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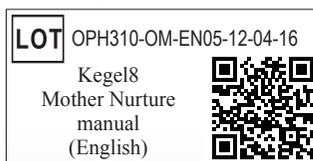
Any queries should be addressed to:

*Helpline **+44(0)1482 496 932***

*Call us! We're here to help you
Monday-Friday, 8am - 5pm.*



Accessory control information:



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 36 for the disposal instructions).

Welcome to Kegel8 Mother Nurture

Dear Customer,

Thank you for choosing Kegel8 Mother Nurture. You now have a new best friend to support you through the birth of your baby and beyond. Created especially for women before conception, during labour and after their new arrival, the Kegel8 Mother Nurture is an effective Transcutaneous Electrical Nerve Stimulator (TENS) and Neuromuscular Stimulator (STIM) device in one.

What is TENS?

Transcutaneous Electrical Nerve Stimulation is an effective, drug-free, non-invasive method of controlling pain. By transmitting mild electrical impulses to the affected area, TENS modifies the body's perception of pain to provide relief.

What is NMES?

Neuromuscular Stimulation is an effective method of re-building and strengthening weak or damaged muscle tissue. Muscles and nerve fibres are stimulated by electrical pulses causing them to contract as they would in exercise.

If you have never used a Neuromuscular Stimulator or TENS machine 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 used for neuromuscular stimulation are designed for comfort and while you will be able to feel the effects of the electrical pulses, they should not cause you any discomfort.

The beauty of TENS pain relief is that you are in full control and we will provide you with all the information you need about correct electrode placement, so no worries there either.

If you follow the instructions in this User Guide, Kegel8 Mother Nurture is a safe and effective way to prepare your body for carrying a baby, help manage your pain through labour and exercise your pelvic floor back in to pre-baby shape following childbirth.

Customer Care

We aim to provide our customers with outstanding products and customer service. So if you have any comments or ideas regarding Kegel8, unanswered questions or are looking for any sort of reassurance please get in touch with us – we are here to help. Our contact details can be found on page: Customer Care.

Indications for use

- labour pain
- stress incontinence
- overactive bladder

Also used for non medical purposes:

- pelvic sensitivity, strength and endurance

Notes

Clinical References

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

Warnings

Please pay careful attention to the following safety warnings:

- Do not insert wires into a mains power supply.
- Do not immerse unit into water or any other substance.
- The unit is not protect from the ingress of water droplets from a shower of rain if used outside the carrying case.
- This unit is not suitable for use during a water birth.
- Do not use STIM or a vaginal probe during pregnancy.
- Do not use TENS prior to 37 weeks pregnancy.
- Type BF equipment, Continuous Operation.
- Do not use Kegel8 Mother Nurture 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 Mother Nurture 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 shortwave or microwave therapy equipment may produce instability in the stimulator output.
- Simultaneous connection of a patient to high frequency surgical equipment may result in burns at the site of the stimulation 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 permitted.

Contra Indications & Precautions

Please read this Kegel8 Mother Nurture User Guide before using this stimulation device.

Kegel8 Mother Nurture should not be used:

- By patients fitted with a demand style cardiac pacemaker unless advised to by their Doctor.
- On a STIM programme during pregnancy (unless medically advised).
- On a TENS programme prior to 37 weeks pregnancy.
- 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 Mother Nurture:

- Use 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 Mother Nurture. Contact your distributor or healthcare professional.
- Only use CE approved skin electrodes and vaginal probes.
- Change your skin electrodes to hypoallergenic electrodes should you experience any irritation from the adhesive coating on the electrodes supplied. A range of skin electrodes for sensitive skin can be found on our website.
- Allow the skin to heal should you experience any skin irritation before commencing use.

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.

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

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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® product.

The Kegel8® product is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Kegel8® product can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Kegel8® product 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
	$d = 1.2 \sqrt{P}$	$d = \sqrt{1.2 P}$	$d = \sqrt{2.3 P}$
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.

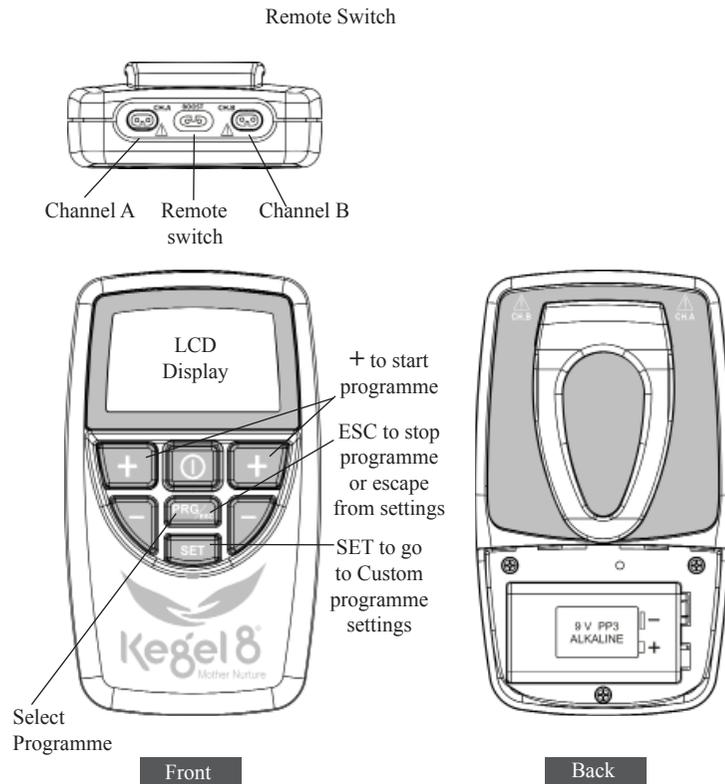
NOTE 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

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

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Basic keypad operation



*** PRG button**

*** SET button**

Displays the menu and changes the parameters for Pulse Rate, Pulse Width and Time for custom programmes.

*** ESC button**

Stores customised programme and returns to the home position.

*** ON / OFF button**

Turns unit on, off and ends the current programme

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

The Kegel8® product is intended for use in the electromagnetic environment specified below. The customer or the user of the Kegel8® product 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	3 Vrms 150 KHz to 80 MHz	3 Vrms 150 KHz to 80 MHz	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√P (150 KHz to 80 MHz); d=1.2√P (80 MHz to 800 MHz); d=2.3√P (800 MHz to 2.5 GHz); d is the recommended separation distance in meters (m). P is the maximum output power rating of the transmitter in watts (W) (according to the transmitter manufacturer). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment marked with the following symbol: 
Radiated RF IEC 61000-4-3	3V/m 80 MHz to 2, 5 GHz	3V/m 80 MHz to 2, 5 GHz	

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®

product is used exceeds the applicable RF compliance level above, the Kegel8® product should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the Kegel8 product.

