

# Enterra<sup>®</sup> Therapy Discussion Guide

This guide will help you start a conversation with your doctor about your experiences with chronic nausea and vomiting due to gastroparesis and treatment options, including Enterra Therapy.



**"I have my life back...  
even more so than  
I could have ever  
imagined."**

Sadila, Enterra Therapy Recipient,  
United Kingdom

Sadila's experience is unique to her  
and individual results may vary.

# Next Steps

Fill out this discussion guide and bring it to your next appointment.

1

**Schedule an appointment with your gastroenterologist** to discuss Enterra Therapy and your concerns with chronic nausea and vomiting due to gastroparesis. Your doctor will determine appropriate screening tools and diagnostic tests for you.

2

**Connect with a doctor who implants and/or manages Enterra Therapy patients** to discuss treatment options and associated risks. With your doctor's help, you can choose the treatment option that is most appropriate for you.

3

**Prepare for your appointments by filling out this discussion guide** to track your symptoms and capture any questions you have for your doctor.

## Enterra Therapy Eligibility

To be eligible for Enterra Therapy, patient must:



have gastroparesis



have chronic, intractable (has not responded to medication) nausea and vomiting

# Preparing for your Appointment

**My Next Appointment:** \_\_\_\_/\_\_\_\_/\_\_\_\_

To give your doctor examples of the issues you have experienced, mark the severity and frequency of gastroparesis symptoms by using the following scores:

## Severity:

- 0 = absent
- 1 = mild (not influencing normal activities)
- 2 = moderate (diverting from, but not urging modification of, usual activities)
- 3 = severe (influencing usual activities severely enough to urge modifications)
- 4 = extremely severe (requesting bed rest)

## Frequency:

- 0 = absent
- 1 = rare (1 time/week)
- 2 = occasional (2-4 times/week)
- 3 = Frequent (5-7 times/week)
- 4 = extremely frequent (> 7 times/week)

## SYMPTOM

### 1. Vomiting

**Definition:** Forceful expulsion of stomach content from the mouth. It should be distinguished from retching, which is defined as "heaving as if to vomit."

### 2. Nausea

**Definition:** Feeling sick to your stomach as if you were going to vomit.

### 3. Early satiety

**Definition:** A feeling that the stomach is over-filled soon after starting to eat so that you are not able to finish a normal-sized meal.

### 4. Bloating

**Definition:** Feeling like you need to loosen your clothes. Stomach or belly is visibly larger.

### 5. Postprandial fullness

**Definition:** Feeling excessively full after meals.

### 6. Epigastric pain

**Definition:** The epigastrium can be identified as an area approximately the size of one hand in the central part of the upper abdomen. The pain should be distinguished from discomfort, which is defined as a subjective, negative, and unpleasant feeling that "does not hurt."

### 7. Epigastric burning

**Definition:** Burning is a special type of pain that can be described as an "inside flame."



# At the Appointment

What questions might you have for your doctor?

Write them down and keep track of how your doctor answers.

Q: \_\_\_\_\_

\_\_\_\_\_

A: \_\_\_\_\_

\_\_\_\_\_

If you and your doctor decide that Enterra Therapy is right for you, you may be referred to a centre in your area.

Scan the QR code to find a doctor who specialises in Enterra Therapy



Learn more about Enterra Therapy at [www.enterramedical.uk](http://www.enterramedical.uk)

In 2002, Enterra Therapy received the Conformité Européene (CE) mark, making the device commercially available in Europe.  
In 2022, Enterra Medical assumed commercial responsibility of Enterra Therapy.

**Enterra Medical is dedicated to helping more people with chronic gastroparesis live better lives through advancing technology, bolstering clinical science, and accelerating patient access to Enterra Therapy.**

The information provided in this brochure is for general educational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. Always talk to your doctor about the best treatment options for your individual situation.

#### Important Safety Information

**Indication:** The Enterra® Therapy System for gastric electrical stimulation (GES) is indicated for the treatment of chronic intractable (drug refractory) nausea and vomiting secondary to gastroparesis.

**Contraindications:** Diathermy can result in severe injury or death. If you are implanted with an Enterra or Enterra II System should you not receive magnetic resonance imaging (MRI).

**Warnings and Precautions:** It is not known if the system is safe and effective for pregnant women, for patients under the age of 18, or patients over the age of 70.

Strong sources of electromagnetic interference (EMI) can result in serious injury, system damage, or changes to therapy delivery. The system may be affected by or adversely affect cardiac devices, electrocautery, defibrillators, ultrasonic equipment, radiofrequency (RF)/microwave ablation, radiation therapy, MRI and theft detectors/screening devices.

You should avoid activities that may put undue stress on the implanted system (activities that include sudden, excessive, or repetitive bending, twisting, bouncing, or stretching that can cause damage to the implanted system).

**Adverse events:** Adverse events related to the therapy, device, or procedure can include infection, pain at the surgery site, device components may wear through the skin, bruising at the neurostimulator site, bleeding, loss of therapeutic effect, undesirable change in stimulation (described as a jolting, shocking or burning sensation). The system could stop because of mechanical or electrical problems. The lead can become entangled with the bowel and cause life-threatening blockage or infections that require immediate medical attention. Any of these situations may require additional surgery or cause your symptoms to return.

For further information, please see the patient manual and discuss the risks and benefits with your physician. For use by healthcare professionals only.

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