

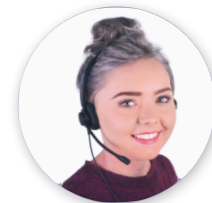
### Not sure which programme is the right for you?

We're here to help! If you have questions or simply need some advice, please get in touch and our advisors will be on hand to help.

+44(0)1482 496 932

info@kegel8.co.uk

www.kegel8.co.uk



Our opening hours are  
8am-6pm Monday to Friday and  
9am-3:30pm Saturday.

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

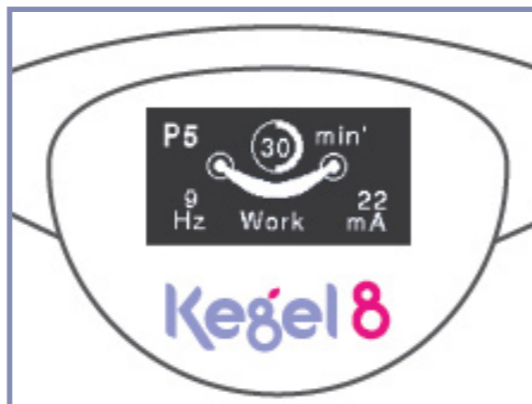
**For more information visit:**  
[www.kegel8.co.uk](http://www.kegel8.co.uk)

Please read the full manual  
for contraindications and further advice.



### 7. Set your intensity

Set the intensity of your muscle stimulation by pressing the ⊕ until you feel a strong but comfortable current. You can decrease this using the button at any time.

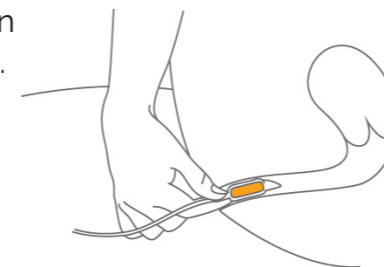


### 8. Exercise

Wait a few seconds and your programme will begin. Watch the Kegel8® Pelvic Floor Smile to see how your muscles move during the exercises. (Read the user manual for more information).

### 9. Remove the probe or skin electrodes

Once your programme has ended, hold the ⊖ button to turn the unit off. If you are using the skin electrodes, place them back on the plastic backing. If you are using a vaginal probe, gently pull on its base to remove it (make sure you do not pull on the wires).



### 10. Clean and store



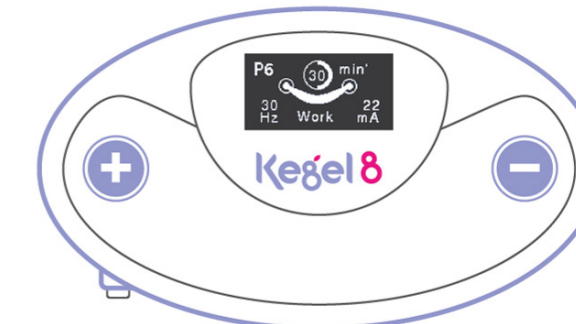
Clean your probe and store in the provided carry case with your unit and other accessories. It's best to store your probe or skin electrodes with the lead wires still attached.

### Choosing the right programme for you

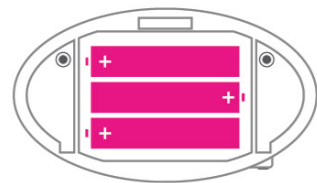
The Kegel8® Go-Tone has a selection of programmes tailored to help you improve your pelvic floor strength.

