













Kegel 8[®]

FOR MEN

USER GUIDE



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. 0120 - notified body identification (SGS).
	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 53 for the disposal instructions).



Welcome to Kegel8® V for Men

Dear Customer,

Thank you for choosing Kegel8® V for Men. You are now one step closer to a healthier, stronger, and more sensitive pelvic area.

Kegel8 V for Men is a highly effective neuromuscular stimulator (STIM). It works by producing electrical pulses that stimulate the muscles and nerve fibres in your pelvic area. When used regularly, Kegel8 can:

- Help you to regain bladder and bowel control
- Treat the physical causes of erection problems
- Strengthen pelvic muscles that have become weakened following injury or surgery.
- Relieve pain in your pelvic area.
- Restore sensitivity which leads to increased sexual satisfaction.

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 slim probe, skin electrode and lead wires are designed for ease of use, 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 V for Men is a safe and effective way of improving the condition of your pelvic area.

Customer Care

We aim to provide our customers with outstanding products and customer service. So if you have comments or ideas regarding Kegel8 features, please get in touch (see Warranty on page 63).

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® control 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 control unit directly to a battery charger or to any other mains powered equipment. We advise not to use Ni-Cad rechargeable batteries.
- Probes and skin 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.
- 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.
- This unit must be used with the guidance of a Physiotherapist or Doctor.
- No modification of this equipment is allowed.



Contra Indications & Precautions

Please read this Kegel8® V for Men User Guide before using this stimulation device.

STIM (Kegel8) should not be used:

- By patients fitted with a demand style cardiac pacemaker unless so advised by their Doctor.
- By patients who have been diagnosed with, or are receiving treatment for, pelvic cancer.
- By patients with undiagnosed pain conditions.
- By patients with undiagnosed skin, penile 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 V for Men:

- Use the Kegel8® V for Men only as directed.
- Do not immerse the control unit in water or any other liquid
- Keep control unit out of reach of children.
- Seek professional advice if you are unsure about using Kegel8 V for Men. Contact your distributor or healthcare professional.
- Only use CE approved skin electrodes, lead wires and probes.

Do not place skin electrodes:

- Over carotid sinus nerves, larynx or trachea.
- Inside 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.



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**Kegel8®
V for Men
User Instructions**



Important Safety Information

Who Can Use Kegel8 V for Men® ?

Kegel8 V for Men is designed for use by men of all ages. When used correctly, it provides a **safe** and **effective** way of strengthening pelvic muscles, tissue and fibres and promoting nerve regeneration. However, as Kegel8 V for Men works by using electrical pulses, there are some people that should seek medical advice before using the device.

DO NOT USE KEGEL8 V for Men:

- If you have been fitted with a demand style cardiac pacemaker.
- If you have been diagnosed with, or are being treated for, any cancer in the pelvic area. This is a precautionary measure due to the lack of scientific study into the effects of electrical stimulation on cancer cells.
- If you have undiagnosed pain, skin, 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 V for Men.
- While you are connected to high frequency equipment. Applying the Kegel8 probe or skin 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.

IMPORTANT

**Only Use Your Kegel8 V for Men as Described
in this User Guide.**

Keep Out of Reach of Children.

Where Can You Use your Kegel8 V for Men?

Kegel8 V for Men is intended for home use, but you can use it 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 (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 control unit.

Using your Kegel8 V for Men Safely

- Only use the Kegel8 V for Men on your penis and in your perineal and rectal regions as 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 probe. Always clean your probes thoroughly after use (see Kegel8 Probe Care on page 51).
- Only use CE approved probes, skin electrodes and lead wires with your Kegel8. All official Kegel8 accessories are CE approved.
- To power your Kegel8 control unit, use a 9v battery. Never connect your Kegel8 control unit, skin electrodes, lead wires or probes to a mains power supply as this could result in electrocution and death.
- Do not immerse your Kegel8 control unit or its cables or probes in water, fluids or any other substance.
- Please be aware that Kegel8 is Type BF equipment (provides some protection against electric shock).