(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® product is intended for use in the electromagnetic environment specified below. The customer or the user of the Kegel8® product 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.

Important Safety Information

Who Can Use Kegel8 Mother Nurture?

Your Kegel8 Mother Nurture is designed to be used by women and when used correctly, is a safe and effective way of strengthening pelvic floor muscles and drug-free pain relief during labour. However, as it works by using electrical pulses, there are some people that should seek medical advice before using the device.

DO NOT USE KEGEL8 MOTHER NURTURE:

- If you have been fitted with a demand style cardiac pacemaker.
- During pregnancy unless using the TENS programme during labour.
- 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, including a birthing pool – never submerge your Kegel8 in water.
- While you are connected to high frequency equipment. Applying the Kegel8 probe 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 can be used safely by women fitted with IUD or Mirena coils. Kegel8 does not affect these devices.

IMPORTANT
Only Use Your Kegel8 As Described
In This User Guide.

Keep Out Of Reach Of Children.

Where Can You Use Your Kegel8 Mother Nurture?

Kegel8 Mother Nurture is designed for home use, but can be used in medical centres and hospitals too. Before you use your Kegel8, please make sure:

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

Using Your Kegel8 Mother Nurture Safely

- Only use your Kegel8 in the regions described in this user guide. Never use Kegel8 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 or electrodes. Always clean your probes thoroughly (see Kegel8 Probe Care) and store electrodes in a safe place.
- Only use CE approved vaginal probes and skin electrodes with your Kegel8. All official Kegel8 probes and electrodes are CE approved.
- To power your Kegel8 device, use a 9v battery. Never connect your Kegel8 device or its probes to a mains power supply as this could result in electrocution and death.
- Do not immerse your Kegel8 device or its probes and electrodes in water, fluids or any other substances.
- Please be aware that Kegel8 Mother Nurture is Type BF equipment (provides some protection against electric shock).

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 emission		
The Kegel8® product is intended for use in the electromagnetic environment specified below. The customer or the user of the Kegel8® product should ensure that it is used in such an environment.		
Emissions Test	Compliance	Electromagnetic environment guidance
RF emission CISPR 11	Group 1	The Kegel8® product 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 emission CISPR 11	Class B	The Kegel8® product 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

1. Dual channel: individually isolated circuits.
2. 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.
3. Type: Constant Current, maximum output voltage 180 Volts +10 / -30 Volts
4. Waveform: Asymmetrical, rectangular bi-phasic with zero DC current.
5. Selectable pulse width: 50 μ S - 450 μ S [10% accuracy].
6. Pulse Rate selection: in the continuous mode 2 Hz - 100 Hz [5% accuracy].
7. Time duration of the treatment selectable: 1 to 90 minutes.
8. Ramp up time 0.3 - 9.9 seconds.
9. Battery: PP3 Alkaline, 9V.
Expected average battery life [of standard 800 mAh, alkaline]: 32 hours.
10. Low Battery Indicator: If the battery goes below 6.9 volts +/- 0.2 volts the battery symbol will flash on/off once every second.
11. If the battery voltage is below 6.6 (+/- 0.2) volts the unit will not turn on.
12. Open Electrode Detect: If an open circuit is detected at the output of channel A or B the output current will be reset at zero.

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

Physical dimensions: 119.2 x 69 x 28.7 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.

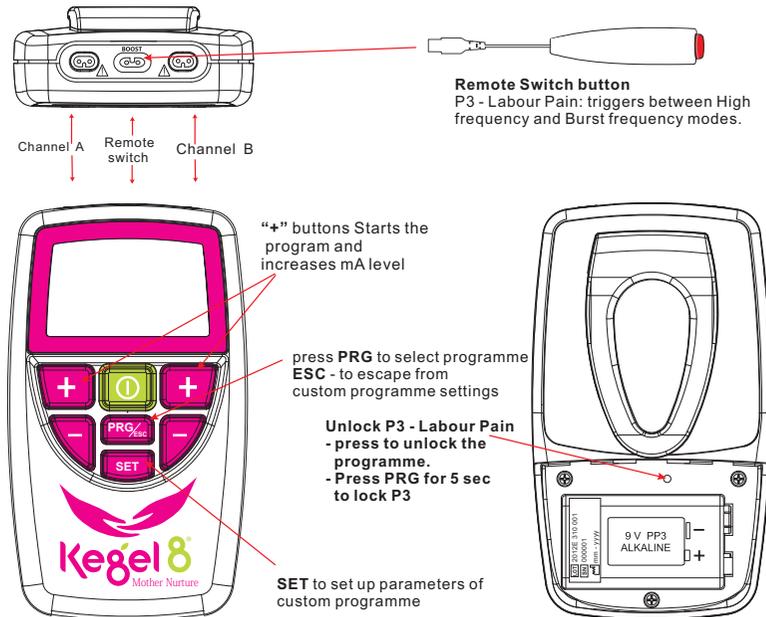
Kegel8 Mother Nurture Check List

When you open the Kegel8 Mother Nurture packaging, you should find:

- 1x Kegel8 Mother Nurture unit
- 1x 9 Volt Battery
- 1x Kegel8 Probe
- 4x Kegel8 Skin Electrodes (100x50mm)
- 1x Remote Boost Button
- 2x Kegel8 Lead Wire
- 1x Kegel8 Mother Nurture User Guide
- 1x Kegel8 Product Guarantee Registration Form

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

Getting To Know Your Kegel8 Mother Nurture



You will use Channel A (CH.A) to connect your probe to your Kegel8 Mother Nurture unit for STIM use to exercise your pelvic floor muscles prior to conception and/or following recovery from childbirth.

You will use Channel A (CH.A) and Channel B (CH.B) to connect your skin electrodes to your Kegel8 Mother Nurture unit for TENS use to manage pain during labour.

You will use the Boost Channel to connect your Remote Boost Button for control of natural pain relief during labour.

You will use the PRG button to select and set your programme of choice (see Choosing a Kegel8 Programme)

Kegel8 Mother Nurture has two sets of + and – buttons. You can use these buttons to increase (+) and decrease (-) the strength of the electrical pulses being emitted (the mAs). The positioning of these buttons correspond to the Channel they control; the + and – buttons to the left control Channel A and those to the right control Channel B.

