Patient Information Guide

Understanding Peripheral Artery Disease

Innova™ Vascular Self-Expanding Stent System
Table of Contents

Glossary ...................................................................................................................................................... 2

What is Peripheral Artery Disease? ........................................................................................................ 4

Treating Peripheral Artery Disease ........................................................................................................ 5

Peripheral Artery Disease treatment options .......................................................................................... 6

Risks ............................................................................................................................................................ 8

Clinical Data Summary .............................................................................................................................. 10

Before your procedure .............................................................................................................................. 11

During a typical stenting procedure .......................................................................................................... 13

After a typical stenting procedure ........................................................................................................... 14

Stent implant card .................................................................................................................................. 15

Living with Peripheral Artery Disease .................................................................................................... 16
Glossary

**Angioplasty**
A minimally invasive treatment of the arteries that opens blocked arteries.

**Anticoagulant and Antiplatelet**
Medicines that slow down the clotting of blood.

**Artery**
A blood vessel that carries oxygen-rich blood away from the heart to the rest of the body.

**Atherosclerosis**
A disease in which the flow of blood is slowed down by plaque in the arteries.

**Balloon Angioplasty**
Inflating a balloon catheter in the blood vessel to open a blocked artery.

**Balloon Catheter**
A thin tube with a balloon attached to the tip that can be inflated to open blocked arteries.

**Blood Vessel**
Any of the veins and arteries that carry blood to and from the heart.

**Bypass**
A surgical procedure used to create an alternate route for blood to flow to the legs around narrowed or blocked arteries.

**Catheter**
A long, flexible tube that can be passed through the blood vessels.

**Contrast Dye**
X-ray dye used in diagnostic tests.

**Endarterectomy**
A surgical procedure that removes plaque from the walls of the arteries.

**Lumen**
The inner channel or cavity of a vessel or tube.
Minimally Invasive Procedure
A procedure that uses small instruments or devices to reduce the size of the insertion site and cause a smaller amount of trauma.

MRI (Magnetic Resonance Imaging)
A method of using a magnetic field and radio waves to produce detailed images of the inside of the human body.

Occlusion
Blockage of blood flow in the artery.

Peripheral
Related to areas of the body outside the heart and brain.

Peripheral Artery Disease (PAD)
Peripheral Artery Disease (also called Peripheral Arterial Disease) is a circulatory problem in which narrowed arteries reduce blood flow to the limbs.

Plaque
A buildup of cholesterol, fat, calcium and collagen in a vessel.

Proximal Popliteal Artery
The upper portion of the vessels that passes through your knees.

Restenosis
Re-narrowing of the artery after treatment.

Sedative
A type of medication that makes you relaxed and sleepy. Also called sedation.

Stenosis
A narrowing of the artery.

Stent
A metal tube that supports the blood vessel wall and maintains blood flow through the opened vessel.

Superficial Femoral Arteries
The blood vessels in the thighs that supply blood to the legs.
Peripheral Artery Disease (PAD) is caused by the narrowing of the arteries in the limbs. This narrowing can also be called a stenosis. It is usually caused by a buildup of fat, cholesterol, collagen or calcium deposits called plaque. Over time, this plaque can build to a total blockage of the artery.

When the limbs do not receive enough blood flow because of a blockage in an artery, it can cause pain, often during movement. In severe cases, low blood flow can cause tissue loss.
Your doctor wants you to have a stent placed in your superficial femoral or proximal popliteal artery to treat your PAD. The stent may improve blood flow in your legs to reduce leg and resting pain, and improve quality of life and your ability to walk and move around.

This guide explains the procedure and what you can expect from start to finish. A glossary at the beginning of this guide defines common medical terms about this procedure.

You will also learn steps you can take to live a healthier life with PAD.

Superficial femoral and proximal popliteal arteries

You have two superficial femoral and proximal popliteal arteries, one located within each thigh. The superficial femoral arteries start at the groin, just above each hip, and extend to just above the knees. The superficial femoral arteries connect with the popliteal arteries, which run across the knees and branch into smaller arteries that supply blood to the lower legs and feet.
Peripheral Artery Disease treatment options

There are four different treatment options for Peripheral Artery Disease. All four treatment options focus on increasing blood flow to the lower leg. The type of treatment your doctor recommends depends on your symptoms.

