



Kege8[®]
ULTRA20

Kege8[®]
Ultra 20

Document revision info.:

LOT OPH202-OM-EN06-07-04-16

Kege8 Ultra20
manual (English)



Operator's manual



Symbols on the unit and case	
	Caution! (electrical output).
	Follow operating instructions! Failure to do so could place the patient or operator at risk.
	Neuromuscular Stimulation (STIM) and EMG Triggered Stimulation (ETS) should not be used by Patients fitted with demand style cardiac pacemakers. Please seek advice from your health supervisor.
	Patient's shock protection type: BF (Body Floated) Equipment. This equipment is not earthed but contains a battery within an insulated unit.
	Indicates the manufacturer's catalogue number so that the medical device can be identified.
	Manufacturer's LOT/Batch number. Present it together with SN number when you report a technical fault or claim a warranty return.
	Manufacturer's serial number of the unit. Present it together with LOT number when you report a technical fault or claim a warranty return.
	Name and address of Manufacturer.
	Date of manufacture.
	Conformity indication with the essential health and safety requirements set out in European Directives. 0088 - Notified Body identification (LRQA Ltd.)
	This product should be kept dry.
IP20 on the unit	This is an indication for protection against ingress of water and particulate matter. The mark IP20 on your unit means: your unit is protected against solid foreign objects of 12.5mm dia and greater. Not protected against water.
IP02 on the case	IP02 on the carrying case means: Protected from the ingress of water droplets from a shower of rain.
	Do not dispose in normal dustbin (see page 29 for the disposal instructions).



Kegel 8[®]
ULTRA 20



Kegel 8[®]
ULTRA 20

Welcome to Kegel8[®] Ultra 20

Dear Customer,

Thank you for choosing Kegel8[®] Ultra 20. You are now one step closer to having a stronger, healthier pelvic floor. Created especially for women, the Kegel8[®] Ultra 20 is an effective neuromuscular stimulator (STIM). This means Kegel8[®] Ultra 20 works by producing electrical pulses that stimulate the muscles and nerve fibres in your pelvic area.

Indications for use:

- pelvic pain
- back pain
- stress incontinence
- overactive bladder
- faecal incontinence

Also used for non medical purposes to:

- test pelvic sensitivity
- improve pelvic sensation
- exercise pelvic muscles
- maintenance pelvic floor
- pelvic sensitivity, strength and endurance
- improvement of local blood circulation

If you have never used a neuromuscular stimulator before, you may be a little apprehensive. That's quite normal - lots of people are cautious at first, but soon realise that there is nothing to worry about. The probes are designed for comfort and while you will be able to feel the effects of the electric pulses, they should not cause any discomfort. If you follow the instructions in this User Guide, Kegel8[®] Ultra 20 is a safe and effective way of exercising your pelvic floor.

Customer Care We aim to provide our customers with outstanding products and customer service. So if you have comments or ideas regarding Kegel8[®] Ultra 20 features, please get in touch (see Customer Service on page 61).



Warnings

Please pay careful attention to the following safety warnings:

- Do not insert lead wires into a mains power supply.
- Do not immerse unit into water or any other substance.
- The unit is not protected from the ingress of water droplets from a shower of rain if used outside the carrying case.
- Type BF equipment, Continuous Operation.
- Do not use the Kegel8® Ultra 20 unit in the presence of a flammable anaesthetic gas mixture and air or with Oxygen or Nitrous Oxide.
- If using rechargeable 9 Volt PP3 Nickel Metal Hydride batteries, be sure to use a CE approved battery charger. Never connect the Kegel8® Ultra 20 directly to a battery charger or to any other mains powered equipment. We advise not to use Ni-Cad rechargeable batteries.
- Patient Probes and Electrodes are for **single patient use only**.
- Keep out of reach of children.
- Do not use this stimulator on your facial area unless you are under strict guidance from a qualified Clinician.
- Application of electrodes to the body between the neck and the abdomen may increase abnormal heart rhythm (cardiac fibrillation)
- Operation in close proximity (e.g. 1m) to a shortwave or microwave therapy equipment may produce instability in the stimulator output.
- Simultaneous connection of a patient to a high frequency surgical equipment may result in burns at the site of the stimulator electrodes and possible damage to the stimulator.
- It is recommended this unit be used following guidance of a Physiotherapist Doctor or Continence Advisor.
- No modification of this equipment is allowed!

Notes



Clinical References

Please contact us for any clinical references of Kegel8® MultiTone: enquiries@kegel8.com



Contra Indications & Precautions

Please read this Kegel8® Ultra 20 User Guide before using this stimulation device.

STIM (Kegel8® Ultra 20) should not be used:

- By patients fitted with a demand style cardiac pacemaker unless so advised by their Doctor.
- During pregnancy [unless medically advised].
- By patients with undiagnosed pain conditions.
- By patients with undiagnosed skin, vaginal or rectal conditions.
- With patients who have diminished mental capacity or physical competence who cannot handle the device properly.
- On anaesthetised or desensitised skin.
- When driving a vehicle or operating potentially dangerous equipment.

When using Kegel8® Ultra 20:

- Use the Kegel8® Ultra 20 only as directed.
- Do not immerse the unit in water or any other liquid
- Keep unit out of reach of children.
- Seek professional advice if you are unsure about using Kegel8® Ultra 20. Contact your distributor or healthcare professional.
- Only use CE approved electrode pads, vaginal and anal probes.

Do not place electrodes:

- Over carotid sinus nerves, larynx or trachea.
- Inside the mouth.
- Over the area of the heart unless so advised by your doctor.
- On your facial area unless under strict guidance from a qualified clinician.
- Do not apply stimulation across or through the head, directly on the eyes, covering the mouth, on the front of the neck (especially the carotid sinus) or via electrodes placed on the chest and upper back or crossing over the heart.



Contents

Symbols on the unit	2
Welcome to Kegel8® Ultra 20	3
Indications for Use	3
Warnings	4
Contra Indications & Precautions	5
Kegel8® Ultra 20 User Instructions	7
Important Safety Information	8
Kegel8® Ultra 20 Check List	10
Getting to Know Your Kegel8® Ultra 20	11
How Your Kegel8® Ultra 20 Works	16
What to Expect from Your Kegel8® Ultra20	17
Starting Your Kegel8® Ultra 20 Exercises	18
Inserting a Kegel8® Probe	23
Applying Kegel8® Ultra 20 Electrode Pads	24
Kegel8® Ultra 20 Exercise Tips	28
Choosing a Kegel8® Ultra 20 Programme	29
Sensitivity Tests (Probe Only)	30
Incontinence, Nocturia, and Overactive Bladder	32
Voluntary Exercises	36
Improve Sensation	37
Pain, Cramps, and Tightness	39
Pelvic Floor Health	41
Creating a Custom Programme	43
Taking Care of your Kegel8®	47
Frequently Asked Questions	49
Technical Specifications	53
STIM Specifications	54
Electromagnetic Compatibility and Interference (EMC)	55
Warranty	59
Clinical References	60

Warranty

We provide a warranty to the original purchaser, that this product will be free from defects in the material, components and workmanship, for a period of 2 years from the date of purchase by the distributor. If the distributor is satisfied that the product is defective, the user may return the unit directly to Savantini Limited. All returns must be authorised and the warranty does not extend to any misuse or abuse such as dropping or immersing the unit in water or other liquid substance or tampering with the unit or normal wear and tear. Any evidence of tampering will nullify this warranty.

Customer Service and Distribution:

Please contact your distributor for any customer service enquiries, including the warranty returns. Your invoice of purchase and/or the rear cover of this manual should state the name and the contact details of your distributor.

For assistance, if needed, in setting up, using or maintaining the unit, or report unexpected operation or events, please visit the distributor's website for further details: www.kegel8.co.uk

Distributed by:

Savantini Ltd.

14D iPark, Innovation

Drive, Hull, HU5 1SG, UK

Fax: +44(0) 1482 873570

Email: sales@kegel8.co.uk

Web: www.kegel8.co.uk

Helpline:

+ 44(0) 1482 496 932

Manufacturer: Verity Medical Ltd., Unit 7, Upper Slackstead Farm, Farley Lane, Braishfield, Romsey, Hampshire SO51 0QL, United Kingdom.



This product is manufactured by Verity Medical Ltd., in compliance with the European Union Medical Device Directive MDD93/42/EEC under the supervision of LRQA Ltd., (Lloyd's Register Quality Assurance Ltd), Notified Body number 0088. Verity Medical Ltd., is certified by LRQA Ltd., to the following Quality Standards: ISO 9001:2008, ISO13485:2003.



Table 206: Recommended separation distances between portable and mobile RF communications equipment and Kegel8® Ultra 20

The Kegel8® Ultra 20 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Kegel8® Ultra 20 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment(transmitters) and the Kegel8® Ultra 20 as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter		
	150k Hz to 80 MHz	80 MHz to 800 MHz	800 MHz to 2,5 GHz
	$d=1.2\sqrt{P}$	$d=1.2\sqrt{P}$	$d=2.3\sqrt{P}$
0,01	0.12	0.12	0.23
0,1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance (d) in meters [m] can be estimated using the equation applicable to the frequency of the transmitter. For the equation, P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Kegel8® Ultra 20 User Instructions



Important Safety Information

Who Can Use Kegel8® Ultra 20 Pelvic Toner?

