MyStim® Programmer

QUICK GUIDE FOR CHRONIC PAIN

Model 97740

Programmer Keys

DECREASE
• Lowers a parameter.

INCREASE
• Increases a parameter.

NEUROSTIMULATOR ON
• Turns neurostimulation on.

NEUROSTIMULATOR OFF
• Turns neurostimulation off.

SYNC
• Communicates with neurostimulator.
• Press at the beginning of each session or to activate a new group.

POWER
• Turns programmer on and off.
• Holding key down turns screen backlight on or off.

NAVIGATOR KEYPAD
• Press up ▲ and down ▼ keys to move the selection box to desired row.
• Press left ◀ and right ▶ keys to see additional options in a desired row (if your doctor has made them available).

Front View

Side View

Programmer Screen Overview

Program number
• Shows program for group displayed.

Parameter row
• Shows icons and settings for program's parameters that you can change.
• Options icon ◀▶ appears only when other parameters are available.

Amplitude
Changes how strong the stimulation feels or the spread of the stimulation area.

Pulse Width
Changes how strong the stimulation feels or the spread of the stimulation area.

Rate
Changes how smooth the stimulation feels. Rate feels like "tapping."

Amplitude Group Adjust
Changes all program amplitudes for the active group at the same time.

Selection box
• Shows which row is selected.
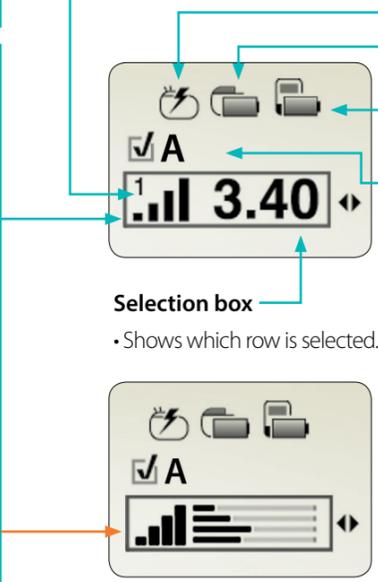
Status row
• Neurostimulator ON/OFF
• Implantable neurostimulator battery level
• Programmer battery level

Group row
• Shows current group.
• Checkbox ✔ shows active group.
• Group Name is identified by a letter (A-H).
• Options icon ◀▶ appears only when other groups are available.

Programmer Functions

Turning the neurostimulator ON or OFF
• Hold the programmer over the neurostimulator and press the NEUROSTIMULATOR ON 🔘 or OFF 🔘 key.

ON

OFF

Synchronizing the programmer and neurostimulator
• Hold the programmer over the neurostimulator and press the SYNC 🔘 key.

SYNC Key
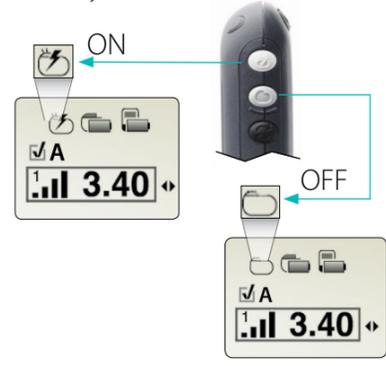
Checking MyStim programmer battery level

1. Synchronize the programmer and neurostimulator 🔘.
2. Examine the programmer battery icon in the top row.

Programmer battery level

Replace batteries ← → New batteries
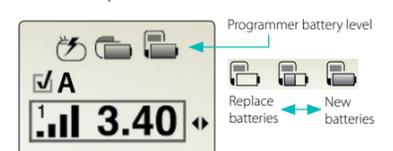
Return to Clinician Settings

1. Verify the appropriate group is active ✔ on the **Group** row.
2. Use the up ▲ and down ▼ NAVIGATOR keys to select the **Status** row.
3. Use the left ◀ and right ▶ NAVIGATOR keys to select **Return to Clinician Settings**.
4. Synchronize the programmer and neurostimulator 🔘.

