. You will have either one or two plastic-coated wires.

Lead: The lead is an implantable wire that delivers stimulation to your spinal cord and interrupts the pain signals. You will have either one or two leads.

Velcro belt: This waistband is used to comfortably hold the Trial Stimulator in place.

Handle with care. It's important to take care of your Trial System during use. Make sure to **keep the device away from water or extreme heat and cold** and follow the instructions in your Patient Trial Handbook.

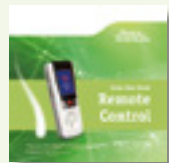
The Freelink™ remote control: The gateway to controlling your pain

Your remote control enables you to:

- Start or stop stimulation.
- Increase or decrease stimulation.
- Change your stimulation program.
- Rate your therapy.

Make sure to charge your remote often – the home screen will show you when the battery is low.

Hold the remote close to your stimulator when using it to ensure the best communication between the two devices.



Find out more about how your remote control works by reading the *SCS Freelink™ Remote Control Quick Start Guide*.

Your Trial System is designed for maximum safety

Take care not to pull the cables in your Trial System too hard. However if you do, the cables are designed to disconnect from the leads, which lowers the risk of the leads shifting to a different part of the spinal cord.

But if you think your leads may have migrated ...

Turn your stimulator off and contact your physician if you feel a change in the way you experience stimulation or have unexpected pain in your ribs or abdomen.

Top tips for using your Trial System safely

You should take the time to discuss with your physician **the specific details** on what to expect with recovery and the activities you can take part in during and after your Spectra WaveWriter™ SCS trial. You should also always **contact your physician** if you have any questions during your trial.

A few precautionary measures to remember are:

- **Stick to limited physical activity:** **Avoid lifting objects over 2kg**, raising your arms above your head, twisting or bending, and pulling cables or leads.
- **Replace showers or baths with sponge baths** during the trial. Before taking a sponge bath, always **turn the trial stimulator off**, remove from the Velcro belt, disconnect cables from the trial stimulator and secure the leads.

- **Don't drive without your doctor's permission.** And if you do drive, always make sure to **turn your trial stimulator off**.
- **Check your incision site regularly:** Watch out for any redness or fluid and let your physician know if you develop a **fever or increased pain at the incision site**.
- If you're thinking of undergoing **any medical or dental procedures** in the same time period as your spinal cord stimulator trial, make sure to **check back with your pain specialist**.



*Take a look at the **Patient Trial Handbook** for warnings on procedures like:**

- Magnetic Resonance Imaging (MRI)
- Lithotripsy
- Electrocautery
- Radiation therapy
- External defibrillation
- Diathermy

* Information provided is not intended as a replacement for the Spectra WaveWriter™ Patient Trial Handbook.

Let your doctor know how the Trial System worked for you

The SCS Trial System gives you the chance to try out SCS for yourself to see if it could be a future therapy option. This means it's important for your doctor to know **how stimulation feels for you** as an individual and of course **whether it provides pain relief**.

Depending on the therapy that was configured by your healthcare provider, you may be able to enter a **Therapy Rating**. The Therapy Rating is a way for you to record real time preferences to different therapy types you may receive. Your preferences are recorded on a five star rating scale – these will be helpful when discussing possible future Spinal Cord Stimulation therapy with your physician.



What counts for success

Your physician will discuss with you what successful pain therapy really means for you.

Generally, the check points you're looking for are:

- Reducing your pain by **at least 50%**.
- Reducing your need for **pain medication**.
- Being able to **return to daily activities**.
- Being able to **relax and sleep better**.

However, please be aware that there may be differences in how each clinic and doctor judges success – and most importantly **how you yourself feel**. Make sure to discuss expectations with your doctor as well as how to report on your experiences with the trial system.



We hope
you are **feeling
better soon!**

*You can also find out more
on our website:
[http://www.bostonscientific.com/
en-EU/home.html](http://www.bostonscientific.com/en-EU/home.html)*



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