Your Kegel8® Ultra 20 is designed to be used by women and when used correctly, is a **safe** and **effective** way of strengthening pelvic floor muscles. However, as it works by using electrical pulses, there are some people that should seek medical advice before using Kegel8.

DO NOT USE:

- If you have been fitted with a demand style cardiac pacemaker.
- During pregnancy.
- If you have undiagnosed pain, skin, vaginal or rectal conditions.
- On anaesthetised or desensitised skin.
- If you do not have the mental capacity or physical competence to use the device as instructed.
- When driving a vehicle or operating potentially dangerous equipment.
- In water or other fluid. Never submerge your Kegel8 Ultra 20.
- While you are connected to high frequency equipment. Applying the Kegel8 probes or electrodes while you are connected to high frequency equipment could cause burns and damage your Kegel8. If in doubt, please call your distributor for advice or seek assistance from a doctor or healthcare professional.

Please note that Kegel8® Ultra 20 can be used safely by women fitted with IUD or Mirena coils. Kegel8 Ultra 20 does not affect these devices.

IMPORTANT

**Only Use Your Kegel8® Ultra 20 as Described
in this User Guide.
Keep Out of Reach of Children.**



Table 204: Guidance and manufacturer's declaration - electromagnetic immunity

The Kegel8® Ultra 20 is intended for use in the electromagnetic environment specified below. The customer or the user of the Kegel8® Ultra 20 should ensure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6 Radiated RF IEC 61000-4-3	3 Vrms 150 KHz to 80 MHz 3V/m 80 MHz to 2, 5 GHz	3 Vrms 150 KHz to 80 MHz 3V/m 80 MHz to 2, 5 GHz	Portable and mobile RF communications equipment should be used no closer to any part of the Kegel8® product, including cables, than the recommended separation distance. This can be calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d=1.2\sqrt{P}$ (150 KHz to 80 MHz); $d=1.2\sqrt{P}$ (80 MHz to 800 MHz); $d=2.3\sqrt{P}$ (800 MHz to 2.5 GHz); <i>d is the recommended separation distance in meters (m).</i> <i>P is the maximum output power rating of the transmitter in watts (W) (according to the transmitter manufacturer).</i> <i>Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range.</i> <i>Interference may occur in the vicinity of equipment marked with the following symbol:</i> 

NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

(a) Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which Kegel8® Ultra 20 is used exceeds the applicable RF compliance level above, the Kegel8® Ultra 20 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the Kegel8® Ultra 20

(b) Over the frequency range 150 KHz to 80 MHz, field strengths should be less than 3V/m.



**Table 202: Guidance and manufacturer declaration
- electromagnetic immunity**

The Kegel8[®] Ultra 20 is intended for use in the electromagnetic environment specified below. The customer or the user of the Kegel8[®] Ultra 20 should ensure that it is used in such an environment, and that precautions regarding that environment are heeded.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-2	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.



Where Can You Use your Kegel8[®] Ultra 20?

Kegel8[®] Ultra 20 is designed for home use, but can be used in medical centres and hospitals too. Before you use your Kegel8[®] Ultra 20, please make sure:

- The room does not contain flammable gases. This is especially important in hospitals and medical centres as Kegel8 Ultra 20's electrical pulses can ignite flammable gases, such as those used in anaesthetics. If in doubt, ask for assistance.
- You are not positioned close (1-2m) to a shortwave or microwave therapy device, microwave oven, mobile telephone, wireless device, or radio. These devices can cause instability in your Kegel8 Ultra 20 unit.

Using your Kegel8[®] Ultra 20 Safely

- Only use Kegel8[®] Ultra 20 the in your vaginal and rectal regions as described in this user guide. Never use Kegel8[®] Ultra 20 on other parts of your body as the electrical pulses could damage your health.
- To ensure your personal hygiene, do not allow other people to use your probes. Always clean your probes thoroughly after use (see Kegel8[®] Probe Care on page 47).
- Only use CE approved vaginal or rectal probes with your Kegel8. All official Kegel8[®] probes are CE approved.
- To power your Kegel8[®] Ultra 20 device, use a 9v battery. Never connect your Kegel8[®] Ultra 20 device or its probes to a mains power supply as this could result in electrocution and death.
- Do not immerse your Kegel8[®] Ultra 20 device or its probes in water, fluids or any other substance.
- Please be aware that Kegel8[®] Ultra 20 is Type BF equipment (provides some protection against electric shock).



Kegel8® Ultra 20 Check List

When you open the Kegel8® Ultra 20 packaging, you should find:

- 1 x Kegel8® Ultra 20 unit.
- 1 x 9 Volt Battery.
- 1 or 2 x Kegel8® Probe(s).
- 1 or 2 x Kegel8® Lead Wire(s).
- 1 x Kegel8® Ultra 20 User Guide.
- 1 x Kegel8® Ultra 20 Product Guarantee Registration Form.

In the unlikely event that any of the items above are missing, please contact Customer Service.



Electromagnetic Compatibility and Interference (EMC)

Kegel8® products are designed to produce very low levels of radio frequency (RF) emissions (interference), and to be immune from effects of interference produced by other equipment operating in their vicinity. They are also resistant to damage relating to electrostatic discharge when operating in a typical domestic and or clinical environment.

They are certified to meet the international EMC standard EN60601-1-2.

Table 201: Guidance and manufacturer's declaration - electromagnetic emissions		
The Kegel8® Ultra 20 intended for use in the electromagnetic environment specified below. The customer or the user of the Kegel8® Ultra 20 should ensure that it is used in such an environment.		
Emissions Test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The Kegel8® Ultra 20 uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The Kegel8® Ultra 20 is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2 IEC 61000-3-2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable	



STIM Specifications

- Dual channel: individually isolated circuits.
- Amplitude: 0 - 90 mA into 500 Ohm load; indication only. Actual mA will tend to be less than indicated due to electrode impedance:
 - At 1000 Ohms load (Electrodes in poor condition), the maximum will be limited to 70 mA
 - At 1500 Ohms load the maximum will be limited to 65 mA.
- Type: Constant Current, maximum output voltage 180 Volts +10 / -30 Volts
- Waveform: Asymmetrical, rectangular bi-phasic with zero DC current.
- Selectable Pulse Duration [μ S: 10% tolerance] and Pulse Rate [Hz: 5% tolerance]:
 - PC1, PC2:** 50 μ S - 330 μ S, 2Hz - 100Hz
 - PC3:** 50 μ S - 450 μ S, 2Hz - 60Hz
- Time duration of the treatment selectable: 1 to 90 minutes.
- Low Battery Indicator: If the battery goes below 6.9 volts +/- 0.2 volts the battery symbol will flash on/off once every second.
- Open Electrode Detect: If an open circuit is detected at the output of Channel A or B, the output current will be reset at 0.
- Ramp up time: 0.3 - 9.9 seconds.
- Battery: PP3 Alkaline, 9V. Expected average battery life [of standard 800 mAh, alkaline]: 19 hours.
- If the battery voltage is below 6.6 (+/- 0.2) volts the unit will not turn on.

Expected service life:

5 years. Careful use and maintenance extends the life of the unit over the service life limit.

Physical dimensions: 108 x 62 x 23 mm.

Weight: 0.07KG without battery, 0.1KG with battery.

Environmental Conditions for use:

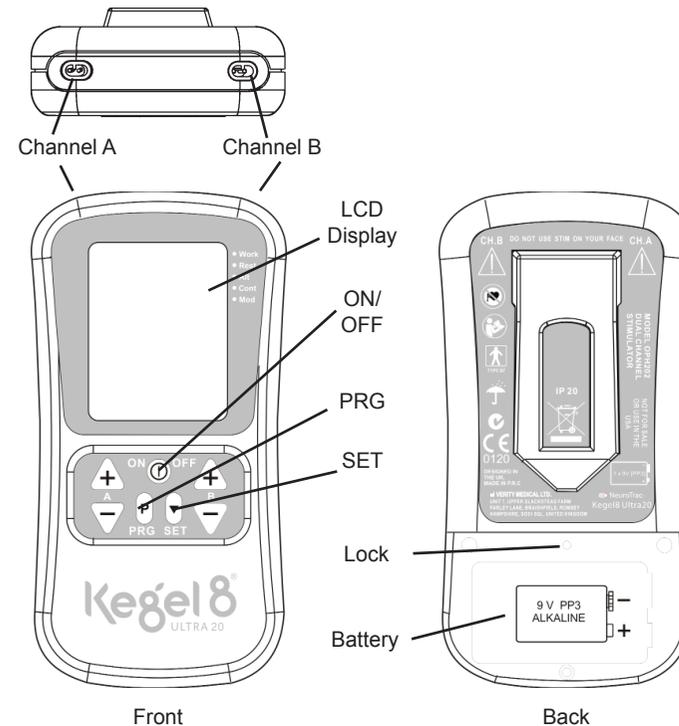
+5 to +40 degrees Centigrade. 15-93% Humidity.

Environmental conditions for storage & transport:

-25 to +70 degrees Centigrade, 15-93% Humidity.



Getting to Know Your Kegel8® Ultra 20



You will use **Channel A** and **Channel B** to connect your Kegel8® Ultra 20 probe(s) to your Kegel8 Ultra 20 device. We recommend that you connect a vaginal probe to Channel A. If you have an anal probe, you can connect that to Channel B.

