

## Choosing the right programme for you

The Kegel8® Ultra 20 has a selection of programmes tailored to help you improve your pelvic floor strength.

Programme	Duration	Probe	Electrode Pads
P01 Sensitivity Test	30 mins	✓	
P02 Improved Sensitivity	60 mins	✓	
P03 Pelvic Exercises	45 mins	✓	
P04 Intense Pelvic Exercises	30 mins	✓	
P05 Weekly Maintenance	45 mins	✓	
P06 Sensation Improvement	20 mins	✓	
P07 Pelvic Floor Endurance	60 mins	✓	
P08 Pelvic Floor Sensitivity	60 mins	✓	✓ (back)
P09 Overactive Bladder	20 mins	✓	✓ (ankle)
P10 Intermediate Stress Incontinence	40 mins	✓	
P11 Gentle Stress Incontinence	40 mins	✓	
P12 Mixed Incontinence	30 mins	✓	✓ (back)
P13 Functional Continence Training	9 mins	✓	✓ (back)
P14 Mild Prolapse, Hysterectomy & Postnatal Incontinence	35 mins	✓	
P15 Moderate Prolapse, Hysterectomy & Postnatal Incontinence	30 mins	✓	
P16 Bowel (Faecal) Incontinence 1	10 mins	✓	
P17 Bowel (Faecal) Incontinence 2	40 mins	✓	✓ (front)
P18 Chronic Pain Relief	∞	✓	✓ (back)
P19 Pelvic Floor Circulation	60 mins	✓	
P20 Pelvic Floor Relaxation	20 mins	✓	

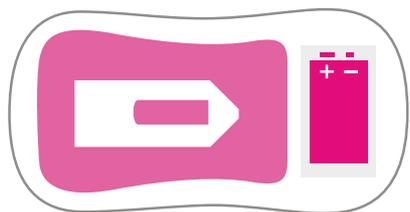
Please read the full manual for contraindications and further advice.

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# Kegel8®



## Kegel8® Ultra 20 Quick Start Guide



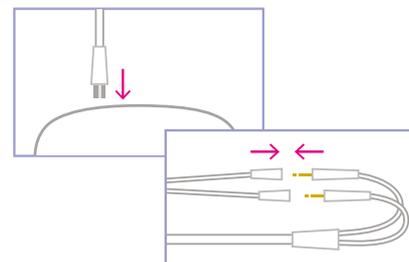
### 1. Insert the battery

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



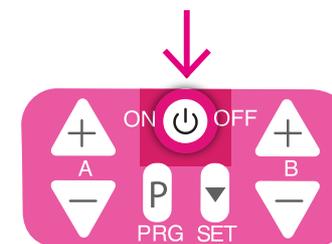
### 2. Clean your probe

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



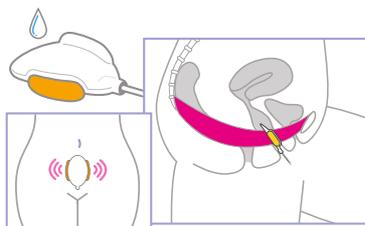
### 3. Connect your probe

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



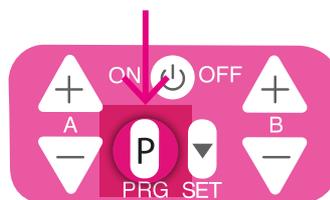
### 4. Turn on your Kege8® Ultra 20

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 metal parts of the probe and insert.



### 6. Select a programme

Choose your programme by pressing the PRG button. See the separate programme guide for more information.

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

If this is your first time using the Kege8® Ultra 20 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 a variety of Kege8® Ultra 20 programmes. Simply connect your lead wire to the electrode pads and insert into channel B at the top right of the unit. Use channel B controls to change the intensity.

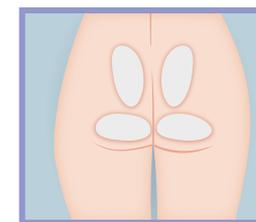
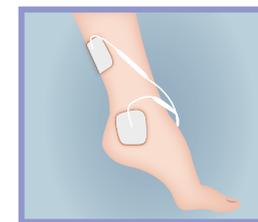
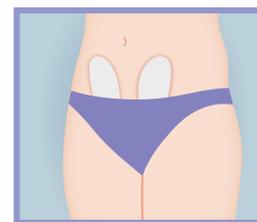
You can wear the electrode pads in any of the placements shown below.



### 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!



### 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.