1. **Medical therapy**

For patients with mild to medium symptoms, doctors often choose medical therapy. This can include medications, exercise, and regular checkups. Doctors also say to stop smoking. The doctor may prescribe medications to decrease clotting, lower blood pressure, and reduce cholesterol. Regular checkups can help determine if more treatment is needed.

2. **Angioplasty**

In an angioplasty procedure, a thin tube known as a catheter is inserted into the artery. A small balloon located on the tip of a catheter is moved to the site of the narrowing and inflated to expand the artery and reduce the blockage. The balloon is deflated and removed with the catheter after the angioplasty is done. Angioplasty is less invasive than surgery, and the patient remains awake while the doctor performs the procedure.
3  

**Stenting**

During this procedure, a small mesh tube, called a stent, is placed in the artery to keep the artery open and help prevent re-narrowing.

4  

**Surgery**

For patients with severe narrowing that is blocking blood flow in the legs, bypass surgery may be needed. In a bypass procedure, a healthy vein is removed from your leg. This vein is used to make a new path around the narrowed or blocked artery, or alternatively, a synthetic (plastic) artery may be used. Patients are also in the hospital for a few days after this surgery.
Risks

Your doctor may not consider you to be a good candidate for stenting if you have any of the following conditions:

- You are unable to take medications, such as Aspirin or Plavix, that make it more difficult for your blood to clot.
- You are allergic to nickel or titanium. These are the metals used to make up the Innova™ Vascular Self-Expanding Stent. Discuss the potential for allergy with your doctor if you have ever experienced a skin rash to jewelry, watches, or belt buckles.
- You have poor kidney function.
- Your disease/anatomy prevents the use of proper equipment for the procedure.

**Note:** It is very common for your doctor to prescribe specific medications before, during and after your stent placement. These medications are intended to help decrease the risk of forming a blood clot in your artery. Please check with your doctor to find the right medication for you.
The placement of stents in blood vessels is done to treat blockages and to try to prevent re-narrowing.

As with any stent procedure, there is a chance that complications may occur, including, but not limited to, those listed below. Ask your doctor to discuss the risk of these complications, as some are extremely rare.

- Abnormal communication between an artery and a vein
- Air bubble(s) in your artery
- Allergic reactions
- Amputation
- Bleeding
- Blood clot(s)
- Bruising at your groin area
- Chest pain or discomfort
- Death
- Drug Reactions
- Fever
- Heart Attack
- Infection
- Injury or damage to your artery or wall of the artery. This could require emergency surgery.
- Kidney damage or failure
- Leg Pain
- Nausea or vomiting
- Re-narrowing or closing of the artery around or within the stent. This could require another procedure.
- Stent fracture
- Stent migration
- Stent misplacement
- Stroke
- Temporary change in blood pressure during the procedure
- Temporary changes in the rhythm of your heart during the procedure, although this is very rare
- Tissue damage
- Vasospasm
- Weakening of the vessel walls

Your doctor and the medical staff will monitor you during and after the procedure for complications. If a complication does occur, your doctor will decide if you require treatment. In the event of complications, surgical removal of the stent may be required.
The safety and effectiveness of the Innova™ Vascular Self-Expanding Stent System was established in the SuperNOVA clinical study, which included 299 patients with 12 month data. The study is now in long term follow up. The results showed that patients who received the Innova Vascular Self-Expanding Stent System had rates of major adverse events similar to what has been reported for comparable patients in the published literature. The occurrence of major adverse events at 12 months was 14.2% for the Innova Vascular Self-Expanding Stent System.

Major adverse events included death within 30 days, repeat angioplasty in the lesion where the stent was placed within 12 months, and/or amputation within 12 months. All major adverse events observed were related to repeat angioplasty in the lesion where the stent was placed. Within the SuperNOVA study no deaths within 30 days occurred and one amputation occurred through 12 months.
Before your procedure

Below is a typical checklist. Your doctor may ask you to go through this before your procedure.

☐ Tell your doctor about any medications you are taking, and bring the medications to your appointments.

☐ Let your doctor know about any allergies you have. It is important he or she knows about allergies to contrast dye, iodine, cobalt, chromium, nickel, titanium, stainless steel or plastics.

☐ Tell your doctor if you cannot take aspirin or blood thinning medicines. These medications are usually prescribed before and after your procedure.

☐ Do not eat or drink anything after midnight on the night before your procedure.
Follow the instructions you receive from your doctor and nurses.

Make sure you understand the possible risks and benefits of your stent procedure.