You will use the **PRG** button on the front when setting a programme (see Choosing a Kegel8® Ultra 20 Programme on page 29) The **SET** button on the front is only used when Creating a Custom Programme (see page 43).

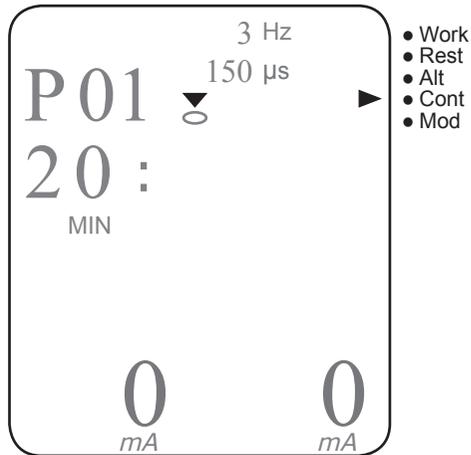
The front of the Kegel8 Ultra 20 also has two sets of + and - buttons. You can use these buttons to increase (+) or decrease (-) the strength of the electrical pulse being sent via **Channel A** and **Channel B** respectively. (The buttons labelled **A** are for Channel A, those labelled **B** are for Channel B).



Kegel 8[®]
ULTRA 20



Kegel 8[®]
ULTRA 20



When you first power up your Kegel8[®] Ultra 20, the **LCD** will display the following information:

Hz

Hz amount is the number of electrical pulses per second (Hertz). When you start using your Kegel8[®] Ultra 20, this value will vary, depending on the programme you have selected.

µS

The µs amount is the duration of a single electrical pulse. The higher the value, the more it penetrates your muscles. Again, this amount will vary depending on the programme you have selected.

Current Phase

Beneath the µs amount is a series of ellipses (1-5). Each ellipse represents a phase of your selected programme, and the current phase is indicated by an arrow. As your programme progresses, the arrow will move to show which phase is currently active.

Technical Specifications



Kegel 8[®]
ULTRA 20



Kegel 8[®]
ULTRA 20

Q: Why are there two channels?

There are two channels because Kegel8[®] Ultra 20. allows you to use two probes alternately or at the same time (one vaginal probe, one anal probe). Channel A (left-hand side) is for a vaginal probe and Channel B (right-hand side) is for an anal probe.

The two channels also allow you to use up to 4 electrode pads at the same time.

We have a range of electrode pads, vaginal probes and anal probes available online at www.kegel8.co.uk

Q: How do I clean my probe?

Simply rinse the insertable part under the tap, keeping the wires dry at all times. Do not boil the probe. It can be sterilised using a mild sterilizing solution or you can spray it with Kegel8 Klean, an anti-bacterial cleanser. For more information, see Taking Care of your Kegel8[®] Ultra 20 on page 47.

Q: How long will the battery last?

If you use the Kegel8[®] Ultra 20 daily, the battery should last about 3 months. You can get replacements from us or at your local supermarket - please choose a quality 9v battery that will not leak. You will know when your battery is low because a battery icon will flash on your Kegel8[®] Ultra 20 screen. For more information, see Taking Care of your Kegel8[®] Ultra 20 on page 47.

Q: How long will my probe last?

With normal use, your probe should last between 12 - 18 months. We recommend you replace your probe after this time to ensure you continue to get the best possible results from your Kegel8[®] Ultra 20. For more information, see Taking Care of your Kegel8[®] Ultra 20 on page 47.

Q: I can't find the answer to my question?

Get in touch with Customer Service (see page 61), we are here to help.

Phase Mode

To the right of the LCD display are bullet points for 5 phase modes:

- Work - The 'contract' time. This is when your muscle will tighten. Rest phases occur between Work phases.
- Rest - The 'relax' time between Work phases.
- Alt - Alternating control. This is not used by any of the built-in programmes, but can be used for a custom programme. It works by using both Channels alternately, so when Channel A is 'working', Channel B is 'resting' and vice-versa.
- Cont - Continuous stimulation. The electrical current stimulates your muscles for the entire Cont phase.
- Mod - Modulating. The electrical current is continuous during this phase, but its intensity varies according to set limits.

A right-facing arrow, shown on the LCD, indicates which of the modes are currently active. The phase modes that become active when you use your Kegel8 Ultra 20 will vary depending on the programme you choose (see Choosing a Kegel8[®] Ultra 20 Programme on page 29).

Programme Number and Programme Timer

The top-left area of the LCD shows the number of the programme that is currently selected. Below the programme number is a time, which indicates the amount of time remaining on the programme (currently running).

When you start a programme, an additional time is shown on the right of the LCD. This second time display shows the time of the current phase.



Kegel 8[®]
ULTRA 20



Kegel 8[®]
ULTRA 20

Channel Outputs (mA's or MilliAmps)

The two large numbers at the bottom of the display show the amount of electric current being output through Channel A and Channel B. The large number on the left-hand side of the LCD represents Channel A and the large number on the right-hand side represents Channel B.

The Example (see page 15) shows how the electric current for the channels is indicated on the LCD.

Battery Power Level

If your Kegel8 Ultra 20 battery is running low on power, a low battery indicator appears on the LCD (above the Channel Outputs).

Lock

You can create a custom programme on your Kegel8 Ultra 20 and lock it in place. This prevents access to any of the other programmes. If your Kegel8 Ultra 20 is locked to a specific programme, a padlock icon is shown on the LCD.

Typically, the Lock function is used by medical professionals to prevent patients from accessing other programmes. This is useful as it means they can be sure patients only use the correct programme for their condition.

Q: Why can't I get the mAs to increase past 6, 7 or 8?

This is an issue that is usually caused by the probe not making effective contact with your muscles. We recommend that you try using your Kegel8[®] Ultra 20 while lying down or sitting with your legs elevated. This will help to prevent the probe from falling out of position.

If the probe's metal strips are not in direct contact with your muscles, the mAs cannot go higher and the current cuts off for your safety. You can also get better results by using a water-based lubricant, such as KE Gel.

Q: Why can I only feel stimulation on one side?

This could be due to:

1. The position of the probe. To work correctly, the metal strips on your probe need to be in direct contact with your muscles. We recommend that you sit with your legs held tightly together and squeeze your pelvic floor as much as possible against the probe. You can also get better results by using a water-based lubricant such as KE Gel.
2. You may have nerve damage to one side. This type of nerve injury can occur during childbirth (caused by the pressure from the baby's head during delivery). It means you have less sensation on one side. If this is the case, we recommend you purchase a Perisize probe, which allows you to vary the intensity of each side of the probe. Increasing the intensity on the side that is in contact with your desensitised area can help to promote resprouting of the damaged nerves.

Call our helpline for more information or visit:
www.kegel8.co.uk.



Q: How far should I insert the probe?

The probe needs to be inserted into your vagina by just 2 inches (5.5cm). If you are using an anal probe, insert the probe 2 inches into your anus. This is the optimum level to stimulate the pelvic floor muscles.

Q: I find it painful inserting the probe. What should I do?

Try using a water-based lubricant such as KE Gel. If this does not help, see your doctor as you may be suffering from vaginal atrophy, which causes dryness and thinning of the vaginal walls. It can be treated quite easily, so don't worry, you will soon be able to use your Kegel8® Ultra 20.

Q: I aim to have my mAs at 40, but on some programmes it drops to 30 - why is that?

While the programme goes through its preset routine the rate and length of the electrical pulses vary. When the pulse rate and length increase, the mAs drop so that the intensity does not take you by surprise. So if you feel a decrease in intensity, just use the + button to increase the mAs back up to a comfortable level.

Your Kegel8 Probe(s)

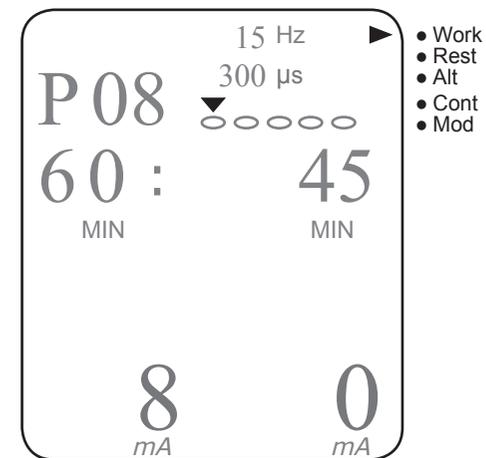
Kegel8 Ultra 20 comes with 1 or 2 probes, depending on the version of Ultra 20 you have bought. The vaginal probe is the primary probe and you should connect it to Channel A. If you have a second probe for anal use, you should connect it to Channel B.

If you have two probes, you can use them separately or at the same time.

Each probe has a wire connected to its 'tail' end and metal strips that run up each side towards the 'head'. The electric pulse produced by your Kegel8 is transferred to your pelvic muscles through the metal strips.

Example

If you connect your Kegel8 probe to Channel A, set the unit to run programme 8, and press the + button for A, the LCD could show:





How Your Kegel8® Ultra 20 Works

The Kegel8® Ultra 20 Pelvic Health Device is one of a new breed of modern Neuromuscular Stimulators (STIM) developed with the aim of achieving optimum pelvic health for women. Kegel8 Ultra 20 works by producing electrical pulses that stimulate the muscles and nerve fibres in your pelvic area.