P07 – Mixed Incontinence (MIX)

		Phase 1	Phase 2
Phase Time	Minutes	15	15
Mode		W/R	W/R
Frequency Work	Hz	12	50
Frequency Rest	Hz	N/A	N/A
Pulse Duration	µS	300	300
Modulation Time	Seconds	N/A	N/A
Ramp Up Time	Seconds	1.0	0.5
Ramp Down Time	Seconds	0.2	0.2
Work Time	Seconds	5	5
Rest Time	Seconds	10	10
Alternating			
Synchronous		X	X
Overall Time	30 Minutes		

P08 – Tightening and Gentle Stress Incontinence (TGH)

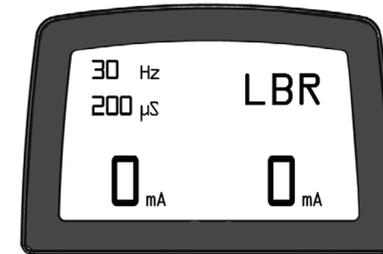
		Phase 1	Phase 2
Phase Time	Minutes	15	30
Mode		W/R	W/R
Frequency Work	Hz	15	35
Frequency Rest	Hz	N/A	N/A
Pulse Duration	µS	250	250
Modulation Time	Seconds	N/A	N/A
Ramp Up Time	Seconds	1.2	0.6
Ramp Down Time	Seconds	0.3	0.3
Work Time	Seconds	5	5
Rest Time	Seconds	8	5
Alternating			
Synchronous		X	X
Overall Time	45 Minutes		

P05 – Overactive Bladder (OAB)

		Phase 1
Phase Time	Minutes	20
Mode		W/R
Frequency Work	Hz	10
Frequency Rest	Hz	N/A
Pulse Duration	µS	400
Modulation Time	Seconds	N/A
Ramp Up Time	Seconds	0.8
Ramp Down Time	Seconds	0.6
Work Time	Seconds	10
Rest Time	Seconds	5
Alternating		
Synchronous		X
Overall Time	20 Minutes	

P06 – Stress Incontinence (STR)

		Phase 1	Phase 2	Phase 3
Phase Time	Minutes	10	30	10 (approx.)
Mode		Continuous	W/R	10x contractions held for 10 seconds, followed by 5 seconds of relaxation. Repeat 10 times. Now 10x contractions held for 2 seconds followed by 2 seconds of relaxation. Repeat 10 times.
Frequency Work	Hz	2	35	
Frequency Rest	Hz	N/A	N/A	
Pulse Duration	µS	330	250	
Modulation Time	Seconds	N/A	N/A	
Ramp Up Time	Seconds	N/A	1.5	
Ramp Down Time	Seconds	N/A	0.5	
Work Time	Seconds	N/A	5	
Rest Time	Seconds	N/A	5	
Alternating				
Synchronous			X	
Overall Time	40 Min + 10 Min Voluntary			



When you first power on your Kegel8 Mother Nurture, the LCD display will light and show the following information:

Hz - Frequency

Hz is the number of electrical pulses per second (Hertz). You will notice that this number changes depending on the programme you have selected and may even change throughout the programme.

µS – Pulse Duration

µS is the duration of a single electrical pulse. The higher the value, the more the stimulation penetrates your muscles. Again, this number will change depending on the programme you have selected.

Programme Description

To the right of the screen you will see an abbreviation of the programme you have selected i.e. LBR will display when the Labour Pain Relief programme is selected. All programme abbreviations can be found in chapter: Choosing A Kegel8 Mother Nurture Programme.

Time

When you are using Kegel8 Mother Nurture as a STIM device to exercise your pelvic floor, the programme description will disappear when you commence the programme and will be replaced with a timer. This time is the length of the programme and will count down as you progress through the session.

mA

At the bottom of the screen you will see two large numbers. When you first turn the unit on, these numbers will display as 0 (zero). This is a display of the MilliAmps – the amount (or strength) of electrical current being delivered through the output channel. This number will change as you control the output with the + and – buttons on the unit.

Battery Power Level

If your Kegel8 Mother Nurture battery is running low on power, a low battery symbol will appear in the middle of the screen. If you see this symbol, please ensure you change your battery to get the best performance from your Kegel8 Mother Nurture.

How Your Kegel8 Mother Nurture Works

The Kegel8 Mother Nurture is one of a new breed of dual Neuromuscular Stimulation (STIM) and Transcutaneous Electrical Nerve Stimulation (TENS) devices developed with the aim of achieving optimum pelvic health for women and supporting them through the demanding changes on the body that comes with starting a family. Kegel8 Mother Nurture works by producing electrical pulses that stimulate the muscles and nerve fibres to build muscle strength in your pelvic area and that work to modify the body's perception of pain to make labour more manageable.

If you haven't used a STIM or TENS device before, the idea of applying electrical 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 muscles 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.

The Neuromuscular Stimulation (STIM) of the Kegel8 Mother Nurture works in a very similar way – it sends electric pulses to precise areas of the pelvic floor muscles, causing them to contract and relax. Over time, this strengthens the muscles and nerve fibres giving you greater muscle control and improving strength, tone and tightness.

The Transcutaneous Electrical Nerve Stimulation (TENS) of the Kegel8 Mother Nurture targets nerves as opposed to muscles; there are millions of small nerve fibres throughout your body and it only takes a few impulses for you to experience chronic pain. TENS tackles this by stimulating the larger nerve fibres in your body, those responsible for our sense of touch and temperature, which then block the path of the small nerve endings which are sending the pain signals to your spine – often described as a pain gateway as it acts as a channel for pain signals to reach the brain.

P03 – Labour Pain Programme (LBR)

		BOOST (during contractions)	BURST (resting endorphins)
Phase Time	Minutes	Unlimited	Unlimited
Mode		Continuous	Burst
Frequency Work	Hz	80	2 reps/sec of 9 impulses at 150Hz
Frequency Rest	Hz	N/A	N/A
Pulse Duration	µS	275	200
Modulation Time	Seconds	N/A	N/A
Ramp Up Time	Seconds	N/A	N/A
Ramp Down Time	Seconds	N/A	N/A
Work Time	Seconds	N/A	N/A
Rest Time	Seconds	N/A	N/A
Alternating			
Synchronous		X	X
Overall Time	Unlimited	Press remote button to switch between BOOST and BURST	

P04 – Continence Recovery (RCV)

		Phase 1
Phase Time	Minutes	60
Mode		W/R Modulated
Frequency Work	Hz	12
Frequency Rest	Hz	6
Pulse Duration	µS	300
Modulation Time	Seconds	N/A
Ramp Up Time	Seconds	2
Ramp Down Time	Seconds	N/A
Work Time	Seconds	5
Rest Time	Seconds	8
Alternating		
Synchronous		X
Overall Time	60 Minutes	

