



Enterra[®] 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 nausea and vomiting
(have not responded to medication)

To see how Enterra Therapy works, visit,
www.enterramedical.uk/introduction-to-enterra-therapy

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: _____

Q: _____

A: _____

Q: _____

A: _____

Q: _____

A: _____

Q: _____

A: _____

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

In 2002, Enterra Therapy received the Conformité Européene (CE) mark, making the device commercially available in Europe.

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.

EC REP Authorized Representative

Emergo Europe B.V.
Westervoortsdijk 60
6827 AT Arnhem,
The Netherlands
www.emergobyul.com

CE0123

www.enterramedical.uk

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