If you haven't used a neuromuscular stimulator before, the idea of applying electric pulses to your body can seem a little strange. But there's no need to be concerned - your body already uses electrical signals all the time. For example, let's say you want to tense the bicep muscle in your arm. To do this, your brain sends an electrical signal to your muscle via your nervous system. When the signal reaches your bicep, it causes the muscle to contract, and when the signal is not present, your muscle relaxes again.

Kegel8 Ultra 20 works in a very similar way - it sends electric pulses to precise areas of the weakened muscles in your pelvic area, causing them to contract and relax. Over time, this strengthens the muscles and nerve fibres, giving you greater muscle control and improving tone and tightness.

Kegel8® Ultra 20 features several pre-set programmes for pelvic floor exercise. These programmes have been carefully planned so that they:

- Work your muscles appropriately, helping them to strengthen gradually
- Allow your muscles to rest for the correct amount of time
- Are easy to use in 20-60 minute sessions.

There have been many research papers and clinical trials relating to neuromuscular stimulation. If you are interested in finding out more, a list of relevant papers is included in our Clinical References (see page 60).



Frequently Asked Questions

Q: How soon after the birth of my baby can I start with my Kegel8® Ultra 20?

Please consult with your midwife or doctor. Generally, women start using Kegel8® Ultra 20 after a successful six week check-up.

Q: I have an IUD or Mirena coil. Can I use the Kegel8® Ultra 20?

Yes. Kegel8® Ultra 20 is unaffected by a Mirena coil or other IUD.

Q: Can I use Kegel8® Ultra 20 while I am pregnant?

No. Clinical guidelines advise against using any vaginal STIM devices during pregnancy.

Q: I have had pelvic surgery. How soon can I start using my Kegel8?

Please consult with your doctor or consultant as every case is different. Using Kegel8® Ultra 20 after pelvic surgery could help to speed recovery as it is an effective way of strengthening your pelvic floor.

Q: Can I use my Kegel8 when I have my period?

Yes, you can use the pelvic floor exercises and the vaginal probe during your period. However, if you are at the peak of your period and the flow is heavy, you may prefer to wait. Here in the office, we tend to use Kegel8® Ultra 20 on lighter flow days.

Also, Kegel8® Ultra 20 exercises can help combat menstrual cramps, and if you use the electrode pads can also soothe period pain.



Kegel 8
ULTRA 20



Kegel 8
ULTRA 20

Lead Wires and Connections Care

The lead wires and connections are vital to your Kegel8® Ultra 20, so please treat them with care:

- Always handle the wires carefully
- Do not stretch or twist the wires as this could damage them. If your wires are damaged, your Kegel8® Ultra 20 may be unable to send the electric pulses to your probe(s) or electrode pads.
- Take care when connecting the wires. The connections on the Kegel8® Ultra 20 and its probes are designed so that they connect to the wires with ease. Do not force the wires.
- Do not cut the wires or attempt to modify the connections.

Battery Care

To take care of the battery:

- Replace the battery when it is low on power (a battery indicator is shown on the LCD when the power is low).
- If you are not going to use the Kegel8® Ultra 20 for a week or longer, please remove the battery. Batteries can leak, so by removing it, you are protecting your Kegel8® Ultra 20.
- Check the battery regularly for signs of discharge. If the battery appears to be leaking, replace it.
- We recommend you use a quality alkaline 9v battery.

Kegel8 Disposal - Use our Recycling Service

When you need to dispose of Kegel8® Ultra 20 batteries, probes or the Kegel8® Ultra 20 device, please send them to us. We will make sure they are disposed of correctly and materials are recycled where possible.



What to Expect from Your Kegel8® Ultra 20

When you first use Kegel8® Ultra 20, you will need to use Programme 01 (P01), which is a sensitivity test. This test is designed to check the current condition of your pelvic floor muscles and nerves. Following the sensitivity test, you will begin your Kegel8 Ultra 20 exercises using one of the many built-in programmes, or possibly one of the custom programmes (which allow medical professionals to create a programme specifically for you). The programmes are designed to treat a variety of female health problems, so you should choose the exercise that is best suited to your needs (see Choosing a Kegel8® Ultra 20 Programme on page 29).

At the start of every programme, Kegel8® Ultra 20 begins at 0mA, which means there is no electrical pulse. When you are ready to begin, you press the + button for the appropriate channel repeatedly to increase the electrical current.

When the electrical current reaches a certain level, you will begin to feel a knocking sensation in your pelvic muscles. This happens when the electrical current begins to stimulate your muscles at low levels. You may also feel a tingling sensation. When you get to this stage, slowly increase the electrical current to a level that is working your muscles but is comfortable too.

Many women find that they start to feel their muscles being stimulated when Kegel8® Ultra 20 is set to around 25mA, with settings over 30mA giving the muscles a full workout. But everybody is different, so you need to choose settings that you are comfortable with. The stronger the sensation you can feel, the more work your pelvic muscles are doing. But don't push yourself too hard. If you feel discomfort, press the - button for the channel to reduce the current. As you exercise, you will feel your muscles pull up, tighten, and then relax again.

If you use Kegel8® Ultra 20 as described, 1 or 2 times per day for at least 3 months, your pelvic muscles will get stronger. This will give you greater control and you will be able to gradually increase the amount of current.

Now, let's get you started - go to (see Starting Your Kegel8® Ultra 20 Exercises on page 18).



Starting Your Kegel8® Ultra 20 Exercises

Ready to start your pelvic floor exercises? Then let's get to it!

1. Before you start using your Kegel8® Ultra 20, please read the Important Safety Information (see page 8).

When used correctly, the Kegel8® Ultra 20 is a safe and effective way of tightening and toning your pelvic floor. But remember, Kegel8® Ultra 20 is an electrical device and if misused can cause harm. So please read the Safety Information carefully.

2. On the back of your Kegel8® Ultra 20, slide off the battery cover and insert the battery. Make sure the red material strip is under the battery - it makes it easier to remove the battery when a replacement is needed. Slide the battery cover back on.
3. Make sure the probe is clean by rinsing it in cold or warm water (see Kegel8® Probe Care on page 47). Unclean probes could cause infection.

If you are using electrode pads make sure your skin is clean and free from oils, lotions, moisturisers etc. These types of skin applications can damage the surface of your electrodes.

4. Connect the lead wire to the probe/pads and Kegel8® Ultra 20 unit. All of the wires are fitted with the appropriate connections, so all you have to do is:
 - Insert the red pin on the lead wire into one of the connections on the probe/pad's wire.
 - Insert the black pin on the lead wire into the remaining free connection on the probe/pad's wire.
 - Insert the white connection on the lead wire into the Channel A slot on your Kegel8® Ultra 20 unit. If you are looking at the front of the Kegel8 unit, the Channel A socket is on the top-left of the unit. Push the lead in firmly so that it is fully connected.

If you are going to use an anal probe, connect it to the Channel B socket. Kegel8® Ultra 20 is designed so that you can use a



Taking Care of your Kegel8® Ultra 20

Accessories and Modifications

Only use CE approved accessories, such as probes, with your Kegel8® Ultra 20 device. All official Kegel8® probes are CE approved and so have been tested for safety.

Do not modify your Kegel8® Ultra 20 device. Making unauthorised adjustments to your Kegel8® Ultra 20 will invalidate your warranty and could result in injury.

Kegel8 Screen (LCD) Care

The Kegel8® Ultra 20 LCD is covered with a thin protective layer. This layer helps to protect your LCD from scratches.

If your LCD appears to be scratched, gently peel off the protective layer. If the scratch only damaged the protective layer, it can be replaced with another screen protector. If, however, the LCD itself is damaged, you will need to get it repaired. For more information, please contact Customer Service (see page 61).

When cleaning your Kegel8, please do not use cleaning sprays or alcohol based cleaning solutions as this could damage the LCD.

Kegel8 Probe Care

Each Kegel8® probe is designed for ease of use and should last 12-18 months with proper care.

- Never immerse your probe in boiling water or boiling liquids. This could damage your probe.
- When inserting a probe, hold its base. Do not hold it by the wires as this could damage the probe.
- Before use, always clean the probe in warm, but not boiling, soapy water. Alternatively, you could clean your probe with an antibacterial cleanser such as our own Kegel8® Klean.



Kegel 8[®]
ULTRA 20

Kegel8[®] Ultra 20 Programme Settings - Explained

Each Kegel8[®] Ultra 20 programme has several settings that you will need to understand if you are creating a custom programme. Getting to know how these settings work will also help you to understand the specifications for the pre-set programmes.

- **Hz** - The number of electrical pulses per second (in Hertz). Generally, 1-15Hz is for treating slow responding muscle fibres, and 35Hz-45Hz for fast responding muscle fibres. Values of 45Hz and above are used for treating muscle fatigue and promoting muscle strength and flexibility.
- **µS** - The duration of a single pulse (the 'pulse width'). The wider a pulse is, the more muscle penetration it has.
- **WK** (Work) - How long the electrical current will keep the muscle tight (working). Again, this is in seconds.
- **RT** (Rest) - The amount of time between each pulse (in seconds). The muscles will rest for this amount of time.
- **RP** (Ramp Up) - How long it takes to achieve full muscle contraction (in seconds).
- **DP** (Ramp Down) - How long it takes to achieve full muscle relaxation (in seconds).
- **SY** (Synchronous) - The Kegel8[®] Ultra 20 will output an electric current through both channels at the same time.
- **AL** (Alternating) - The Kegel8[®] Ultra 20 will output an electric current through one channel at a time.
- **DL** (Delay time) - When SYN is selected, you can delay the output on channel B with this parameter.