Kegel8 Mother Nurture Programme Parameters

P01 – Pelvic Sensitivity, Strength and Endurance (KE1)

		Phase 1	Phase 2
Phase Time	Minutes	15	30
Mode		W/R	W/R
Frequency Work	Hz	10	50
Frequency Rest	Hz	N/A	2
Pulse Duration	µS	300	200
Modulation Time	Seconds	N/A	N/A
Ramp Up Time	Seconds	2	0.6
Ramp Down Time	Seconds	0.3	0.3
Work Time	Seconds	6	6
Rest Time	Seconds	10	12
Alternating			
Synchronous		X	X
Overall Time	45 Minutes	Relaxation Phase	Pelvic Floor Muscle Training with 50 Hz

P02 – Pelvic Sensitivity, Strength and Endurance Work-Out (KE2)

		Phase 1	Phase 2	Phase 3
Phase Time	Minutes	5	15	10
Mode		W/R	W/R	W/R
Frequency Work	Hz	10	50	20
Frequency Rest	Hz	N/A	N/A	N/A
Pulse Duration	µS	250	250	250
Modulation Time	Seconds	N/A	N/A	N/A
Ramp Up Time	Seconds	0.6	0.6	0.6
Ramp Down Time	Seconds	0.3	0.3	0.3
Work Time	Seconds	5	6	5
Rest Time	Seconds	5	18	7
Alternating				
Synchronous		X	X	
Overall Time	30 Minutes	Relaxation Phase	Pelvic Floor Muscle Training with 50 Hz	

Kegel8 Mother Nurture features a number of pre-set programmes for pelvic floor exercise and natural pain relief during labour. These programmes have been carefully designed so that they:

- Work your muscles appropriately, helping them to strengthen gradually.
- Allow your muscles to rest for the correct amount of time
- Naturally ease pain at your control
- Are easy to use

There have been many research papers and clinical trials relating to STIM and TENS. If you are interested in finding out more, a list of relevant papers is included in our Clinical References.

Using Kegel8 Mother Nurture For The First Time

When you first use Kegel8 Mother Nurture you need to choose one of the pre-set programmes based on whether you are using the device pre-conception, during labour or post childbirth. The programmes are designed in different ways to treat a variety of specific female health problems or to naturally manage pain, so you should choose the programme best suited to your needs (all of the programmes are explained in Choosing A Kegel8 Mother Nurture Programme).

At the start of every programme, Kegel8 Mother Nurture begins at 0mA, which means there is no electrical pulse. When you are ready to begin and the relevant probe or skin electrodes are in place, press the + button for the appropriate channel repeatedly to gradually increase the electrical current. Please note that the mAs will not increase above 10mAs until the probe is inserted into your vagina or your electrodes are in place on your skin.

When the electrical current reaches a high enough level, you will begin to feel stimulation. This sensation will vary depending on in which mode you are using the Kegel8 Mother Nurture. If you are using your device pre-conception or post childbirth with a vaginal probe to exercise your pelvic floor you will begin to feel a knocking sensation in your pelvic floor 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 either of these stages, slowly continue to increase the mAs to a level that you feel is working your muscles but that is comfortable too. A strong contraction that ‘pulls’ the muscles is what you should aim to feel.

Many women find that they start to feel their muscles being stimulated when the mAs are set to around 25, with settings over 30 mA giving the muscles a full workout. But everybody is different, so you need to choose settings that you are comfortable with and that you feel are working for you. As you exercise, you will feel your muscles pull up, tighten, and then relax again. The stronger the sensation you can feel, the more work your pelvic muscles are doing. But don’t push yourself too hard, especially if you are newly recovered from childbirth. If you feel any discomfort at any point in your session, press the – button for the appropriate channel to reduce the current.

If you use Kegel8 Mother Nurture to exercise (as described above), 1 or 2 times per day for at least 3 months, your pelvic floor muscles will get stronger and you will feel the benefits of greater muscle control. Gradually you will be able to increase the amount of current delivered to the muscles for a stronger workout.

Kegel8 Mother Nurture Technical Specifications

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 sterilising solution or you can spray it with Kegel8 Klean, an anti-bacterial cleanser. For more information, see Kegel8 Probe Care.

Q: How long will the battery last?

If you use your Kegel8 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 symbol will flash on the screen of your Kegel8. For more information see Battery Care.

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. For more information see Taking Care Of Your Kegel8.

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

Get in touch with our Customer Care Team, we are here to help.

If you are already pregnant or there is a possibility you could be, Kegel8 Mother Nurture CANNOT be used until you are in stages of labour. When this time comes, you will use ONLY the TENS pain relief programme of the device with skin electrodes and the labour Remote Boost Button. At this time, Kegel8 Mother Nurture should be used in a very similar way to when being used for exercise; increase the mAs using the + button for the appropriate channel. This programme uses both Channel A and Channel B so you will increase the mAs on both sides. As with this programme you are stimulating the nerves as opposed to muscle, you will feel more of a tingling sensation. Continue to increase the mAs until you feel a massaging pulse and your level of pain being controlled – remember, TENS is a natural pain management method designed to produce local endorphins within your body and not a medicated pain killer so you will still feel some pain but that pain will be significantly reduced. As you feel a contraction begin press the Remote Boost Button. You will feel the stimulation change from a massaging pulse to a more intense and continuous stimulation to help you manage the increased pain naturally, giving you and your baby the chance to avoid medicated pain relief. As the contraction fades, press the Remote Boost Button again and return to the massage stimulation.

You can lock your Kegel8 Mother Nurture when using the Labour programme so that once this programme is set it cannot be changed in error. This can give you peace of mind that your Mother Nurture is set up ready for use ahead of the big day and that you cannot change the programme in error during use. Instructions on Locking And Unlocking Your Kegel8 can be found .

Whether you are using Mother Nurture as a STIM machine for exercise or a TENS machine for pain relief your electrode(s) (the probe or skin electrodes) must be in place before the mAs will increase. If your electrode(s) are not in place then the mAs will not increase past 10mA before dropping back down to 0.

Now, let's get you started with Exercising With Kegel8 Mother Nurture or, if you are already expecting your baby, prepare by reading Managing Labour With Mother Nurture.