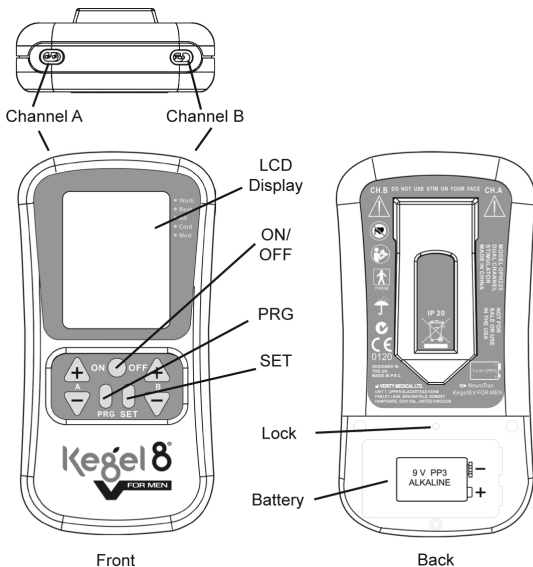
Kegel8® V for Men Check List

When you open the Kegel8® V for Men packaging, you should find:

- 1 × Kegel8® V for Men unit
- 1 × 9 Volt Battery
- 2 × Kegel8® Lead Wires
- 1 × Kegel8® Slim Probe (for rectal use)
- 4 × Kegel8® Skin Electrodes
- 1 × Kegel8® V for Men User Guide
- 1 × Kegel8® Product Guarantee Registration Form.

In the unlikely event that any of the items above are missing, please contact Customer Service (see page 63).

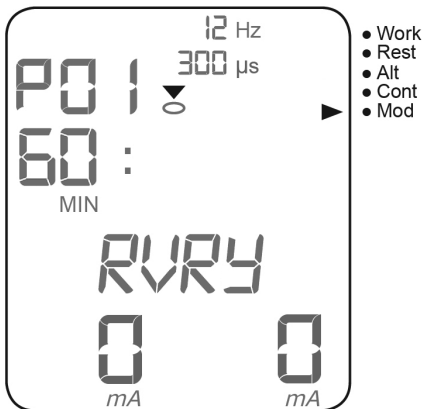
Getting to Know Your Kegel8® V for Men



You will use **Channel A** and **Channel B** to connect your lead wire(s) to your Kegel8 control unit. The slim probe and/or skin electrode connect via the lead wires.

The **PRG** button is for setting a programme. The **SET** button is only used when Creating a Custom Programme (see page 45).

The front of the Kegel8 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).



When you power up your Kegel8® V for Men, 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, 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 and fibres. 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.

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 will vary depending on the programme you choose (see Start a Kegel8 Training Programme on page 25).

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.



Channel Outputs (in MilliAmps mAs)

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 of LCD Showing Active Programme (see page 15) shows how the electric current for the channels is indicated on the LCD.

Battery Power Level

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

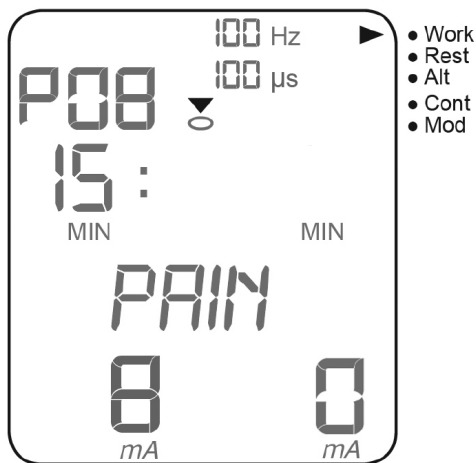
Lock

You can create a custom programme on your Kegel8 V for Men and lock it in place. This prevents access to any of the other programmes. If your Kegel8 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.

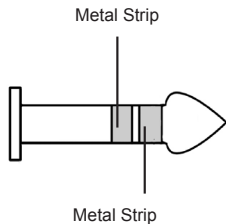
Example of LCD Showing Active Programme

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



Kegel8 Slim Probe

Kegel8 V for Men comes with our slim probe, which is specially designed for anal use. Its shape means that, when used with KE Gel for Men, you will be able to insert it into your anus without discomfort.



The metal rings on the probe are where the electric pulses are transmitted to your body. You will also notice that the slim probe has an adjustable hilt to prevent it from going too far inside you. Simply twist to unlock, then slide into the position you prefer, and then twist again to lock. Do not use the probe without the hilt as the entire probe may slip into your anus.

The slim probe has two wires connected to its 'tail' end. When using the slim probe, you should connect the probe wires to the black and red connections on the lead wires. Connect the lead wires to Channel A.

For details on how to insert the slim probe, see Inserting a Kegel8[®] Slim Probe on page 20.

Kegel8 Skin Electrodes

Some Kegel8 programmes allow you to use skin electrodes. These are specially designed pads that have conductive areas. You place the skin electrodes on particular parts of your body and they transfer the electrical current from the Kegel8 control unit into your tissues.

