

## Choosing The Right Programme For You

The Kegel8® V for Men has a selection of programmes tailored to help you improve your pelvic floor strength.

Programme	Duration
P01 Sensitivity Test	60 minutes
P02 Urinary Incontinence 1	15 minutes
P03 Urinary Incontinence 2	20 minutes
P04 Bowel Incontinence 1	40 minutes
P05 Achieving a more satisfying erection	15 minutes
P06 Urinary incontinence 3	20 minutes
P07 Pelvic Floor Strength	60 minutes
P08 Pelvic Floor Max Strength	15 minutes
PC1 Custom programmes	Optional
PC2	
PC3	

### Not sure which programme is the right one for you?

We're here to help! If you have questions or simply need some advice, please send us an email and our advisors will be on hand to help.

[info@Kegel8.co.uk](mailto:info@Kegel8.co.uk)

Alternatively, you can book a telephone call with one of our friendly advisors. Visit:

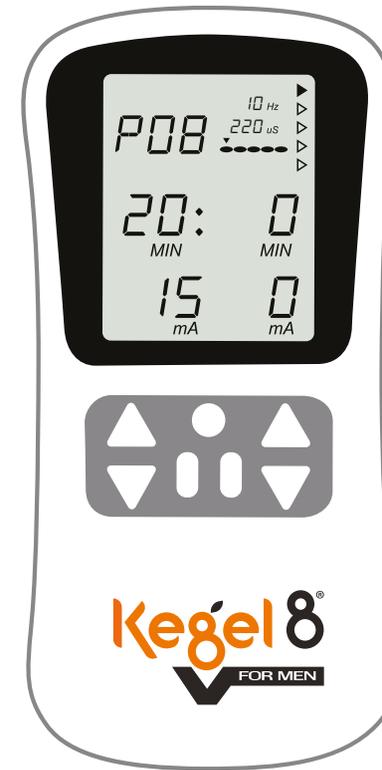
[www.kegel8.co.uk/schedule-a-call](http://www.kegel8.co.uk/schedule-a-call)

Savantini House, Foster Street,  
Hull, HU8 8BT, United Kingdom

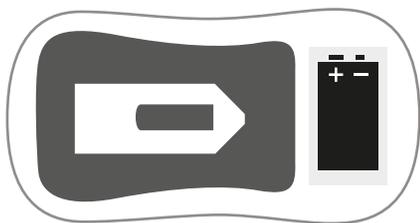


Please read the full manual for contraindications and further advice.

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Kegel8® V for Men  
Quick Start Guide



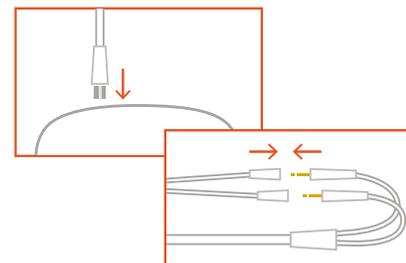
### 1. Insert the battery

Remove the back cover and insert 1 x 9 volt battery before replacing the cover. Don't forget to remove the black battery cap.



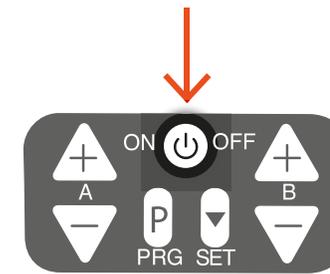
### 2. Clean your probe

Give your probe a quick clean with a body-friendly, antibacterial spray such as Kege8® Cleaning Spray.



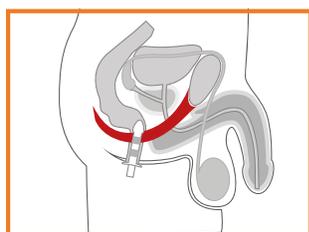
### 3. Connect your probe

Insert the lead wire into Channel A at the top of the unit and connect your probe to the lead wire connectors.



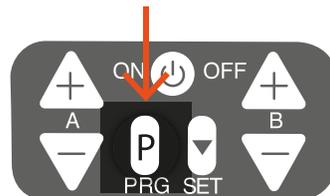
### 4. Turn on your Kege8® V for Men

Press the on/off button once to turn on your device.



### 5. Insert your probe

Squeeze a small amount of water-based lubricant, like KE Gel, on the probe and insert.



### 6. Select a programme

Choose your programme by pressing the PRG button. (See the back page for help selecting the right programme for you!)

### First timer? Let's test your sensation levels.

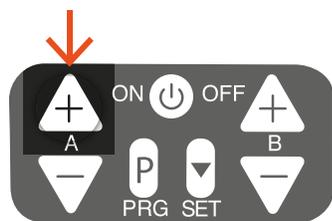
If this is your first time using the Kege8® V for Men with a probe, then start with the **PO1** sensitivity test. Increase the mAs until you feel a comfortable current - to a maximum of 50mA.

Perform **PO1** at up to 50mA twice a day for 4 weeks before moving onto a different programme with your probe. If you do not feel any sensation after 4 weeks, please consult your doctor for advice as you could have nerve damage.

### Where to place your electrode pads

You can use electrode pads on the skin for all Kege8® V for Men programmes. Simply connect your lead wire to the electrode pads and insert into channel B at the top right of the unit. Use the channel B controls to change the intensity.

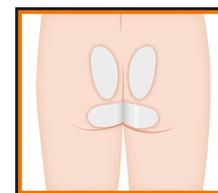
You can wear the electrode pads in any of the placements shown below:



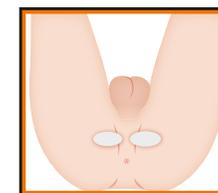
### 7. Exercise

Press the A+ button until you feel a strong but comfortable current. You can decrease this using the A- button.

Start your programme and enjoy the benefits of a stronger pelvic floor!



4 back



2 perineal



2 ankle

### 8. Clean and Store

Clean your probe and store in the provided carry case with your unit. It's best to store your probe with the lead wires still attached.

Visit [www.kege8.co.uk](http://www.kege8.co.uk) for more advice on how to get the most out of your electrode pads.