Is a life without blood thinners possible?

**YES.**

**WATCHMAN** is for people with atrial fibrillation not caused by a heart valve problem who need an alternative to warfarin for reducing their stroke risk.

*See important safety information on back cover.*
Before Your Procedure

**Talking to your doctor**
You may have already had a *shared decision-making* conversation with your doctor. If not, this is when you’ll discuss the risks and benefits of your treatment options. You’ll talk about what’s important to you—your values and goals as they relate to your choices. Together, you’ll decide whether to have the WATCHMAN procedure.

**Getting insurance approval**
WATCHMAN is covered for eligible Medicare patients and does not require approval in advance of the procedure. If you have commercial insurance, you may need *prior authorization* or *pre-certification* from your plan provider. Your doctor’s office will likely work with you to complete this process.

**Choosing a medical center**
You and your doctor will decide which medical center you’ll go to for the procedure, and your doctor will provide a referral. Typically, the medical center will call you to schedule a consultation, or your doctor’s office may schedule it for you. There, you’ll meet with one of the specialists who implants WATCHMAN.

**Having an exam and heart scan**
Before your procedure, you’ll have a physical exam and a special test called a TEE, or transesophageal echocardiogram. The TEE takes pictures of your heart, by way of your esophagus, to make sure you don’t have an existing blood clot and to confirm the size of your left atrial appendage.

**Scheduling your procedure**
After a successful exam, you’ll work with the medical center to schedule your procedure. Your doctor and implant team will tell you how to prepare. Make sure you understand all the instructions, including what medications you should and should not take, and ask any questions you have.

**On Procedure Day**
On procedure day, you’ll check in to the medical center to get your WATCHMAN Implant. The procedure typically takes about an hour, and patients usually go home the next day. Your doctor and implant team will monitor your recovery to determine how long you should stay.

Watch a video about how the procedure is performed at WATCHMAN.com/video

As with any medical procedure, there are risks associated with WATCHMAN. See back cover for important safety information.
After Your Procedure

1 Day
Following the procedure, you’ll take warfarin and aspirin until your heart tissue grows over your implant to form a barrier against blood clots. This is how WATCHMAN™ effectively reduces your risk of stroke. You’ll continue to see your regular heart doctor after the procedure.

45 Days
After 45 days, you’ll have a follow-up TEE. The TEE will show whether enough heart tissue has grown over your implant so that you can stop taking warfarin. If this is the case, your doctor will prescribe a different medication called clopidogrel (Plavix®) and may increase your dose of aspirin.

6 Months
If your 45-day TEE shows that your left atrial appendage hasn’t sealed yet, you may need another TEE at 6 months to check your progress. If you were able to stop warfarin at 45 days and start clopidogrel, your doctor may now stop your clopidogrel. You’ll continue to take aspirin on an ongoing basis.

1 Year
About a year after your procedure, your doctor may schedule another TEE to check on your implant and make sure that your left atrial appendage is fully sealed. Throughout this follow-up period, it’s important to take your medications as prescribed by your doctor and keep any appointments as scheduled.

In a clinical trial, 9 OUT OF 10 PEOPLE stopped taking warfarin just 45 days after getting WATCHMAN.1

At 1 year, 99 OUT OF 100 PEOPLE had stopped taking warfarin.1

Be sure to follow your doctor’s specific recommendations for you. And let your doctor know immediately if you have any side effects from your medications. These may include bleeding, headaches, nausea, vomiting, or rash.

See back cover for important safety information about WATCHMAN. Do not make changes to your treatment plan unless instructed by your doctor.

You can live a full and active life with WATCHMAN. Here are a few things to keep in mind following your procedure. These are only general guidelines—every patient is different, so be sure to talk to your doctor about your particular needs.

**Work and other activities**
Most people can return to work within a few days after the WATCHMAN procedure. Pace yourself, and gradually add activities to get back to your normal routine. Before resuming more strenuous physical activities or exercise, you should check with your doctor.

**Traveling and going out**
Your WATCHMAN Implant will not set off metal detectors, so you can go through security screenings at the airport or other public venues without worry. Whether you’re going on vacation, attending an event, or running an errand, remember to take your WATCHMAN Implant Card with you.

### Medical and dental procedures
If you need a medical or dental procedure, be sure to tell the doctor or dentist that you have a WATCHMAN Implant. He or she can contact your regular heart doctor to determine the best way to provide treatment.

If the medical or dental procedure requires you to stop taking your medications as prescribed, you and your doctors should carefully consider the risks and benefits of the procedure against the risks of stopping your medications.

If you need an MRI (magnetic resonance imaging), it’s important to show the doctor and MRI technologist your WATCHMAN Implant Card. WATCHMAN is “MRI conditional,” which means you can safely have an MRI when your technologist takes certain precautions.

### Your WATCHMAN Implant Card
You’ll get a WATCHMAN Implant Card from the medical center that performs your procedure. It’s important to carry the card with you at all times. In an emergency, it lets medical personnel know that you have a WATCHMAN Implant.

See back cover for important safety information, and talk to your doctor so you fully understand all the benefits and risks of WATCHMAN.
Your Support Team

Your doctor and implant team are there to help you at each step of your WATCHMAN journey. And our education specialists are only a phone call away. If you have questions or need information, call us at 1-844-324-4839.

Important Safety Information About the WATCHMAN™ Left Atrial Appendage Closure Implant

The WATCHMAN Device is a permanent implant designed to close the left atrial appendage in the heart in an effort to reduce the risk of stroke.

With all medical procedures there are risks associated with the implant procedure and the use of the device. The risks include but are not limited to accidental heart puncture, air embolism, allergic reaction, anemia, anesthesia risks, arrhythmias, AV (Arteriovenous) fistula, bleeding or throat pain from the TEE (Trans Esophageal Echo) probe, blood clot or air bubbles in the lungs or other organs, bruising at the catheter insertion site, clot formation on the WATCHMAN™ Closure Device, cranial bleed, excessive bleeding, gastrointestinal bleeding, groin puncture bleed, hypotension, infection/pneumonia, pneumothorax, pulmonary edema, pulmonary vein obstruction, renal failure, stroke, thrombosis and transient ischemic attack. In rare cases death can occur.

Be sure to talk with your doctor so that you thoroughly understand all of the risks and benefits associated with the implantation of the WATCHMAN Device.