

Boston  
Scientific

Advancing science for life™



## THE SPINAL CORD STIMULATION TRIAL

Test drive personalized 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 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:

- Patient Care and Education Specialists to answer questions and help you prepare
- The groundbreaking mySCS™ app to help you set goals and track progress
- A Boston Scientific Clinical Specialist to 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 physician 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.



# Using the Boston Scientific mySCS App

Track your progress and get access to your care team

If you have a smartphone or tablet, be sure to download Boston Scientific's mySCS™ app. This free app is intended to help you have the best possible SCS trial experience.

**During the trial, use the mySCS app to:**

- Set your personal goals and track your progress
- Get instant access to essential information
- Connect directly to your care team



*The mySCS app is designed to be simple to use. Your Boston Scientific Clinical Specialist will help get you started.*



# Beginning Your Trial

## Here's what to expect during the initial procedure

- Your physician places temporary leads in your back with a simple 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 personalize 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 physician 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 in the mySCS™ app or on paper.



Share any feedback with your physician 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 physician will remove the leads in a simple outpatient procedure.



# Evaluating Your Trial

## What a successful SCS trial looks like

Your physician 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.

### SCS is generally considered effective if:

- 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

## In a clinical study of patients who tried SCS<sup>1</sup>



90% decided to go ahead with the full implant

95%

95% of those patients said they would recommend SCS

# Taking the Next Step

Learn how to make your pain relief permanent

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



**Pain.com**

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



**Patient Ambassadors**

Talk one-on-one with a real SCS patient about their personal experience with SCS. Call 1-800-819-4727 to schedule a call.



**Boston Scientific Care Specialists**

Our U.S.-based Care Specialists can be reached for information and support at 1-833-724-7311.



**mySCS app**

The mySCS™ app includes useful articles and information on SCS therapy.



“After the second day of my trial we scheduled the full implant. My success was that phenomenal.”

- MARY M.



# To learn more about SCS with Boston Scientific, talk to your Pain Management Specialist or go to Pain.com.

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

Results from case studies are not necessarily predictive of results in other cases. Results in other cases may vary. Results from different clinical investigations are not directly comparable. Information provided for educational purposes only.

**Indications for Use.** The Boston Scientific Spinal Cord Stimulator Systems are indicated as an aid in the management of chronic intractable pain of the trunk and/or limbs including unilateral or bilateral pain associated with the following: failed back surgery syndrome, Complex Regional Pain Syndrome (CRPS) Types I and II, intractable low back pain and leg pain. Associated conditions and etiologies may be: radicular pain syndrome, radiculopathies resulting in pain secondary to failed back syndrome or herniated disc, epidural fibrosis, degenerative disc disease (herniated disc pain refractory to conservative and surgical interventions), arachnoiditis, multiple back surgeries.

**Contraindications.** The Spinal Cord Stimulator systems are not for patients who are unable to operate the system, have failed trial stimulation by failing to receive effective pain relief, are poor surgical risks, or are pregnant.

Boston Scientific's ImageReady™ MRI Technology makes safe MRI head scans possible. Patients implanted with the Precision Spectra™ or Spectra WaveWriter™ Spinal Cord Stimulator Systems with ImageReady™ MRI Technology are "MR Conditional" only when exposed to the MRI environment under the specific conditions defined in the applicable ImageReady™ MRI Head Only Guidelines for Precision Spectra™ or Spectra WaveWriter™ Spinal Cord Stimulator Systems.

Boston Scientific's ImageReady™ MRI Full Body Technology makes safe MRI scans possible. The Precision Montage™ MRI, WaveWriter Alpha™ and WaveWriter Alpha™ Prime SCS Systems with ImageReady™ MRI Full Body Technology are "MR Conditional" only when exposed to the MRI environment under the specific conditions defined in the applicable ImageReady™ MRI Full Body Guidelines for Precision Montage™ MRI or WaveWriter Alpha™ and WaveWriter Alpha™ Prime Spinal Cord Stimulator Systems.

**Warnings.** Patients implanted with Boston Scientific Spinal Cord Stimulator Systems without ImageReady™ MRI Technology should not be exposed to Magnetic Resonance Imaging (MRI). Exposure to MRI may result in dislodgement of the stimulator or leads, heating of the stimulator, severe damage to the stimulator electronics and an uncomfortable or jolting sensation. As a Spinal Cord Stimulation patient, you should not have diathermy as either a treatment for a medical condition or as part of a surgical procedure. Strong electromagnetic fields, such as power generators or theft detection systems, can potentially turn the stimulator off, or cause uncomfortable jolting stimulation. The system should not be charged while sleeping. The Spinal Cord Stimulator system may interfere with the operation of implanted sensing stimulators such as pacemakers or implanted cardiac defibrillators. Advise your physician that you have a Spinal Cord Stimulator before going through with other implantable device therapies so that medical decisions can be made and appropriate safety measures taken. Patients using therapy that generates paresthesia should not operate motorized vehicles such as automobiles or potentially dangerous machinery and equipment with the stimulation on. Stimulation must be turned off first in such cases. For therapy that does not generate paresthesia (i.e. subperception therapy) it is less likely that sudden stimulation changes resulting in distraction could occur while having stimulation on when operating moving vehicles, machinery, and equipment. Your doctor may be able to provide additional information on the Boston Scientific Spinal Cord Stimulator systems. For complete indications for use, contraindications, warnings, precautions, and side effects, call 866.360.4747 or visit Pain.com.

**Caution:** U.S. Federal law restricts this device to sale by or on the order of a physician.

All trademarks are the property of their respective owners.

**Boston  
Scientific**  
Advancing science for life™

25155 Rye Canyon Loop  
Valencia, CA 91355 USA

Copyright © 2022 by  
Boston Scientific Corporation  
or its affiliates. All rights reserved.

NM-596806-AC