You could be given a sedative to relax you before starting your stent procedure. The sedative can make you sleepy.
A small puncture is made in your groin to gain access to the artery. A wire and catheter are inserted and moved to the narrowed section of the artery.

The narrowed section of the artery may need to be enlarged to make room for the stent. To do this, the doctor places a small, deflated balloon over the wire and through the catheter to the narrowed area of the artery and inflates the balloon. This pushes the plaque buildup to the side of the artery to make a larger opening for a stent to be placed.

The balloon is deflated and removed, and a small mesh tube called a stent is placed into the same area of the artery to keep it open.

After the stent is implanted, the catheter and wire are removed and the puncture site in your groin is closed. The stent remains in place and is designed to help keep the artery open and prevent future narrowing of the artery.
After a typical stenting procedure

- You may feel sleepy from the sedative given to you. This will wear off over the next few hours.
- You will be taken to a unit where nurses and doctors can monitor you.
- Your heart rate, blood pressure, and the entry site in your groin will be checked frequently.
- You will be asked to drink a lot of liquids to flush the contrast dye out of your system. You will have to stay in bed for several hours. You will be asked to keep your leg straight so the entry site in your groin can heal well.
- You may need a short hospital stay.
- You should alert your doctor or nurse if you experience any of these symptoms
  - Leg or foot pain
  - Unusual coldness and/or skin discoloration in the leg or foot
  - Numbness in the leg or foot
  - Reappearance of the symptoms you had before treatment
  - Pain, bleeding or infection at the entry site in your groin
- You should avoid straining yourself or lifting "heavy" items until your doctor lets you know that it is okay to do so.
- You should keep all follow-up appointments requested by your doctor and bring your medications with you.
Your stent implant card shown on the right tells health care providers that you have a stent implanted in your superficial femoral or proximal popliteal artery.

**This card also has:**
- The doctor who put in your stent
- The doctor’s phone number
- The date the stent was put in
- Where the stent was placed
- The size of the stent
- The manufacturer’s lot number for the stent

The card provides information that is needed if you have any special diagnostic tests such as such as an MRI.

There are also phone numbers on the card that your health care providers can call if they have any questions. Your discharge nurse will fill in the card. If he or she does not, please call the doctor who placed the stent for this information.
Treatment for Peripheral Artery Disease includes controlling things that can cause the reoccurrence of symptoms. You cannot control some risk factors, such as your age, gender, ethnic background or family history. However, you can change many of the risk factors for this disease.

Your doctor may suggest the following healthy lifestyle changes:

- Lose excess weight
- Quit smoking
- Exercise regularly
- Control stress
- Decrease fat in your diet
- Limit alcohol consumption

Reducing your risk factors can also have a positive impact on the long-term success of Peripheral Artery Disease treatment. Talk to your health care providers today about how to increase your chances for a healthier outcome and a more rewarding life.
A patient with this device can be scanned safely only under specific conditions. Failure to follow the conditions may result in severe injury. Non-clinical testing has demonstrated the Innova Stents are MR Conditional for single and overlapping lengths up to 200 mm. A patient with this stent can be scanned safely, immediately after placement, under the following conditions:

- Static magnetic field of 1.5 or 3.0 Tesla
- Highest spatial gradient magnetic field of 40 Tesla/m (4,000 Gauss/cm) or less
- Maximum MR system reported whole body averaged specific absorption rate (SAR) of:
  - ≤2 W/kg for landmarks (i.e., center of RF coil) above the umbilicus
  - ≤1 W/kg for landmarks below the umbilicus and above the mid-thigh
  - ≤0.5 W/kg for landmarks below the mid-thigh

RF Heating

Under the scan conditions defined above, the Innova Stent is expected to produce a maximum in-vivo temperature rise of 5 °C after 15 minutes of continuous scanning. A 5 minute cool down period is recommended after scanning continuously at the maximum permissible SAR.

Image Artifact

In non-clinical testing, the image artifact caused by the device extends approximately 12 mm from the Innova stent when imaged with a gradient echo pulse sequence and a 3 Tesla MRI system. The artifact does obscure the device lumen.

For more information about indications, contraindications, warnings and instructions for the Innova™ Vascular Self-Expanding Stent System, or for copies of the Directions for Use, visit [www.bostonscientific.com](http://www.bostonscientific.com).

You may also call Boston Scientific customer service at **1.888.272.1001** for more information.