Exercising With Kegel8 Mother Nurture

Exercising your pelvic floor with Mother Nurture is recommended prior to pregnancy to strengthen your muscles to potentially make conception easier and get the necessary support ready for pregnancy. It is also recommended after childbirth (following a final 6 week check-up with your Health Visitor) to recover and get everything back into shape, and as a treatment method for any damage caused during pregnancy and childbirth which may have left you with leaks or frequent dashes to the loo. So, let's get started!

1. Before you start using Kegel8 Mother Nurture, please read the Important Safety Information.

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

2. On the back of your Kegel8 Mother Nurture, slide off the battery cover and insert the battery. Make sure the red material strip is under the battery but with the end still accessible – this makes it easier to remove the battery when a replacement is needed. Replace the battery cover once the battery is in place.
3. Make sure the probe is clean by rinsing in warm water or wiping clean with a body-friendly antibacterial cleaner (see Kegel8 Probe Care). Unclean probes could cause infection.
4. Connect a lead wire to the probe:
 - a. Take the probe and insert the red pin of the lead wire to one of the connectors of the probe.
 - b. Now insert the black pin of the lead wire into the other connector of the probe.
 - c. Insert the lead wire into Channel A (CH.A) on the top of the Mother Nurture unit.
 - d. Ensure all wires are firmly connected.

Q: My mAs drop during some programmes – why is that?

While the programme goes through its preset routine the Pulse Frequency (Hz) and Pulse Duration (μ S) vary. When the Pulse Frequency and Pulse Duration 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 your mAs back up to a comfortable level.

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 while lying down or sitting with your legs elevated. This will help 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 one of our alternative probes, 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 re-sprouting or regeneration of the damaged nerves.

Call our helpline for more information on our range of probes or visit www.kegel8.com.

Frequently Asked Questions

Q: How soon after the birth of my baby can I start using my Kegel8 Mother Nurture post-natal programmes?

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

Q: Can I use my Kegel8 Mother Nurture at all during pregnancy?

Unfortunately not. Clinical guidelines advise against using any vaginal STIM devices during pregnancy. TENS should only be used during labour and should not be used before week 37 of your pregnancy.

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

Yes it is safe to use Kegel8 with a Mirena coil or IUD.

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

Yes, you can use the Kegel8 during your period. However, if you are at the peak of your period and the flow is heavy, you may prefer to wait and just use it on lighter flow days.

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

Please consult with your doctor or consultant as every case is different.

Q: I have a post 3rd degree tear. Can I use Kegel8?

You should not use Kegel8 or any other Neuromuscular Stimulation until there is full tissue healing. See your Health Specialist for a physical assessment before you using your Kegel8.

Q: How far should I insert the probe?

The probe needs to be inserted into your vagina by just 2 inches (5.5cm).

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

Try using a water-based lubricant such as KE Gel. The lubrication will make insertion more comfortable.

5. Now insert the probe into your vagina. To insert the Kegel8 probe:
 - a. Get into a comfortable position. This may be sitting on the edge of a seat, squatting, standing or lying down; inserting the probe is similar to inserting a tampon, so this may give you an idea of how you will be most comfortable.
 - b. Hold the base of the probe. This is the plastic part at the end where the wires leave the probe.
 - c. Position the probe so that the metal strips (the electrodes) are down the sides. This will mean these metal strips are facing the insides of your thighs; hip to hip as opposed to front to back.
 - d. Gently insert the head of probe into your vagina. Gently continue to push the probe 2 inches (5.5cm) inside your vagina. This is less than you would insert a tampon. The base of the probe and the wires should always remain on the outside of your body. To ease insertion, we recommend that you use a good quality water-based lubricant such as KE Gel. The lubricant not only helps insertion but also improves connectivity and the transfer of electrical pulses from the probe to your muscles.
6. Press the green power button to turn the unit on.
7. Press the PRG button to choose a programme. By pressing PRG repeatedly you can look through the programmes and using this key, select the one suitable for you:

KE1 – Pelvic Sensitivity, Strength and Endurance

KE2 – Pelvic Sensitivity, Strength and Endurance Workout

These two pre-conception programmes are recommended for preparation for pregnancy. They work to strengthen your pelvic floor with a general fitness routine for two positive outcomes – strengthening the muscles in preparation for pregnancy and increasing intimate sensation whilst trying to conceive.

LBR – Labour Pain Relief Programme

This is the TENS programme which is not used for exercising and is only used for pain relief in labour (see Managing Labour With Mother Nurture).

RCV – Continence Recovery

This programme is recommended after you have given birth to introduce your pelvic floor muscles to kegel exercises again. It is important you wait until you are fully healed before you start exercising with Mother Nurture; this usually takes around 6 weeks but your Health Visitor will advise you based on your personal circumstances.

OAB – Overactive Bladder / Nocturia

STR – Stress Incontinence

MIX – Mixed Incontinence

TGH – Tightening Up / Gentle Stress Incontinence

These programmes are designed for postnatal treatment and tightening to get you back into pre-baby shape.

For more information on selecting the right programme for you, see Choosing A Kegel8 Programme.

8. Press the + button which corresponds to Channel A (CH.A) As you look at the screen of your Kegel8, this is the + button to the left.

When you press the + button you will see the mA reading increase and this will begin your programme. You will not feel any stimulation at initial low levels so continue to press the + button until you begin to feel the electrical current. This is likely to be a tingling sensation at first. The sensation you should aim to feel is a strong yet comfortable pull (contraction) on your pelvic floor muscles. The higher you can get the mAs, the more effective the programme will be but never push yourself beyond your comfort level. If you feel any discomfort or pain, reduce the mAs by pressing the – button which corresponds to Channel A (CH.A)

9. Throughout the programme the electrical current will cause your muscles to contract and relax in repetitive patterns. As this happens you will see the mAs drop to 0 (zero) as your muscles relax and climb again to your set level as they contract.

- Take care when connecting the wires. The connections on the Kegel8 and its probe 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 symbol will appear on the LCD and flash on/off once every second when the power is low).
- If you are not going to use your Kegel8 for a week or longer, please remove the battery. Batteries can leak, so by removing it, you are protecting your Kegel8.
- Check the battery regularly for signs of discharge. If the battery appears to be leaking, replace it.
- We recommend you use a GP Alkaline Pro 9v battery.

Kegel8 Disposal – use our recycling service

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

Taking Care Of Your Kegel8

Accessories and Modifications

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

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

Kegel8 Screen (LCD) Care

Your Kegel8's LCD is covered with a thin protective film layer. This layer helps to protect your LCD from scratches.

If your LCD appears to be scratched, gently peel off the protective film layer and this is likely to show that it is in fact the film that is marked and not the screen. If, however, the LCD itself is damaged, you will need to contact our Customer Care Team and we can arrange repair.