Locking and Unlocking your Kegel8[®] Ultra 20

If you want to lock your Kegel8 so that only one specific programme is available for selection:

1. Select the programme you want to lock and then remove the battery cover on the back of the Kegel8.
2. Using a thin rod, such as a pin, press and hold the concealed Lock button until you hear a double-beep. The Kegel8 is now locked.

To unlock your Kegel8[®] Ultra 20, press the Lock button until you hear a single beep. Then press the SET button on the front.



Kegel 8[®]
ULTRA 20

vaginal probe only, an anal probe only, or both a vaginal and anal probe at the same time. Just make sure that your probes are connected to the appropriate channels (Channel A for vaginal, Channel B for anal).

Using pads instead of probes? Just connect one pair of pads to Channel A and one pair of pads to Channel B.

5. Insert the Kegel8 probe(s)/apply the pads.

For more information on inserting Kegel8 probes, see Inserting a Kegel8[®] Probe on page 23.

For details on applying the Kegel8 pads correctly, see Applying Kegel8[®] Electrode Pads on page 24.

6. Press the ON button on the Kegel8 control unit.
7. Press the PRG button to choose a programme (press PRG repeatedly to cycle through the available programmes):

- P01 (RCV1) - Sensitivity Test
- P02 (RCV2) - Improved Sensitivity Exercise
- P03 (EXE1) - Pelvic Exercises
- P04 (EXE2) - Intense Pelvic Exercises
- P05 (EXE3) - Weekly Maintenance
- P06 (SIMP) - Sensation Improvement
- P07 (ENDU) - Pelvic Floor Endurance
- P08 (SENS) - Pelvic Floor Sensitivity
- P09 (OAB) - OAB Overactive Bladder
- P10 (STR1) - Intermediate Stress Incontinence
- P11 (STR2) - Gentle Stress Incontinence
- P12 (MIXD) - Mixed Incontinence: Urge/Frequency/Stress
- P13 (FTRN) - Improvement of local blood circulation
- P14 (PNC1) - Post natal Incontinence 1



- P15 (PNC2) - Post natal Incontinence 2
- P16 (BOW1) - Bowel (faecal) incontinence 1
- P17 (BOW2) - Bowel (faecal) incontinence 2
- P18 (PAIN) - Electrode Pads Chronic Back Pain Relief
- P19 (CIRC) - Pelvic Pain & Circulation
- P20 (RELX) - Pelvic Pain & Relaxation
- PC1, PC2, PC3 - (see Creating a Custom Programme on page 43).

NOTE: If you have never used your Kegel8® Ultra 20 before, you should begin with Programme **P01**, which is a sensitivity test.

For information on selecting an appropriate programme, see Choosing a Kegel8® Ultra 20 Programme on page 29.

8. Press the + button(s) to start the programme.

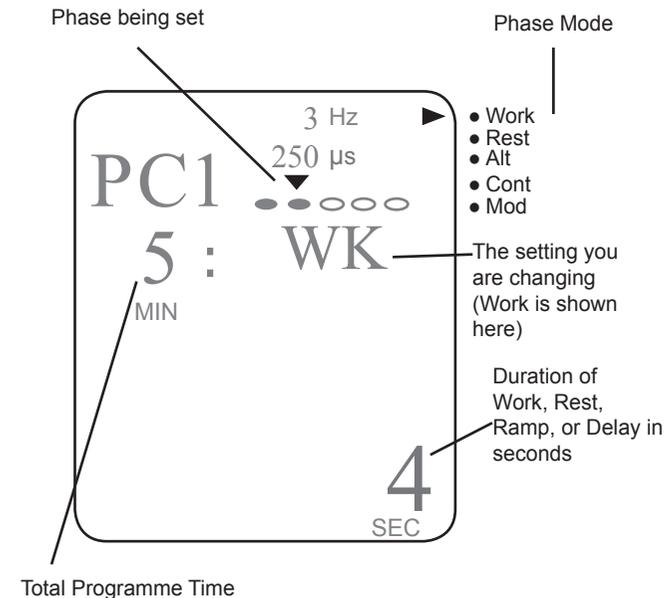
If you are only using the vaginal probe, press the + button for Channel A. If you are only using the anal probe, press the + button for Channel B. Press both + buttons if you are using two probes.

When you press a + button, the mA (milliamps) reading for that channel changes and your programme begins. Once your programme has started, press the relevant + button to increase the amount of power (milliamps). The higher the amount of mAs, the more effective your programme will be, but always choose a level that feels comfortable. If you are feeling discomfort or pain, reduce the amount of mAs by pressing the - button for the channel(s) you are using.

CAUTION: When using the **probe**, you should try to start each programme, except **P08**, at around 25mA-30mA. **P08** is a more intense programme, so start much lower and do not exceed 25mA. When using **electrode pads**, do not increase the

19. Repeat this procedure from step 2 for each phase that you want to include in your programme.
20. When you have added all of the phases you need for your custom programme, press the **PRG** button. Your custom programme is now stored in the memory of your Kegel8® Ultra 20. To use it, you just need to select the PC channel you used to configure the programme (see step 2).

NOTE: You can alter a custom programme at any time - just repeat this procedure and change the settings to meet your needs.





Kegel 8[®]
ULTRA 20

so that the **CONT** symbol flashes instead of the Work and Rest symbols. If you choose **CONT**, skip to step 17.

8. Press the + button for Channel A. **WRK** appears and flashes.
9. Use the + and - buttons for Channel B to set the Work period (2 - 99 seconds).
10. Press the + button for Channel A. **RST** appears and flashes.
11. Use the + and - buttons for Channel B to set the Rest period (2 - 99 seconds).
12. Press the + button for Channel A. **RP** appears and flashes.
13. Use the + and - buttons for Channel B to set the Ramp Up period (2 - 99 seconds).
14. Press the + button for Channel A. **SYN** appears and flashes. This means the phase is set to use a synchronous current (the Kegel8[®] Ultra 20 will send a charge out of both channels at the same time).

If you want the phase to use an alternating current, press the + or - button for Channel B. When your Kegel8[®] Ultra 20 is set to **ALT** (alternating), it will send a charge out of one channel. When that charge has finished, your Kegel8[®] Ultra 20 will send a charge out via the other channel. If you set the phase to use **ALT**, skip to step 17.

15. Press the + button for Channel A. **DY** appears and flashes.
16. Use the + and - buttons for Channel B to set the delay for Channel B (0 - 4 seconds). The delay is the amount of time your Kegel8 Ultra 20 waits before sending a charge to Channel B (after it has finished sending a charge to Channel A).
17. Press the + button for Channel A. The menu loops back to step 2 and the **Hz** symbol flashes.
18. To set the next phase, press the **SET** button. The phase symbol flashes over the next phase.



Kegel 8[®]
ULTRA 20

power above 15mA (as higher power could cause you harm and damage your electrodes)

9. When the programme is complete, your Kegel8[®] Ultra 20 will switch off automatically. Remove the probes/skin electrodes by pulling gently at their base. Do not pull the wires as this could damage your probe / electrode pads.
10. Take care of your probes and electrode pads:

For probes:

- Clean your probe(s) under running warm water. Do not place in boiling water as this will cause damage to the probe(s).

For extra peace of mind, you can wash your probe(s) with sterilising fluid. We also recommend that you wipe your Kegel8[®] Ultra 20 unit clean with a damp cloth or antiseptic wipe. Alternatively, you can spray your Kegel8 and probe with Kegel8[®] Klean anti-bacterial cleanser and then wipe it dry.

Do not use alcohol-based products as this could damage the LCD.

For electrode pads:

- Place the sticky side of the electrode back on to the plastic sheet (supplied with the electrode pads). If the surface is no longer sticky, you should buy replacement electrode pads - these are available directly from www.kegel8.co.uk (and can also be found on www.stressnomore.co.uk.) A set of electrodes should last for around 10-15 uses.

11. Keep your probes and electrode pads in a clean, dry place. We recommend that you store them in their original packaging.
12. Exercise 1-2 times per day for 12 weeks. If you use your Kegel8[®] Ultra 20 regularly, you should notice improvements in your pelvic health in just a few weeks. However, some women take longer to respond, so we recommend that you use a programme 1-2 times per day for a minimum of 12 weeks.



Kegel 8[®]
ULTRA 20

13. Please do not use back-to-back sessions. We realise that you may be tempted to complete one exercise and move on to another exercise immediately - this is not the best way to work your pelvic floor. Like all muscles, your pelvic floor muscles need time to rest and recover between exercises. Aim to do 1-2 Kegel8 programmes a day, 1 in the morning and 1 in the afternoon or evening. The only exception is if you are using **P20** with electrode pads for pain relief - in this case, you can use **P20** as often as you feel necessary.

If you feel the programme you are using has become too easy, you can try using the other programmes or alternate between different programmes over the course of a week. All Kegel8[®] Ultra 20 programmes are designed to improve the condition of your pelvic nerves and muscles.

