

Boston
Scientific

Advancing science for life™



THE SPINAL CORD STIMULATION TRIAL

Test drive personalised SCS therapy with a temporary trial system.





Understanding Your SCS Trial

Test drive our therapy
– and our patient care

Before getting a Boston Scientific Spinal Cord Stimulator (SCS) system, the SCS trial lets you see how the therapy works for you:

- The trial uses a temporary trial system
- It usually lasts from 3 to 7 days
- It is designed to be completely reversible, with no long-term commitments

You'll also have a chance to see what kind of support you can expect from Boston Scientific. A Clinical Specialist will help you before, during, and after the trial to help make your experience as successful as possible.

“The option to have a trial was almost like a security blanket, because I knew it wasn't going to be permanent.”

- KAREN M.



Preparing for Your Trial

Plan ahead with these simple steps

Before your trial begins, talk to your Pain Management Specialist about what to expect from the trial process. A Boston Scientific Clinical Specialist will also be available before, during, and after the trial to provide help and support.

Here are a few things you can do to prepare:

- Consider scheduling your trial during a time when you don't have any big events or work commitments.
- Rearrange kitchen and bathroom items so everything you need is within reach.
- Make sure you have plenty of comfortable, loose-fitting clothing, and consider footwear you can easily slip on and off.
- Talk to your doctor and Clinical Specialist ahead of time about any activities you'd like to try during the trial.

**"I took my SCS on
a test drive and walked
around the zoo. It was
the first time in years
I didn't have to stop
every 10 to 15 feet."**

- MARY M.

Beginning Your Trial

Here's what to expect during the initial procedure

- Your doctor places temporary leads in your back with a procedure similar to an epidural injection.
- The leads are connected to an External Trial Stimulator (ETS), usually worn on your waist. This device sends mild electrical pulses through the leads to nerves in your back, interrupting pain signals en route to the brain.
- Your stimulator is programmed to personalise your therapy and your Clinical Specialist shows you how to make adjustments with the remote control.



If you decide to proceed with a full implant after your trial, you will undergo a new procedure with a much smaller, implantable device.



Experiencing Your Trial

See how SCS therapy relieves your pain

For the next 3-7 days, you'll discover what it is like to experience SCS.

During your trial, be sure to:



Follow any instructions your doctor gives you.



Avoid bending, lifting, or twisting, as these can cause your temporary leads to move out of place.



Avoid getting the External Trial Stimulator (ETS) wet. This means no swimming, bathing, or showering during the trial, although you will be able to take sponge baths. (There are no such restrictions with the implanted system.)



Keep a log of your experience.

Share any feedback with your doctor and Clinical Specialist.



Contact your Clinical Specialist anytime throughout the trial if you have questions or concerns.

"When I had the trial stimulator turned on, I had tears running down both cheeks. Tears of joy."

- NEIL D.

At the end of the trial, your doctor will remove your leads in an outpatient procedure.



Evaluating Your Trial

What a successful SCS trial looks like

SCS is generally considered effective if any of these outcomes are achieved:

- Your pain is reduced by at least 50%
- You're able to get back to your daily activities
- Your need for pain medication is reduced
- You're able to relax and sleep better
- Your personal goals were achieved

Your doctor will review your trial with you to assess how effective it was. Just as your pain is unique, so is the relief you may experience with SCS therapy.

In a clinical study conducted at a single trial site in the United Kingdom over a 7.5 year period



More than 90% of the Boston



Scientific trial participants reported a successful experience and opted to get a permanent implant¹

95%

9 out of 10 patients said they were satisfied with their therapy and 95% would recommend it to others¹



Taking the Next Step

Learn how to make your pain relief permanent

After a successful trial, your doctor will talk to you about moving forward with the implant procedure.



RelieveMyPain.com.au

Our website has videos and information on SCS and answers to commonly asked questions.

To learn more about SCS with Boston Scientific, talk to your pain Management Specialist or go to RelieveMyPain.com.au

The patient quotes in this brochure describe real personal experiences. Individual results may vary. Patients can experience different levels of pain management and different changes in their activities and use of medications. Consult with your doctor to determine if you are a candidate for SCS therapy and what you may gain from the therapy.

Reference:

1. Thomson, S. J., Kruglov, D. and Duarte, R. V. (2017), A Spinal Cord Stimulation Service Review From a Single Centre Using a Single Manufacturer Over a 7.5 Year Follow-Up Period. *Neuromodulation: Technology at the Neural Interface*, 20: 589 -599. doi:10.1111/ner.12587. N=321

This material is for informational Purposes only and not meant for medical diagnosis. This information does not constitute medical or legal advice, and Boston Scientific makes no representation regarding the medical benefits included in this information. Boston Scientific strongly recommends that you consult with your physician on all matters pertaining to your health.

Talk to your healthcare professional about whether this product may be suitable for you as part of your overall plan to manage chronic pain.

The WaveWriter Alpha System is not a first-line treatment for chronic intractable pain. Surgery is required in order to use the WaveWriter Alpha System and any surgical procedure carries risk.

Outcomes may vary for each patient.

Patients should consult their healthcare professional about factors that could impact their response.

THIS PRODUCT IS NOT AVAILABLE FOR PURCHASE BY THE GENERAL PUBLIC

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**Boston
Scientific**
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Boston Scientific Pty Ltd PO
Box 332

Botany NSW 1455 Australia
Tel +61 2 8063 8100

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