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

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 the 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.

Lead Wires and Connections Care

The lead wires and connections are vital to your Kegel8, 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 may be unable to send the electrical pulses to your probe or skin electrodes.

10. When the programme is complete, your Kegel8 will switch off automatically. Returning to the comfortable position you took to insert the probe, remove the probe by holding the base of the probe and pulling gently. Do not pull the probe by the wires as this could cause damage to the probe.

11. Take care of your probe:

- a. Disconnect your probe from your Kegel8 Mother Nurture.
- b. Taking care not to get the wires wet, you can clean your probe under warm running water. We recommend you do not use soap as this can irritate delicate skin when you next come to use your Kegel8 if it is not rinsed thoroughly and any traces are left behind.
- c. If you would like to use something more than just water for extra peace of mind you can use a body-friendly antibacterial cleanser such as Kegel8 Klean. Simply spray the solution on to your probe and wipe dry.
- d. If you need to clean your Kegel8 unit you can do so using a damp cloth, antiseptic wipe or spray with an antibacterial cleanser such as Kegel8 Klean and wipe dry.
- e. Store your Mother Nurture and probe in a clean, dry place. We recommend keeping all of your Kegel8 accessories in their original packaging or a storage bag.

12. Regular pelvic floor exercise is important to achieve real results just as it is with any form of exercise to get fit or lose weight:

- a. If you are using Kegel8 Mother Nurture pre-conception to prepare your pelvic floor muscles and have no signs of existing pelvic floor weakness, we recommend you exercise 3-4 times per week as a minimum. However, you can use Kegel8 Mother Nurture as much as twice per day if you wish (read more about exercising twice per day at point d.)

- b. If you are using Kegel8 Mother Nurture as postnatal treatment for bladder leaks and tightening, we recommend you exercise 1-2 times per day for a minimum of 12 weeks (read more about exercising twice per day at point d.). After this time you can decrease usage to 3-4 times per week if you wish but we do not recommend you stop using your Kegel8 completely as your muscles may begin to weaken again over time if you no longer exercise them.
- c. You are likely to notice improvements in your pelvic floor strength, tone and bladder control in just a few weeks but everyone is different and some women take longer to respond. Be patient.
- d. If you chose to use Kegel8 Mother Nurture twice per day please do not do back-to-back sessions. We realise that you may be tempted to complete one exercise programme and move on to another straight away but this is not the best way to work your pelvic floor muscles. Like all muscle groups, your pelvic floor muscles need time to rest and recover between exercises and the rest period is key to building muscle strength. As a guide, 8 hours is a good rest period for recovery so aim to do one exercise programme in a morning and another in the evening. If your pelvic floor muscles feel sore during exercise, this can be in indication that they are not rested and we recommend you stop the programme you are using by turning the unit off with the green power button and skip your exercise session on this occasion. Whilst you are unlikely to do any harm, you are also doing little good.

Locking And Unlocking Your Kegel8

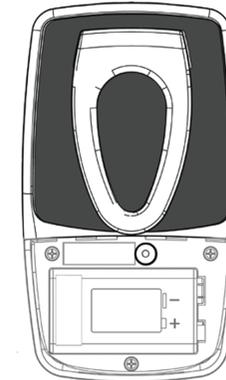
You can lock your Kegel8 Mother Nurture when using the Labour programme so that once this programme is set, it cannot be changed in error. This can give you peace of mind that your Mother Nurture is set up ready for use ahead of the big day and that you cannot change the programme in error during use.

1. Select the Labour (LBR) programme.
2. Press the **SET** button and hold for 5 seconds. You will hear a beep and this will tell you that your Kegel8 is now locked on this programme.



To unlock:

1. Remove the battery cover from the back of your Kegel8 Mother Nurture.
2. Using something slim such as a pin or a pen nib, press and hold the concealed button until you hear a beep. The unit is now unlocked for use on any programme.



Voluntary Exercise

Exercising with Kegel8 Mother Nurture is a very effective way of tackling urinary incontinence. But we have found that combining Kegel8 exercises with ‘voluntary’ exercises will help you see results even faster.

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

If you are using Mother Nurture’s Stress Incontinence programme, adding voluntary exercises at the end of the programme as a third phase can really help. We recommend that you:

1. Leave the probe in place after the second phase of the Stress Incontinence Programme finishes and the unit turns off. By leaving the probe in place you are giving your muscles a resistance to squeeze and lift against. Clinical studies show voluntary pelvic floor exercises against resistance are more effective than without.
2. Starting at your anus, squeeze your muscles as tight as you can, as if you are holding in wind. Keep your muscles tight.
3. Squeeze your vaginal muscles tight and lift inside, as if you were sucking the muscles up into your body. Keep your muscles tight.
Tip: The ‘lift’ is very important. If you push down instead of lift, your voluntary exercise will not be effective.
4. When you have kept your pelvic and vaginal muscles tight for 10 seconds, relax for 5 seconds.
5. Repeat this exercise 10 times.
6. Now, repeat the exercise but this time, keep your pelvic and vaginal muscles tight for 2 seconds and then relax for 2 seconds.
7. Repeat this exercise 10 times.

These two different ways of exercising are known as slow and fast kegels. Exercising in this way targets the slow and fast twitch muscle fibres in the pelvic floor. Your slow twitch muscle fibres give you the ability to hold urine long enough to make it to a toilet. Your fast twitch muscle fibres are responsible for your control when the pelvic floor is under sudden pressure (such as when you cough, sneeze, laugh, etc).

Inserting The 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 remove and comfortable to use.

However, some women can have problems inserting the probe or getting them to work effectively. This is often due to dryness or incorrect positioning – problems we can help you overcome with these guidelines:

1. Get into a comfortable position. This may be sitting on the edge of a seat, squatty, standing or lying down; inserting the probe is similar to inserting a tampon, so this may give you an idea of how you will be most comfortable.
2. Hold the base of the probe. This is the plastic part at the end where the wires leave the probe.
3. Position the probe so that the metal strips (the electrodes) are down the sides. This will mean these metal strips are facing the insides of your thighs; hip to hip as oppose to front to back.
4. Gently insert the head of the probe into your vagina.

Gently continue to push the probe 2 inches (5.5cm) inside your vagina. This is less than you would insert a tampon. The base of the probe and the wires should always remain on the outside of your body.

To ease insertion, we recommend that you use a good quality water-based lubricant such as KE Gel. The lubricant not only helps insertion but also improves connectivity and the transfer of electrical pulses from the probe to your muscles.