NOTE:

Get the most out of your Kegel8[®] Ultra 20 - see Kegel8[®] Exercise Tips on page 28.



Kegel 8[®]
ULTRA 20

Creating a Custom Programme

Many women find that the pre-set programmes that are built into Kegel8[®] Ultra 20 are ideal for treating their pelvic floor problems. But in certain situations, a medical professional may advise a different type of programme. That is why Kegel8 Ultra 20 has a custom programme feature that allows doctors to create up to 3 programmes designed specifically for you.

To create a custom programme:

1. Press the ON button to power up your Kegel8[®] Ultra 20.
2. Press the **PRG** button on the front repeatedly until the LCD shows **PC1 PC2** or **PC3**. These are your 3 custom programme memory slots.
3. Press and hold the **SET** button for 3 seconds. The **Hz** symbol shown on the LCD will flash to show that it is selected and ready for a value to be entered.
4. Use the Channel B **+** or **-** button to adjust the pulse rate (Hertz). It can be set to a value between 2 Hz and 100 Hz.

NOTE: Hz, μ S, WRK, RST, RMP, ALT, and SYN are explained at the end of this section.

5. Press the **+** button for Channel A. The **μ S** symbol flashes. Use the Channel B **+** and **-** button to adjust the pulse duration (the possible range is 50 to 450 μ S).
6. Press the **+** button for Channel A. The **MIN** symbol flashes. Use the Channel B **+** and **-** buttons to set the length of the first phase time. You can use a value of 1 to 99 minutes.

NOTE: If you want the programme to end on this phase, set the MIN to 0.

7. Press the **+** button for Channel A. The Work and Rest symbols flash. By default, the programme is set to use a Work/Rest exercise.

If you want this phase of your custom programme to stimulate your pelvic area continuously, press the **+** button for Channel B



- **P05 - Weekly Maintenance**

When your pelvic floor is in good condition, you will be able to stay in complete control as you squeeze your pelvic muscles, and hold them tight. Once you are at this stage, your pelvic area is strong and healthy, and you will just need to use a weekly maintenance programme.

P05 is the Kegel8® Ultra 20 weekly maintenance programme, and it is a good programme to use if:

- You already have a strong pelvic floor
- Have used other Kegel8 programmes successfully, and just want to maintain your current level of pelvic floor health.

You may find that **P05** once a week is sufficient exercise for your pelvic floor. But if you want to work your muscles a little harder, you can always use **P03** or **P04** once or twice a week as well.

P05 uses 2 phases, both of which are Work/Rest phases. In phase 1, your pelvic area is stimulated for 5 seconds and rested for 8 seconds. This cycle repeats for a total of 15 minutes. Phase 2 is slightly different as your muscles will be worked for 5 seconds and rested for 5 seconds. Phase 2 lasts for 30 minutes.

Total time: 45 minutes.



Inserting a Kegel8® Probe

Kegel8® probes are specially designed to suit your body. Their small dimensions, smooth outer casing and curved edges mean they are easy to insert and comfortable to use.

However, some women do have problems inserting the Kegel8® probes or getting them to work properly. This is often because of dryness or incorrect positioning - problems we can help you overcome.

If you are experiencing difficulties with your probe(s):

1. Get into a comfortable position. Many women choose to use Kegel8® Ultra 20 in a sitting position or standing up. Inserting a probe is similar to inserting a tampon, so you may already know what position suits you best.
2. Hold the base of the probe. The base is the plastic part at the 'tail' end (the end with the wires).
3. Position the probe so that the metal strips are on the left and right sides. For a vaginal probe, this means that the metal strips should be facing the inside of your thighs.
4. Gently insert the 'head' end of the probe into your vagina/anus. Push the probe 2 inches (5.5cm) inside your vagina/anus. This is less than you would insert a tampon. The base part of the probe should always be outside of your body.

To ease insertion, we recommend that you use a good quality water-based lubricant such as KE Gel. The lubricant will also help to improve the transfer of the electrical pulse from the probe to your muscles. If the lubricant doesn't help, you may be suffering from vaginal atrophy, a condition that causes dryness and thinning of your vaginal walls. Your doctor can prescribe an oestrogen cream that can help. Don't use Kegel8® Ultra 20 while you are being treated with the cream (usually about 1 month) instead you can use the electrode pads.

After treatment, you should find that you can insert the probe much more easily. Please do not let vaginal atrophy stop you from experiencing the benefits of Kegel8® Ultra 20. There are effective solutions available to overcome this painful condition.



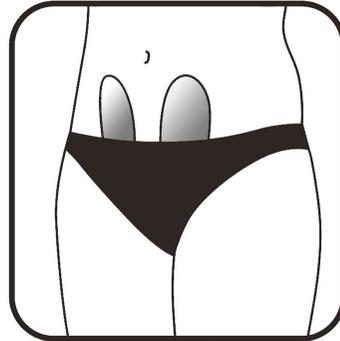
Applying Kegel8[®] Electrode Pads

Some Kegel8[®] Ultra 20 programmes are designed to be used with electrode pads instead of, or as well as, the probe. The following diagrams show you how to position the electrodes.

2 Front Electrodes

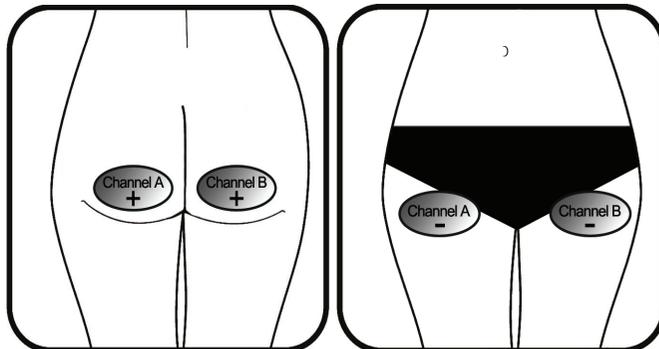
If your selected programme supports **2 front electrodes**, you should attach them as shown in the diagram to the right.

Place the electrodes next to each other on your abdomen. The electrodes should be positioned vertically.



2 Front Electrodes, 2 Back Electrodes

If your selected programme supports **2 front electrodes and 2 back electrodes**, you should attach the electrodes as shown in the diagrams below.



Pelvic Floor Health

If your pelvic floor muscles are strong and healthy, you'll want to keep them that way. So you'll be glad to know that Kegel8 Ultra 20 includes a series of 'maintenance' exercises that will keep your pelvic floor muscles, fibres, and ligaments in fantastic condition.

You should choose the programme that best suits your needs:

- **P03 - Pelvic Floor Workout**

Programme **P03** is a general pelvic floor workout. It is aimed at women who have used Kegel8[®] Ultra 20's programmes successfully and are ready to move on to a more general programme. If you have a healthy pelvic floor, but find **P04** too tiring, **P03** is also the right programme for you.

P03 has 2 phases, both of which use a Work/Rest exercise. The first phase stimulates your muscles for 6 seconds and rests them for 10 seconds for a total of 15 minutes. Phase 2 stimulates your muscles for 5 seconds, and rests them for 12 seconds for a total of 30 minutes.

Total time: 45 minutes.

- **P04 - Intense Pelvic Floor Workout**

Programme **P04** is a more demanding pelvic floor workout. It is highly effective as a muscle conditioning exercise, and can also be very beneficial if you find you frequently have the urge to urinate. If you find **P04** is too tiring, use **P03** instead. You will not benefit from overworking your muscles - wait until **P03** becomes too easy for you, and then consider returning to **P04**.

P04 has 4 phases and they are all Work/Rest exercises. In phases 1 and 3, your muscles are stimulated for 8 seconds and rest for 12 seconds (for a total of 10 minutes). In phases 2 and 4, they are stimulated for 7 seconds and rest for 14 seconds (for 5 minutes).

Total time: 30 minutes.



- For **Pelvic Floor Tightness, Vaginal Tightness** and **Anal Tightness** choose P20.

Programme **P20** can help to relieve pain caused by tightness in the pelvic floor muscles. This type of pain often feels like a burning or sharp sensation and can make it difficult to enjoy sex, insert tampons, etc. **P20** helps by stimulating the pelvic floor muscles so that they contract and relax more easily, and over time, will give you better control.

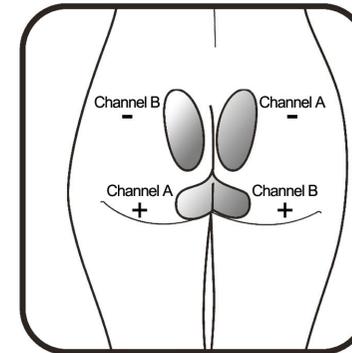
There are 2 phases for **P20**. The first phase is a Work/Rest exercise, during which your muscles are stimulated for 3 seconds and rested for 7 seconds. This repeats for 10 minutes. Phase 2 also lasts 10 minutes, but uses a continuous charge to stimulate your muscles throughout the phase.

Total time: 20 minutes.



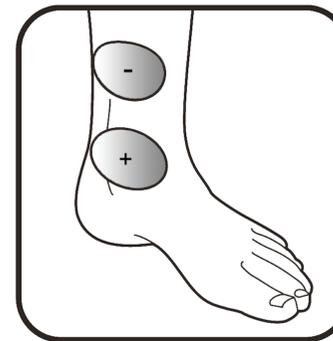
4 Back Electrodes

For programmes that support **4 back electrodes**, position the electrode pads as shown in the diagram below.



