



Frequently Asked Questions

Q: How do I order The Sparrow Therapy System™?

A: The Sparrow Therapy System is available by prescription only. You'll need to discuss with your doctor whether it's the best option for your situation. If interested, you may want to download [The Sparrow Therapy System brochure](#) and take it with you to your next appointment.

Q: Am I a candidate for The Sparrow Therapy System?

A: The FDA has cleared The Sparrow Therapy System for use by adults 18 and up. It's available by prescription only. If interested, you should discuss this option with your doctor. You may want to download [The Sparrow Therapy System brochure](#) and take it with you to your next appointment.

Q: How does The Sparrow Therapy System work?

A: The Sparrow Therapy System is a wearable neurostimulation solution designed to deliver drug-free, systemic side-effect-free opioid withdrawal relief. The device delivers personally tailored mild electrical stimulation through the skin on and around the ear – known as transcutaneous auricular neurostimulation or tAN™.

The electrical stimulation targets specific cranial nerves that activate areas of the brain, which in turn release endorphins. These endorphins then fill the empty opioid receptors in the brain. Filling the opioid receptors with endorphins satisfies them and helps to aid in preventing or reducing opioid withdrawal symptoms.

Within the first 60 minutes of Sparrow Therapy treatment, withdrawal symptoms begin to decrease. During that time, clinical trial patients saw:

- An average 70% reduction in:
 - Gastric upset
 - Tremors
 - Gooseflesh
- An average 50% reduction in:
 - Sweating
 - Restlessness
- An average 30% reduction in:
 - Anxiety
 - Irritability
 - Yawning
 - Runny nose
 - Bone & joint ache
 - Pupil size
 - Pulse rate

Withdrawal symptoms continue to decrease to a total 85% average reduction over the next five days.





Q: How do I use The Sparrow Therapy System?

A: The Sparrow Therapy System includes a set of daily-disposable Earpieces that, when connected to the Cable and Patient Controller, deliver mild electrical stimulation to the nerves on and around the ear. The Patient Controller provides power to the Earpiece and allows you to adjust the stimulation intensity to suit your personal needs. The Earpiece and Patient Controller connect via the Cable, which is designed to deliver the electrical impulses from the Controller to the Earpiece.

Once prescribed, your doctor will help you program the Patient Controller and show you how to apply and connect the Earpiece. After that, you will apply a fresh Sparrow Earpiece each day, connect it to the Patient Controller, and turn on stimulation. Each Earpiece can be worn up to 24 hours to prevent or reduce opioid withdrawal symptoms. And because the system is portable, you can take with you to receive therapy while carrying out your normal daily activities.

Q: How long can I use The Sparrow Therapy System?

A: The Sparrow Therapy System can be used daily throughout the opioid withdrawal period. Your kit contains seven daily-disposable earpieces that need to be replaced each day. And the included Cable will last through seven Earpiece uses.

If needed, your doctor can prescribe additional Earpieces and Cable to extend therapy beyond the seven-day detox period. If properly maintained, the Patient Controller will last through its service life, which is one year from the date of manufacture. So, you can continue to use the Patient Controller with the new Earpiece kit.

To prolong the use of the Patient Controller, it's a good idea to keep it clean and store it safely when not in use. Please use only a clean and dry cloth to remove dust between use as needed. Don't use soap, hand sanitizer, detergents, or other cleansers when cleaning the device.

Be sure the Patient Controller is turned off, and the batteries are removed before cleaning or storing. The system should be stored at room temperature away from moisture.





Q: What results should I expect?

A: Results from Transcutaneous Auricular Neurostimulation (tAN therapy) may vary.

Based on our clinical study results, participants using the Sparrow device experienced an average 51% reduction in opioid withdrawal symptoms within 60 minutes of tAN therapy.

More specifically, within the first 60 minutes of use, clinical trial patients saw:

- An average 70% reduction in:
 - Gastric upset
 - Tremors
 - Gooseflesh
- An average 50% reduction in:
 - Sweating
 - Restlessness
- An average 30% reduction in:
 - Anxiety
 - Irritability
 - Yawning
 - Runny nose
 - Bone & joint ache
 - Pupil size
 - Pulse rate

With continued use, withdrawal symptoms were further reduced. By the end of the 5-day study, participants experienced an average 85% reduction in opioid withdrawal symptoms.

