

PRIOR TO USE: WARNINGS!!!

Do **NOT** use the Electrical Stimulation Unit if you:

- Are pregnant or could be pregnant
- Have any vaginal devices in place eg pessary, tampon, etc
- Have any symptoms of vaginal, pelvic or urinary tract infection
- Have any metal implants within or around the pelvis (including Copper IUD)

Do **NOT** immerse the main electrical unit in water.

Cease using the unit if you experience any pain or discomfort, or if the unit becomes hot.

If you have a Cardiac Pacemaker – seek approval from your cardiologist before using this machine.

SETTING UP THE UNIT:

1. Before starting, make sure the main electrical unit is switched off (there should be no numbers displayed on the screen).
2. Insert the neutral coloured end of the long stand-alone lead wire into the left hand side socket at the top of the electrical unit.
3. Attach the wires on the internal probe into the red and black ends of the stand-alone lead wire. Note: when undergoing internal stimulation with a single probe it does not matter which lead end goes into the black connector and which lead goes into the red connector.
4. Ensuring main unit is still off, place a small amount of lubricating jelly onto both the metal plates of the internal probe as well as the white end of the electrode (to ease insertion).
5. Insert the electrode probe such that the vertical bar at the end of the probe and the connecting wire remain on the outside of the vaginal opening (but within the 'labia' – lips of the vagina). Once inserted, bring legs together & out straight to hold electrode in place.

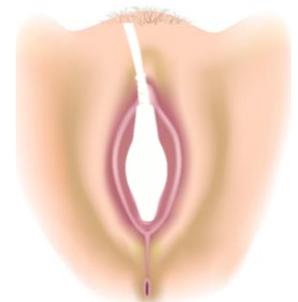
TREATMENT:

1. With electrode now in place and attached via the main lead to the machine, Press the ON / OFF button once  such that the display screen turns on.
2. Check that the correct Program is listed on the screen. **YOUR PROGRAM IS:** _____
If the Program is not correct, press the Program Button  until the correct program is selected.
3. Press the “+” button (that is in-line with the socket you inserted the lead wire into) until the sensation is _____ not painful. If the stimulation is too high use the “-” button to turn down the intensity. Remain in one position whilst stimulation is active.
4. At the completion of the designated time, Press the ON / OFF button to switch off the unit. Detach electrode wire from main lead wires and remove vaginal electrode. Wash electrode with warm water and allow to dry completely before using again.

Equipment Required

<p>Stimulation Machine</p> 	<p>Lubricant (example only)</p> 
<p>Internal Probe</p> 	<p>Lead Wire</p> 

Set-Up



Treatment



Note: your screen settings may be different to this example