Ankle Electrodes

Some of the Kegel8® Ultra 20 programmes allow you to use electrode pads on your ankle. These electrodes stimulate the tibial nerve which runs up the inside of your lower leg. This stimulation is known to help with certain pelvic floor-related conditions, such as incontinence.



If your programme supports **ankle electrode pads**, position them on your skin as shown in the diagram below.

Using the ankle electrodes is a good option if you do not want to use a probe or apply the electrodes to your abdomen or rear.



Kegel 8
ULTRA 20

What Programmes Allow You to Use Electrode pads?

You can use electrode pads with the following programmes. For some programmes, you should only use the electrodes, but others allow you to use a combination of probe and electrodes.

- **P08 - Increase Sensitivity.** For Programme **P08**, you can use **4 Back Electrodes** (see page 25) or the probe. The probe will produce faster results, but you can increase your sensitivity just by using the electrodes if you prefer.

- **P09 - OAB Overactive Bladder** (see Incontinence, Nocturia, and Overactive Bladder on page 32).

P09 allows you to use just the probe, just the electrodes, or a combination of both. The permutations are listed below in their order of effectiveness (probe and ankle electrodes being the most effective):

- i. Probe and ankle electrodes
- ii. 4 Electrodes on your back
- iii. Probe only
- iv. Ankle electrodes only.

- **P13 - Improvement of Local Blood Circulation**

When using electrode pads with **P13**, you should attach them as shown in **4 Back Electrodes** (see page 25).

P17 - Moderate Bowel Incontinence Training (see page 35)

When using electrode pads with **P17**, you should attach them as shown in **2 Front Electrodes** (see page 24).



Kegel 8
ULTRA 20

Pain, Cramps, and Tightness

Kegel8® Ultra 20 can help relieve vaginal pain by increasing the blood flow in your tissues and helping your muscles to relax. If you suffer from cramps or have pain following surgery, the pain relief and relaxation programmes are for you.

Kegel8® Ultra 20 has 3 built-in programmes for pain relief and relaxation. You should choose the programme that best suits your needs:

- For **Back Pain**, choose **Programme 18**.

Programme **P18** is a pain relief and relaxation programme designed specifically for use with electrode pads. It works by sending a low level electronic current into your lower back, which causes a gentle, soothing muscle contraction. This helps to relieve the pain often associated with periods, vulvodynia, and general pain in the pelvic area.

P18 is a gentle, single phase programme. Your muscles are stimulated for 5 seconds then rest for 15 seconds. You can use this programme for as long as you need to relieve pain.

You should position the electrode pads as shown in **4 Back Electrodes** (see page 25) or **2 Front Electrodes** (see page 24).

Total time: Up to 5 hours - no time limit.

- For **Muscle Cramps** and Pain Relief, choose **P19**.

Programme **P19** is a rejuvenation exercise that improves circulation in your pelvic area. It is designed for use with a Kegel8® probe and is an effective way of relaxing your pelvic muscles, which are often the cause of vaginal and pelvic pain. The increase in blood flow can also help improve muscle endurance.

P19 has a single phase, during which it will stimulate your pelvic floor muscles using a low frequency charge.

Total time: 1 hour.



Kegel 8[®]
ULTRA 20

- If you want **increased sensation** during sex, use **P08**. This programme can be used with a vaginal probe or electrode pads.

A lack of sensation during sex may be due to your pelvic floor being weak, and you may also have nerve damage. Programme 8 can help treat this problem. It works by using 2 phases - 1 modulating and 1 Work/Rest. In phase 1, Kegel8[®] Ultra 20 uses modulation to make your muscles relax and contract for a total of 45 minutes. In phase 2, your muscles are stimulated for 7 seconds then rested for 7 seconds. You will feel more power during the second phase.

If you are using the **probe**, you should set the power to a level that causes mild tingling.

If you are using the **electrode pads**, you should position them as shown in **4 Back Electrodes** (see page 25).

CAUTION: For **P08**, do not exceed 25mA (probe) or 15mA (electrode pads). Increasing the power above these levels could cause you physical harm and may damage your probe or electrodes.

Total time: 60 minutes.

If you do not feel the probe or electrodes working your muscles at these power levels, contact our help line as you may have nerve damage.



Kegel 8[®]
ULTRA 20

- **P18 - Electrode pads Back Pain Relief** (see Pain, Cramps, and Tightness on page 39).

When using electrode pads with Programme **P18**, you should attach them as shown in **4 Back Electrodes** (see page 25).

Applying Power to the Electrode pads

Take special care when increasing the power to your electrode pads, as your skin is sensitive. We recommend that you do not increase the power above 15mA, as a power higher than this could cause physical harm (skin burns).

Power greater than 15mA could also cause damage to your electrode pads.

You should be extra careful when using the probe and electrode pads at the same time, as the probe will need a much higher amount of power (usually 30mA or more).



Kegel8® Ultra 20 Exercise Tips

- **Use an Appropriate Amount of Power**

The amount of power needed to stimulate pelvic floor muscles varies from person to person. By default, the Kegel8® Ultra 20 unit has a 0mAs output and you need to increase the power manually, by pressing the + button. You should increase the power to a level where you can feel the effects of the electric pulse, but it is not causing any discomfort. Many women find that a setting of around 30mAs is a good starting point with the probe, but only you can tell what is comfortable for you. If you are using the electrode pads, you should use a lower amount of power - do not exceed 15mA as this could cause you physical harm and may damage your electrodes.

As your pelvic floor muscles begin to strengthen, you should find that you can increase the power output.

- **Exercise 1-2 Times per Day for 12 Weeks**

We recommend that you use Kegel8® Ultra 20 1 or 2 times per day for 12 weeks. Alternate between your choice of programme and

P03 each day (**P03** is a general exercise routine, see Pelvic Floor Health on page 41). For example: Monday **P03**, Tuesday **P09**, Wednesday **P03**, Thursday **P09**, Friday **P03** and so on. When you have better muscle control, you can use **P05** (Weekly Maintenance) on an ongoing basis to maintain your muscle strength.

If you decide to exercise twice a day, it is important that you do not do back-to-back sessions. This is because your pelvic floor muscles need time to recover between sessions. We suggest that you use Kegel8 once in the morning and once at night.

- **Be Patient. Kegel8® Ultra 20 WILL Improve Your Pelvic Floor**

Everybody's different. Some people respond to Kegel8® Ultra 20 exercises very quickly, whereas with others it takes a number of weeks to feel real improvements. But rest assured, if you use Kegel8® Ultra 20 regularly and follow our instructions carefully, your pelvic floor muscles and nerve fibres *will* get stronger.



Improve Sensation

Your Kegel8® Ultra 20 has 3 specially designed programmes to enhance your sensation. You should choose the programme that best suits your needs:

- To **tone your vaginal walls** and increase sensitivity, use **P06**.

Programme **P06** uses a single phase to strengthen your vaginal walls. This is a Work/Rest exercise where your muscles are stimulated for 8 seconds, then rest for 10 seconds. This cycle repeats for 20 minutes and is designed to stimulate your sensory nerves.

Total time: 20 minutes.

- If you want to be able to **squeeze your vaginal muscles for longer** during sex, you should use **P07**.

Programme **P07** is an endurance exercise and improves the strength of your pelvic muscles. It uses a single phase Work/Rest exercise that stimulates your muscles for 5 seconds then rests for 5 seconds for a total of 60 minutes.

Total time: 60 minutes.



Voluntary Exercises

Kegel8® Ultra 20 exercises are a very effective way of tackling urinary incontinence. But we have found that combining Kegel8® Ultra 20 exercises with 'voluntary' exercises will help you to treat incontinence more quickly.

'Voluntary' exercises are muscle contractions that you perform yourself, without any stimulation from the Kegel8® Ultra 20. If your pelvic floor is particularly weak, you may find it difficult to squeeze your pelvic muscles at first, but as they get stronger, you will get more control.

If you are using **P10** or **P11**, adding voluntary exercises to your Kegel8® Ultra 20 routine will help. We recommend that you:

1. Immediately after using your Kegel8® Ultra 20:
 - i. Starting at your anus, squeeze your muscles as tight as you can, as if you are holding in wind. Keep your muscles tight.
 - ii. Squeeze your vaginal muscles tight and lift inside, as if you were sucking the muscles up into your body. Keep your muscles tight.
NOTE: The 'lift' is very important. If you push down instead of lift, your voluntary exercise will not be effective.
 - iii. When you have kept your pelvic and vaginal muscles tight for 3-4 seconds, relax for 10 seconds.
 - iv. Repeat this exercise 5 times.
2. Repeat steps i-iv once an hour.

These voluntary exercises cause your central nervous system to send impulses to your sphincter fibres. This is recognised as a very effective way of improving sphincter strength and responsiveness.



Choosing a Kegel8® Ultra 20 Programme

Your Kegel8® Ultra 20 comes complete with many built-in exercise programmes, each of which is designed to treat a specific type of pelvic floor problem. It also has 2 or 3 'spare' programme slots that your therapist can use to create custom programmes tailored to your needs (see Creating a Custom Programme on page 43).