If the therapy doesn't provide relief, you should continue taking your usual medications and seek medical attention, if necessary.

Q: Is the therapy painful?

A: People may experience different sensations while using the Sparrow Therapy System. At low-intensity levels, you may feel a slight sensation or no sensation at all. As you gradually increase the intensity, you will start to feel vibrations and tingling on and around your ear. If the intensity level becomes uncomfortable, you can decrease stimulation to a more comfortable level.

Your sensation of tAN may change throughout your therapy. That's why the Patient Controller gives you the ability to adjust the intensity level. This way, you can maintain a stimulation level that is most comfortable to you throughout the therapy process.

However, based on the clinical trial results conducted with The Sparrow Therapy System, no study participants experienced pain due to electrical stimulation.





Q: Does my insurance cover The Sparrow Therapy System?

A: This device is available by prescription only, and coverage determinations vary depending on insurance providers. Please work directly with your physician and your insurance company to determine your specific coverage level.

Q: Can I reuse the Earpiece?

A: The Earpiece is disposable and not intended to be cleaned or reused. Please dispose of them properly after each use. Please follow local regulations for disposal.

Q: I don't feel the stimulation; what do I do?

A: It's typical to experience reduced or lost sensation of stimulation after prolonged use. This doesn't mean the therapy will be less effective. However, you may choose to unlock the patient controller and slowly raise stimulation until you can feel it again. Contact customer support at (844) 654-SPRK (7775) if you cannot feel the stimulation at the maximum settings.

Q: I lost the components of the system; what do I do?

A: Speak to your doctor about prescribing additional Sparrow Therapy System components for replacement or if further treatment is necessary.

- Earpiece Kit: 7 X Earpieces 1 X 48" Cable 7 X Alcohol Wipes
- Patient Controller Kit: 1 X Patient Controller 15 X AA Batteries

Q: Can I change my settings? How?

A: You can change the stimulation settings on your Sparrow Therapy System at any time during use.

Your doctor or clinician will program the device and customize the settings for your first use. After that, you'll have the ability to turn the device on/off and adjust the stimulation intensity, if necessary.

To adjust therapy settings, with the Earpiece applied and the Cable connected, unlocking the Patient Controller by pressing and holding the center button for 3-5 seconds until the top light flashes white. Don't release the center button until the white light is flashing. Once you release, your system then begins ramping up to the programmed settings.

Once ramping is complete, use the left and right UP/DOWN buttons to adjust region 1 (Left) and region 2 (Right), respectively. Pressing DOWN arrows multiple times until stimulation reaches 0 will stop therapy.





Q: Can I go to sleep when I am wearing the Sparrow Therapy System?

A: Yes, you can wear the Sparrow Therapy System while sleeping. If you cannot sleep while receiving tAN therapy, you can lower the stimulation intensity or stop therapy. Please see the Quick Reference Guide for instructions on stopping therapy.

If you stop therapy while sleeping, it is recommended that you resume tAN therapy immediately upon waking because your withdrawal symptoms may worsen. A portion of participants in the Spark study stopped tAN therapy during sleep (bedtime). They were able to continue tAN therapy after they woke without a significant increase in withdrawal symptoms.

Q: I cannot turn the stimulation on; what do I do?

A: Press and hold the CENTER button until the top light flashes white. You should now be able to adjust your therapy as prescribed by your physician.

If lights don't activate, you may need to replace the batteries.

Q: What do I do with the device once I am done with the therapy?

A: **Earpiece:** The Earpiece is disposable and not intended to be cleaned or reused. Please dispose of them properly after each use. Please follow local regulations for disposal.

Cable: The Cable will last through seven Earpiece uses. Please follow local regulations for disposal.

Patient Controller: If properly maintained, the Patient Controller will last through the service life, which is one year from the date of manufacture. To keep your Patient Controller maintained, please use only a clean and dry cloth to remove dust between use as needed. Don't use soap, hand sanitizer, detergents, or other cleaners when cleaning the device. Be sure the Patient Controller has been turned off, and the batteries have been removed before cleaning or storing. The system should be stored at room temperature away from moisture.

Indication For Use

The Sparrow is indicated as a transcutaneous nerve stimulator that aids in the reduction of opioid withdrawal symptoms.

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