



Axonics™ SNM System Trial

Patient Post-Operative Instructions



Congratulations on taking your first step towards determining if sacral neuromodulation can reduce your symptoms. We at Boston Scientific, along with your physician, want you to have a successful experience during your evaluation period. Having your stimulation ON and at an appropriate level is critical for you to benefit from the therapy. Below you will find basic instructions and reminders that can help you during your evaluation period.

Activity and Lifestyle Instructions

- **Limit activity during evaluation period.** Keep your activity level low to moderate following your procedure. Avoid strenuous exercises (like cycling, running, weight lifting, CrossFit, Pilates) and deep bending or stretching activities (like yoga) nor sexual activities.
- You may experience mild discomfort at the incision site.
- Do not bathe or shower during your evaluation period. You may use wet wipes as needed.
- Follow your physician's instructions on when to return to work.

Managing Your Stimulation

- **Your stimulation should be on 24 hours per day during your trial. Do not turn off stimulation, unless you are feeling persistent pain or are directed to do so by your physician.** Without continuous stimulation you and your physician may not be able to determine if sacral neuromodulation can reduce your symptoms. If, for any reason, you have turned off stimulation, please notify your physician.
- **As a reminder, you do not have to feel stimulation at all times if your symptoms are controlled. If your symptoms have not improved, you should increase your stimulation level, so you feel sensation**

Dressing and Wound Care

- Do not remove dressing or try to redo it yourself. You may add medical tape to help ensure your dressing stays on during your evaluation period. If your dressing comes off and your wires and cables are exposed, please contact your physician to set an appointment to address this issue.

Please bring your remote control with you to your follow-up appointment. If you have medical questions about issues such as bleeding or pain, please contact your physician directly.



Patient Name: _____



Your Follow-up Appointment is:

Date/Time: _____

Remote Control Quick Guide for Trial Stimulators

① Connect



Press the center "connect" button. The top lights on the remote will flash as it connects to your Stimulator.



The remote control is **connected** when the program light and battery status lights are on.

If all the lights are off, the remote control did not connect. Move the remote control closer to the stimulator and try again.

Note: Contact your doctor if you see a red light next to the battery status light.



② Check Status



Stimulation level

The strength of your stimulation.

Program Light

Indicates which program is active.

Stimulator Battery Status

Days of therapy left.

● **Green** (solid): 4 or more days

● **Orange** (solid): 2 to 4 days

● (flashing): Less than 2 days

Note: After you connect your remote control, if your stimulation is off, you will still see a light under Program 1 or 2.



Stimulation On Level 3, Program 1



Stimulation Off Program 1

③ Adjust Stimulation



To change your stimulation

Press: Turn up stimulation one level
Press + Hold: Turn on stimulation (if off)

Press: Turn down stimulation one level
Press + Hold: Turn off stimulation (if on)

④ Switch Program (as directed)



To change your active program

After connecting, press and hold the center button for at least 5 seconds. The light will switch from the "1" to the "2" (or the other way).

Turn up stimulation level as needed.

Note: If the light under "1" or "2" flashes instead of switching, a new program is not available.



www.bostonscientific.eu

© 2026 Boston Scientific Corporation
or its affiliates. All rights reserved.

URO-2487802-AA

CE 2797

CAUTION: The law restricts these devices to sale by or on the order of a physician. Indications, contraindications, warnings, and instructions for use can be found in the product labelling supplied with each device. Products shown for INFORMATION purposes only and may not be approved or for sale in certain countries. This material not intended for use in France.