Managing Labour With Mother Nurture

Although TENS cannot be used before 37 weeks of pregnancy we recommend you familiarise yourself with your Kegel8 Mother Nurture and these instructions for use in preparation for labour.

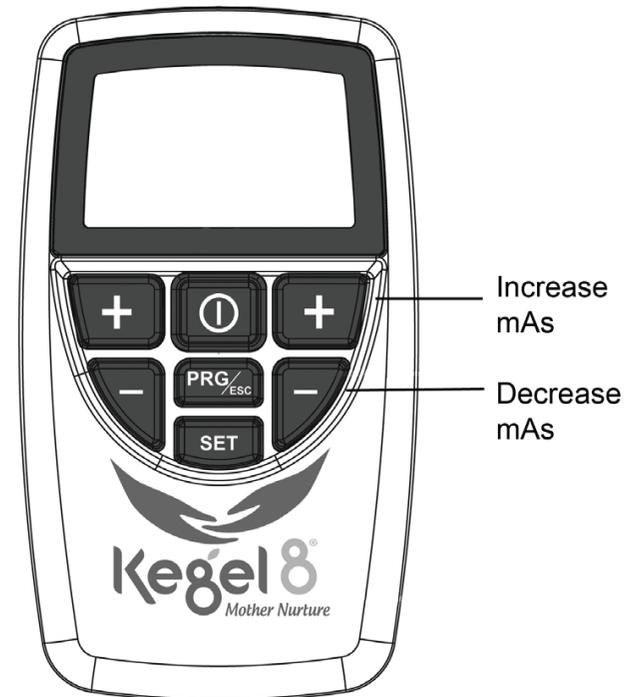
1. Before your start, please read the Important Safety Information.
2. On the back of your Kegel8 Mother Nurture, slide off the battery cover and insert the battery. Make sure the red material strip is under the battery but with the end still accessible – this makes it easier to remove the battery when a replacement is needed. Replace the battery cover once the battery is in place.
3. Make sure your skin is clean and free from oils, lotions, moisturisers, etc. These types of skin applications can damage the adhesive surface of your skin electrodes.
4. Connect a lead wire to each set of skin electrodes:
 - a. Take one pair of skin electrodes and insert the red pin of the lead wire into the connector of one of the skin electrodes.
 - b. Now insert the black pin of the lead wire into the connector of the other skin electrode.
 - c. Insert the lead wire into Channel A (CH.A) on the top of the Mother Nurture unit.
 - d. Repeat the above with the second set of skin electrodes and the second lead wire and insert into Channel B (CH.B).
 - e. Ensure all wires are firmly connected.
5. Connect the Remote Boost Button to the middle port (Boost) on the top of the Mother Nurture unit.
6. Peel each skin electrode off its protective film and apply to your skin as per the instruction Applying Kegel8 Skin Electrodes.

Your birthing partner or midwife will be able to help with this.

Increasing The mAs With Each Phase

When a programme has more than one phase this means it exercises the muscles in more than one way through the duration of the programme. This may be to warm the muscles up before they are exercised or it may be to target different muscle fibres in different ways for effective results for a certain condition such as mixed incontinence.

Each phase will use a different Frequency (Hz) and/or Pulse Duration (μ S) giving you a different sensation. These shifts in Frequency and Pulse Duration will mean you will need to adjust your mAs to keep them at a level that suits you. For example, if the programme drops its Pulse Duration in phase two and you feel a drop in the strength of the contraction of the muscle, you should increase your mAs gradually back up to a level at which you feel your muscles working again.



Stress Incontinence	STR	<p>Category: Postnatal</p> <p>Phases: 2</p> <p>Time: 40mins</p>	<p>This programme is designed for Stress Incontinence – leaks when you laugh, cough, sneeze, exercise, etc. If you do not feel any stimulation at 40mAs your muscles are not ready for this programme and you should choose the Recovery programme to build strength before using this programme.</p> <p>Tip: adjust the mAs with each new phase</p> <p>The third phase of this programme is Voluntary Exercise</p>
Mixed Incontinence	MIX	<p>Category: Postnatal</p> <p>Phases: 2</p> <p>Time: 30mins</p>	<p>Mixed Incontinence can be identified by Stress Incontinence – leaks when you laugh, cough, sneeze, exercise, etc. with symptoms of an Overactive Bladder – the need to go to the toilet frequently and sometimes not passing much urine.</p> <p>Tip: adjust the mAs with each new phase</p>
Tightening & Gentle Stress Incontinence	TGH	<p>Category: Postnatal</p> <p>Phases: 2</p> <p>Time: 45mins</p>	<p>This programme is recommended when you are fully recovered from the delivery of your baby as a great way to get back in pre-baby shape and maintain a healthy pelvic floor. This programme is a real test – if your muscles begin to feel tired before the end stop the programme. You’ve still achieved even if you can’t complete the session.</p> <p>Tip: adjust the mAs with each new phase</p>

7. Press the green power button to turn the unit on.
8. Press the PRG button until you come to the labour TENS programme which will display as LBR. DO NOT USE ANY OTHER PROGRAMME BUT THIS FOR LABOUR PAIN RELIEF. You can lock your Kegel8 on this programme by pressing and holding the PRG button for 5 seconds until you hear a beep. You will see a padlock symbol appear on the LCD screen. This avoids the programme being changed in error during labour.

For further instructions about the lock function including how to unlock your Kegel8 Mother Nurture, see Locking And Unlocking Your Kegel8.
9. Press both the left and right + buttons to increase the mAs being delivered from both Channel A and Channel B. Continue to press the two + buttons until you reach your desired level of TENS pain management. At this stage you should feel the TENS stimulation as a massaging pulse sensation that will provide comfort. This massaging pulse is known at the Burst Phase of the programme. If you want to reduce the mAs at any time for any reason simply press the – buttons.
10. Use the Remote Boost Button as you feel a contraction building to control when stronger pain relief is delivered. Press it once and you will feel the stimulation change from a massaging pulse to a more intense and continuous stimulation to help you manage the increased pain naturally, giving you and your baby the chance to avoid medicated pain relief. This is known as the Boost Phase of the programme. Once your contraction subsides, press the Remote Boost Button again to return back to the Burst Phase – the massaging pulse. It is important to do this in between contractions in order to benefit from the full effect of the TENS pain relief. And remember, with just a click of the button you can return to the pain relieving Boost Phase.
11. If you have chosen to use a birthing pool for your delivery you must remove all skin electrodes and Mother Nurture CANNOT be used once it is time to get in the pool.
12. Power off the unit by pressing the green power button.