If you are using Kegel8® Ultra 20 for the first time, you will need to test your sensitivity before you progress to a more specific exercise programme (see Sensitivity Tests (Probe Only) on page 30). You should begin with the first sensitivity test, which is **P01**, and then progress to **P02**.

When you can complete **P02** without any difficulty, you can start training with a built-in Kegel8® Ultra 20 programme (or a custom programme). You should choose a programme that has been designed for your particular health issue:

- Incontinence, Nocturia, and Overactive Bladder (see page 32).
- Post Natal Incontinence (programmes 14, 15).
- Sensation Improvement (see page 37).
- Pain, Cramps, and Tightness (see page 39).
- Pelvic Floor Health (see page 41).

If you have more than one health issue, please consult with the specialist regarding the treatment.

To choose a programme, turn your Kegel8® Ultra 20 on and press the PRG button to cycle through the available programmes. Keep pressing the PRG button until the programme you want to use is displayed.



Kegel 8[®]
ULTRA 20

Sensitivity Test When Using A Probe

If you are using Kegel8[®] Ultra 20 for the first time, you should begin by choosing **Programme 01 - Sensitivity Test**. This 'denervation' test is designed to test your response to your Kegel8[®] Ultra 20 - it sends an electrical current to your probe(s) that should cause you to feel a tickling sensation in your pelvic area.

NOTE: You only need to use the sensitivity tests if you are using a Kegel8[®] Ultra 20 vaginal probe. If you decide to use external electrode pads only (not the probe/s) you do not need to perform the sensitivity test. Please remember when using electrode pads the power output should not exceed 15mA as this may cause you harm and damage the electrode pads).

To run the Kegel8[®] Ultra 20 Sensitivity Test:

1. Insert your probe(s).
2. Connect the probe(s) to the Kegel8[®] Ultra 20.
3. Switch your Kegel8[®] Ultra 20 on and use the PRG button to cycle through the programmes until you reach P 01.
4. Use the + button for the appropriate Channel to increase the power. Stop increasing the power when you feel a tickling sensation or 50mA is reached.

You should feel a tickling sensation with less than 50mA. If you do, you can start using the Kegel8[®] Ultra 20 built-in programmes (see Choosing a Kegel8[®] Ultra 20 Programme on page 29). Alternatively, you can use a custom programme (see Creating a Custom Programme on page 43).

If you have set your Kegel8[®] Ultra 20 to 50mA and cannot feel a tickling sensation, you may have nerve damage. This is quite common following childbirth and surgery, and it is something Kegel8[®] Ultra 20 can help you with. Try running Programme 01 at 50mA for 30 minutes, twice a day. When you can feel the tickling sensation, you can start using the other Kegel8[®] Ultra 20 programmes.

If you cannot feel any sensation after 1 month of use, please consult a medical professional for advice.

Programme **P01** is a Work and Rest exercise. You should feel your pelvic area contract for 8 seconds, and then rest for 15 seconds throughout the programme (which lasts 30 minutes in total).



Kegel 8[®]
ULTRA 20

Bowel (Faecal) Incontinence

For **bowel incontinence**, choose one of the following programmes:

- **P17** if you suffer from **moderate bowel incontinence**.

Programme **P17** has one phase that lasts 40 minutes. This is Work/Rest exercise where your muscles are stimulated for 5 seconds then rest for 5 seconds for a total of 40 minutes.

Total time: 40 minutes.

For best results, use **P17** for 3 days, **P03** for 2 days, then back to **P17** for 3 days and so on. When you notice an improvement, you can reduce your exercises to 2-3 times per week.

- **P16** if your **incontinence is more severe**.

Programme **P16** has two phases, both Work/Rest exercises. In phase 1 your muscles are stimulated for 5 seconds then rest for 5 seconds for 5 minutes. This is followed by phase 2. Your muscles work for 5 seconds then rest for 5 seconds for a total of 5 minutes.

Total time: 10 minutes.

For best results, use **P16** for 3 days, **P03** for 2 days, then back to **P16** for 3 days and so on. When you notice an improvement, use **P17** instead of **P16**.

NOTE: Always consult your doctor if you are suffering from bowel incontinence.



- If you suffer from incontinence, **but do not wish to use the probe**, use **P13**.

Programme **P13** is a functional training exercise based on techniques used in Finland. Unlike most of the other programmes, **P13** requires you to exercise manually too, so you will need a chair!

You should apply the electrode pads as shown in **4 Back Electrode Pads** (see page 25).

There are 3 phases to **P13**:

- Phase 1 uses a Work/Rest exercise and lasts for 3 minutes. During the Work stage, you should stand up as your muscles and fibres are stimulated for 6 seconds. Sit down in the Rest stage, which lasts for 12 seconds.
- Phase 2 also uses a Work/Rest exercise and lasts 3 minutes. You will need to walk around during the Work stage and sit down in the Rest stage. The Work stage lasts for 9 seconds, and the Rest stage is 16 seconds.
- For phase 3, you are going to need a chair. Again, this is a Work/Rest exercise that lasts 3 minutes. The Work stage lasts 5 seconds, and during this stage, you should run around the chair. During the Rest stage, relax for 10 seconds.

Total time: 9 minutes.

NOTE: You can repeat this exercise throughout the day, but stop if your muscles feel tired.

When you have completed programme **P01** successfully, you can progress to **P02**. Its improved sensitivity exercise will help you to develop better sensitivity, control and mobility in your pelvic area.

To run the Improved Sensitivity programme **P02**:

1. Insert your probe(s).
2. Connect the probe(s) to the Kegel8® Ultra 20.
3. Switch your Kegel8® Ultra 20 on and use the PRG button to cycle through the programmes until you reach **P02**.
4. Use the + button for the appropriate Channel to increase the power. Stop increasing the power when you feel a tickling sensation or 40mA is reached.

If you do not feel a tickling sensation at 40mA, try setting your Kegel8 to 50mA. Run the programme twice a day. When you feel a sensation at 50mA, reduce the power to 40mA and continue to exercise twice a day.

In time, you will start to feel an improvement in your pelvic area, including:

- Better self-control
- More tightness
- Improved mobility.

Programme **P02** is a Work and Rest exercise. You should feel your pelvic area contract for 8 seconds, and then rest for 15 seconds throughout the programme.

When you feel there you are able to complete Programme **P02** without straining, you can progress to a more advanced programme.



Kegel 8
ULTRA 20

Incontinence, Nocturia, and Overactive Bladder

Kegel8® Ultra 20 can help treat overactive bladder (OAB), urinary incontinence, nocturia (urge to urinate at night) and bowel incontinence. If you suffer from any of these conditions, don't worry - Kegel8 will help you to regain control.

- Do you want to use electrode pads instead of a probe?
If yes, you can use electrode pads with programmes **P09** (overactive bladder exercise), **P12** (stress incontinence exercise), and **P13**.
If you want to use a probe, you can use programmes **P09** (overactive bladder exercise), **P10** (intermediate stress incontinence), **P11** (gentle stress incontinence), or **P16** and **P17** (bowel incontinence programmes).
- What type of incontinence do you have?
If you have been diagnosed by a medical professional, they may have told you exactly what type of incontinence you have. If not, you can find out about the different types of urinary and bowel incontinence on our web site www.veritymedical.co.uk

Urinary Incontinence and Overactive Bladder

For **urinary incontinence** or **overactive bladder**, use **P09**. You can use the probe and/or the electrode pads:

- Probe + Ankle electrode pads produce (see page 25) the best results.
- 4 Back Electrodes (see page 25) is good if you do not wish to use a probe.
- The probe on its own will help, but is more effective when used with electrode pads.
- The ankle electrodes used on their own can help, but will take longer to alleviate your symptoms.

P09 is a single phase programme and stimulates your muscles continuously.

Total time: 60 minutes.



Kegel 8
ULTRA 20

Stress Incontinence, Nocturia, Frequent Urination

If you suffer from stress incontinence, need to urinate a lot at night (Nocturia), or have the urge to urinate too frequently, the following programmes will help:

- **Intermediate stress incontinence** - choose **P10** and use a Kegel8® probe.

Programme **P10** has two phases, the first of which stimulates your muscles continuously for 10 minutes. The second phase lasts 30 minutes and is a Work/Rest exercise, where your muscles are stimulated for 8 seconds and rest for 14 seconds.

Total time: 40 minutes.

For best results, follow **P10** with Voluntary Exercises (see page 36).

- **Gentle stress incontinence or Nocturia** - choose **P11** and use a Kegel probe.

P11 has two phases, both Work/Rest exercises. Phase 1 lasts 10 minutes, with 5 seconds work and 5 seconds rests. Phase 2 lasts 30 minutes and works at a different frequency, again with 5 seconds work and 5 seconds rest.

Total time: 40 minutes.

For best results, follow **P11** with Voluntary Exercises (see page 36).

- **Stress incontinence, Nocturia or frequent need to urinate** (or *feel* the need to urinate frequently) - choose **P12**. This programme should only be used with electrode pads as the probe may aggravate the cause of the incontinence.

Programme **P12** has two phases, both of which are Work/Rest exercises. In phase 1, your muscles work for 5 seconds and rest for 10 seconds, for a total of 15 minutes. In phase 2, they work for 5 seconds and rest for 10 seconds for a total of 15 minutes.

Total time: 30 minutes.