Changing a group

1. Synchronize the programmer and neurostimulator.
2. Use the up ▲ and down ▼ NAVIGATOR keys to select the **Group** row.
3. Use the left ◀ and right ▶ NAVIGATOR keys to select a group.

4. Synchronize the programmer and neurostimulator 🔘.
5. Verify that the group is active ✔.

Audio alerts

One long beep
• Programming was successful.

Three short beeps
• Highest or lowest parameter limit reached, OR
• Programming was not successful because:
  – stimulation is turned off.
  – programmer could not communicate with the neurostimulator.
  – changes are being made to an inactive group.

Tips
• Always synchronize your programmer and neurostimulator at the beginning of a programming session 🔘.
• Center the programmer within two inches of the neurostimulator when programming.
• The neurostimulator must be on 🔘 to increase a parameter for an active group.

Adaptive Stim®

Using AdaptiveStim®

If your clinician has programmed AdaptiveStim® and AdaptiveStim is turned on, the AdaptiveStim On icon (Ⓐ) will appear in the **Status** row on the **Therapy** screen.

Status row
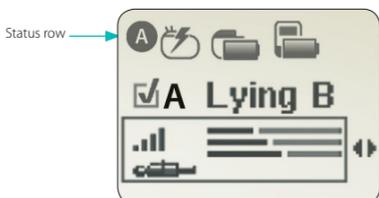
- If AdaptiveStim is on and your therapy is on, your amplitude settings will change automatically in response to your position changes.
- If AdaptiveStim is turned off, only the Neurostimulator On icon (🚴) and Neurostimulator Off icon (🔲) will display in the upper left corner of the **Status** row.
- AdaptiveStim must be turned on in order to view AdaptiveStim information on the **Therapy** screen.

Making adjustments to AdaptiveStim

If you make an adjustment to your stimulation with AdaptiveStim on and want to have that adjustment remembered for a certain position:
  – make the adjustment and;
  – stay in that current position for at least three minutes.

Note: If you change position while increasing or decreasing your stimulation amplitude, the AdaptiveStim icon or text will blink, indicating the MyStim programmer has updated to the current AdaptiveStim position.

Use the definitions listed on the inside cover of the Quick Guide to understand the AdaptiveStim position names and icons on the **Therapy** screen.

Turning AdaptiveStim On and Off

Complete the following steps to turn AdaptiveStim On or Off.

1. Synchronize the MyStim programmer and neurostimulator.
   a. Hold the MyStim programmer directly over your neurostimulator with the screen facing outward.
   b. Press the SYNC ⬭ key. The **Therapy** screen appears.

AdaptiveStim On
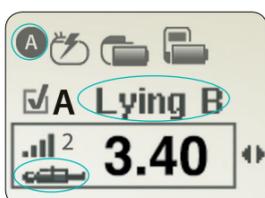
2. Press the up ▲ arrow on the NAVIGATOR key to move the selection box to the **Status** row.

3. Press the right ▶ arrow on the NAVIGATOR key to move the selection box to the AdaptiveStim preference.

Note: The preference screen displays the AdaptiveStim state that you will change to.

For example, if AdaptiveStim is currently turned on, the AdaptiveStim Off icon will be displayed on the **Preference** screen.

4. Press the SYNC ⬭ key to send the change to your neurostimulator and return to the **Therapy** screen.

AdaptiveStim Off
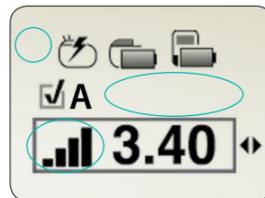
Note: With the AdaptiveStim Off, you will not see the AdaptiveStim On icon, position name next to the Group, or position icon.

AdaptiveStim groups and positions

Your clinician can program specific amplitudes for each of the following six positions:

Position Icon	Position Description	Position Abbreviation
	Standing or sitting upright	Upright
	Lying on your back	Lying B
	Lying on your front	Lying F
	Lying on your right side	Lying R
	Lying on your left side	Lying L
	Mobile while upright	Mobile

AdaptiveStim position abbreviations are displayed on the **Group** row of the **Therapy** screen. AdaptiveStim position icons are displayed on the **Parameter** row.