13. Take care of your skin electrodes:
- When removing the skin electrodes from your body, peel back gently and do not pull on the connection wires.
 - Store by replacing them back on to the protective film provided.
 - Do not wash or wipe your skin electrodes as this may cause damage to the conductive surface.
 - Store your Mother Nurture and skin electrodes in a clean, dry place. We recommend keeping all of your Kegel8 accessories in their original packaging or a storage bag.
14. If you wish, it is safe to leave your skin electrodes connected to your Mother Nurture unit ready for when you go into labour. However, we would recommend you do not leave the battery inserted to ensure plenty of power remains. As with any battery operated device, the battery can drain if left in place even when the power is off.

Labour Pain	LBR	<p>Category: Labour Pain</p> <p>Phases: NA</p> <p>Time: NA</p>	<p>This programme uses Transcutaneous Electrical Nerve Stimulation to provide natural pain relief during labour.</p> <p>This programme offers a lock functionality that can be used to avoid confusion and miss-use during labour</p>
Continence Recovery	RCV	<p>Category: Recovery</p> <p>Phases: 1</p> <p>Time: 60mins</p>	<p>This programme should be used initially after childbirth or as a beginners programme if your muscles are too weak for KE1. Once you feel improvements in self-control, tightness and/sensation you can move on to other programmes.</p>
Overactive Bladder	OAB	<p>Category: Postnatal</p> <p>Phases: 1</p> <p>Time: 20mins</p>	<p>Nocturia can be identified by getting up too often in the night to go to the toilet – more than once is the medical guideline.</p> <p>This programme uses two phases to tackle Nocturia due to an overactive bladder and Nocturia due to a weak pelvic floor.</p> <p>Tip: adjust the mAs with each new phase</p>

Choosing A Kegel8 Mother Nurture Programme

Your Kegel8 Mother Nurture is pre-set with clinically developed programmes each designed to exercise your pelvic floor for specific results.

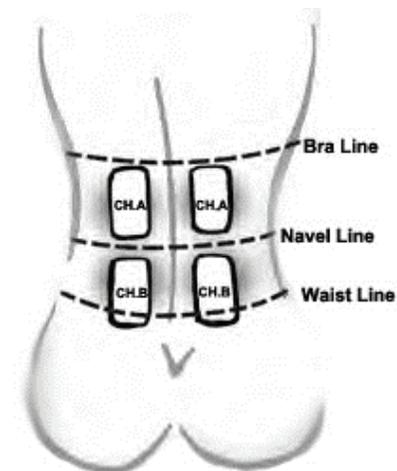
Programme Name	Display Abbreviation	Details	Recommended For
Pelvic Sensitivity, Strength and Endurance	KE1	<p>Category: Pre-conception</p> <p>Phases: 2</p> <p>Time: 45mins</p>	<p>Improve your pelvic floor strength with this programme if you are already in good shape. If you do not feel any stimulation at 50mAs in the first 15 minutes of this programme your muscles are not ready for this programme and you should choose the Recovery programme to build strength first.</p> <p>Tip: adjust the mAs with each new phase</p>
Pelvic Sensitivity, Strength and Endurance Workout	KE2	<p>Category: Pre-conception</p> <p>Phases: 3</p> <p>Time: 30mins</p>	<p>Progress onto this programme if you feel your pelvic strength has improved significantly with programme KE1 and you want to progress that strength further. This programme is a real test – if your muscles begin to feel tired before the end stop the programme. You’ve still achieved even if you can’t complete the session.</p> <p>Tip: adjust the mAs with each new phase</p>

Applying Kegel8 Skin Electrodes

For pain relief in labour, the skin electrodes of your Kegel8 Mother Nurture need to be placed on your back but their exact positioning is important for maximum pain relief. Ideally, to get this just right you should get someone to help you like your birthing partner or midwife.

- Carefully peel the skin electrodes from the protective film using your forefinger and thumb. Do not pull on the lead wires.
- Take the first two skin electrodes which are connected to Channel A (CH.A) and place them approximately 4cm either side of the spine and 4-5cm above the imaginary navel line as seen in the diagram
- Take the second two skin electrodes which are connected to Channel B (CH.B) (see page 13, point 4) and place them approximately 4cm either side of the spine and 4-5cm below the imaginary navel line as seen in the diagram.

Take special care when increasing the mAs as your skin is sensitive. We recommend that you do not increase the power above 15 mAs to begin. A power higher than this could cause hot spots on the skin. Always increase your mAs gradually with caution.



Kegel8 Tips

1. Use an appropriate amount of power (mAs) when exercising with Mother Nurture.

The amount of power needed to stimulate pelvic floor muscles varies from person to person. By default, your Kegel8 Mother Nurture will be set to 0mAs (Milliamps –the electrical current strength). You will increase the power manually by pressing the + button. You should increase the power (or mAs) to a level where you can feel the effects of the electrical pulse but it is not causing any discomfort. For many women, 30mAs is a good starting point but only you will be able to tell what is comfortable for you. As your pelvic floor muscles begin to strengthen, you should find that you can increase the mAs higher.

...And when using Mother Nurture during labour.

For skin electrodes you should use a lower mA setting as skin is sensitive. We recommend a maximum of 15 mAs. If you increase the power too much you could cause hot spots on your skin so increase the mAs gradually and with caution.

Whether you are using Mother Nurture for exercise or as a TENS machine in labour your electrode(s) (the probe or skin electrodes) must be in place before the mAs will increase. If your electrode(s) are not in place then the mAs will not increase past 10mAs before dropping back down to 0 (zero).

2. Exercise 1-2 times per day for 12 weeks.

We recommend you use Kegel8 Mother Nurture to exercise 1 or 2 times per day for 12 weeks for optimum results. You can alternate between your choice of programmes; one in the morning and one in the evening if you are exercising twice per day, or alternate your days if you are exercising once a day.

If you choose to exercise twice per day it is important you do not do back-to-back exercise sessions. Like any other muscle in your body your pelvic floor muscles need time to recover between sessions. This relaxation period is just as important as the exercises when you are building muscle strength. We recommend you allow around 8 hours between exercise sessions, so you could exercise in the morning and then again before you go to bed in the evening.

3. Be patient. Kegel8 WILL improve your pelvic floor.

Everybody is different. Some people respond to Kegel8 exercises very quickly, noticing immediate benefits. For others it takes a number of weeks to feel real improvements. But rest assured, if you use Kegel8 Mother Nurture regularly and follow our recommendations, your pelvic floor muscles and nerve fibres will get stronger and healthier.