Programme	Duration	Probe	Pads
P1 Pelvic Floor Exercise	16 mins	✓	
P2 Rejuvenation	30 mins	✓	
P3 Intimate Sensation	18 mins	✓	
P4 Stress Incontinence	30 mins	✓	
P5 Urge Incontinence	30 mins	✓	
P6 Mixed Incontinence	28 mins	✓	
P7 Prolapse Management	20 mins	✓	
P8 Pelvic Pain Relief	50 mins	✓	
P9 Overactive Bladder (OAB) and Nocturia	27 mins	✓	✓ (ankle)

# Kegel8®

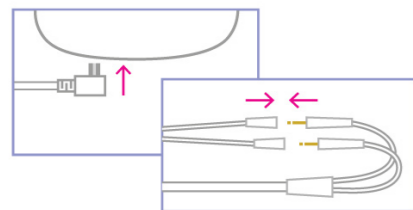


Kegel8® Go-Tone  
Quick Start Guide



### 1. Insert the battery

Remove the back cover and insert 3 x AAA batteries before replacing the cover. Take care to observe the polarities.



### 2. Connect your probe or skin electrodes

Insert the lead wire into the channel at the bottom of your Kegel8® Go-Tone and connect your probe or skin electrodes to the lead wire connectors.

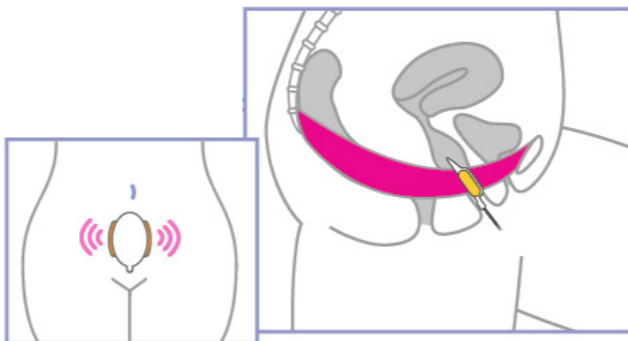
### If using a probe...

Read the user manual for advice on using a probe.



### 3. Clean your probe

Give your probe a quick clean with a body-friendly antibacterial spray such as the Kegel8® Cleaning Spray.



### 4. Insert your probe

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

### If using skin electrodes...

Visit [www.kegel8.co.uk](http://www.kegel8.co.uk) for more advice on how to get the most out of your electrode pads.

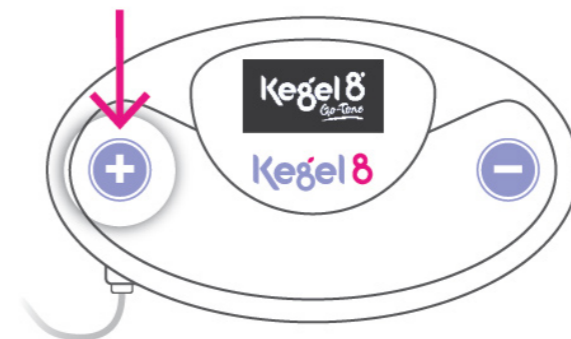


### 3. Clean your probe

Clean and dry the inside of your ankle.

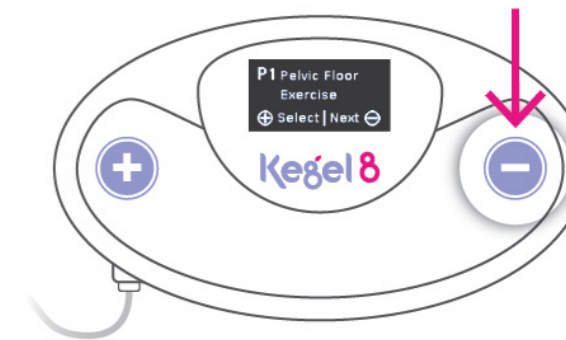
### 4. Apply the skin electrodes

Peel the protective sheet from the electrode pads. Place each pad into position as shown here, on the inside of your ankle, a minimum of one pad length apart.



### 5. Turn on your Kegel8® Go-Tone

Press and hold the ⊕ button to switch the unit on.



### 6. Select a programme

Press the button ⊖ to run through the nine programmes. Press the button ⊕ once to select the programme you wish to start.