Position abbreviation
Position icon
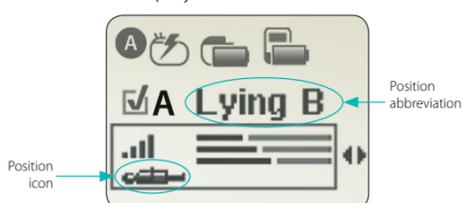
Note: If you change positions after synchronizing, re-synchronize in order to view updated positions and settings.

MRI Mode

Detailed instructions for activating and deactivating MRI Mode using your patient programmer (Model 97740 or later) are available at **mrisurescan.com/prepare**. A high-level summary of those instructions is provided here.

> MRI Mode should be activated before you enter the MRI scanner (magnet) room. Do not turn stimulation back on before your MRI scan. Leaving stimulation on during the scan could increase the potential for uncomfortable, unintended stimulation.

To activate MRI Mode:

1. Synchronize the patient programmer and the neurostimulator. Hold the patient programmer directly over your neurostimulator with the screen facing outward. Press the SYNC key. The **Therapy** screen will appear.
2. Press the up arrow on the NAVIGATOR key to move the selection box to the **Status** row on the **Therapy** screen.
3. Press the left or right arrows on the NAVIGATOR key to move the selection box until the **MRI Mode Activation** screen appears.
4. Hold the patient programmer directly over your neurostimulator with the screen facing outward and press the SYNC key.

MRI Mode is now activated and your stimulation is turned off. The **MRI Scan Eligibility** screen will display a set of icons indicating your MRI scan eligibility. Do not press any other keys once MRI Mode is activated.

To deactivate MRI Mode:

1. Hold the patient programmer directly over your neurostimulator with the screen facing outward and press the SYNC key.
2. Hold the patient programmer directly over your neurostimulator with the screen facing outward and press the NEUROSTIMULATOR ON key.
3. Verify that the Neurostimulator On icon is displayed on the **Status** row of the **Therapy** screen.

Information Screens		What to Do
Upper Limit (amplitude shown)	**Lower Limit** (amplitude shown)	Press any arrow on the NAVIGATOR key to clear the screen.
	Synchronize	Synchronize the programmer and neurostimulator.
	Press NEUROSTIMULATOR ON key	Turn your neurostimulator ON ⬭ and try communication again.
	Programmer batteries are low	Replace the MyStim programmer batteries before the batteries become depleted.
	Poor communication	Reposition the programmer over the neurostimulator with the screen facing outward and try again. If using a detachable antenna, check to make sure the antenna is connected properly, reposition the antenna, and try again.

Warning Screens		What to Do
	Replace programmer batteries	Replace the MyStim programmer batteries now.
	Call doctor	Write down the code shown on the screen. Call your clinician.

Communication Screen		What to Do
	Communication	Normal communication. No action is needed.

Situation	Action
AdaptiveStim stimulation for a specific position is uncomfortable.	While in the applicable position, decrease amplitude(s) and remain in that position for at least three minutes.
AdaptiveStim stimulation for a specific position is not adequately covering your pain.	While in the applicable position, increase amplitude(s) and remain in that position for at least three minutes.
You are unable to adjust AdaptiveStim stimulation while in a specific position.	Make the desired stimulation adjustment, then get in the desired position within three minutes and stay there for at least three minutes.
Stimulation becomes uncomfortable while riding in a car or another type of transportation.	Turn AdaptiveStim off.
Stimulation becomes uncomfortable while moving in an elevator, escalator, etc.	Turn AdaptiveStim off.
You do not want to feel therapy when in a certain position.	Adjust your amplitude to zero to turn your therapy off instead of turning the neurostimulator off.
Patient is in unknown position. The AdaptiveStim icon displays in the group line instead of position text.	Make a position adjustment and resynchronize in order to verify position.

See your MyStim programmer user manual for complete instructions and information on warnings, precautions, risks, and benefits. Rx only.