There are two types of skin electrode you can use with Kegel8 V for Men: a perineal skin electrode and an ankle skin electrode.

Perineal Skin Electrode

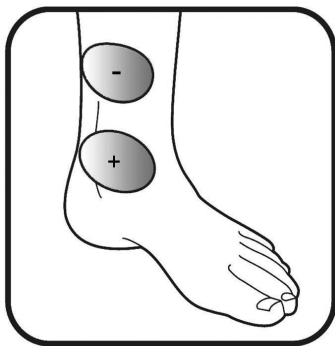
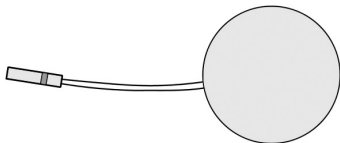
The perineal skin electrode is for use in your perineal area - the area between your scrotum and anus. This is where your pelvic muscles could be stimulated from. Using the perineal skin electrode sends electrical pulses directly into the pelvic floor muscles, causing them to

contract and relax. This helps to strengthen the muscles and will give you greater bladder control and bowel control. Stronger pelvic floor muscles can also help you to overcome any physical problems that may be contributing towards erectile dysfunction.

Ankle Skin Electrode

Some Kegel8 programmes allow you to use skin electrodes 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.

For more details, see Using a Kegel8[®] Skin Electrode on page 24.





How Your Kegel8® V for Men Works

The Kegel8® V for Men is one of a new breed of modern Neuromuscular Stimulators (STIM) developed with the aim of achieving optimum pelvic health for men. Kegel8 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 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 sensitivity.

Don't underestimate the importance of relaxation. When you work your muscles, blood flows out of them, and it only flows back in when you relax them. It is the combination of work and rest that strengthens your muscles, not just the work.

Kegel8 V for Men features several pre-set programmes, each designed to treat a specific male health condition. 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 64).



What to Expect from Your Kegel8® V for Men

When you first use Kegel8, 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 muscles and nerves. Following the sensitivity test, you will begin your Kegel8 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 male health problems, so you should choose the exercise that is best suited to your needs (see Start a Kegel8 Training Programme on page 27).

When using a programme, you will increase the electrical current and start 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. 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.

Build Up Your Strength Gradually

We know you are eager to get your pelvic area in tip-top condition, but please **build your strength up gradually**. Don't push yourself too hard and if you feel discomfort, press the - button for the channel to reduce the current.

When using the slim probe, many men find that 25mA begins to stimulate their tissues, with 30mA giving a more intense workout.

If you use Kegel8 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 Setting Up Your Kegel8® V for Men (see page 20).



Setting Up Your Kegel8® V for Men

Setting up your Kegel8 V for Men is simple. Just complete the following steps and you will be ready to start your exercises.

1. Before you start using your Kegel8 V for Men, please read the Important Safety Information (see page 8).
2. On the back of your Kegel8, 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 slim probe is clean by rinsing it in cold or warm water (see Kegel8 Probe Care on page 51). Unclean probes could cause infection.

If you are using skin electrodes, 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. It is also a good idea to remove any hair from your perineal area (between scrotum and anus). The skin electrode is held in place by a mild adhesive that may pull your hairs when you remove it.

4. Connect the lead wire(s) to the slim probe/skin electrode and Kegel8 control unit. All of the wires are fitted with the appropriate connections, so all you have to do is:
 - Connect the black and red pins on a lead wire to the connections on the probe/skin electrode/conductive tube. It does not matter which wire connects to the red pin and which connects to the black pin.
 - Insert the white connection on the lead wire into a Channel slot on your Kegel8 unit. Channel A is the primary connection, so if you are only using one Kegel8 attachment, connect it to Channel A. If you are using a slim probe and another attachment, use Channel A for the slim probe.

Your Kegel8 V for Men is almost ready to go. Next, you need to apply the appropriate Kegel8 attachment for your programme.

Selecting a Kegel8® Attachment

To transfer the electric current from your Kegel8 V for Men control unit to your body, you need to use Kegel8 attachments. There are three types of Kegel8 attachment - slim probe (SP) and skin electrodes (SE), - and the type of attachments you should use vary depending on your choice of program.

Use the table below to find out which:

- Programme is most appropriate for your condition
- Kegel8 attachment(s) you can use.

P01	Sensitivity Test	SP, SE
P02	Erection Problems	SP, SE
P03	Lack of Sensation	SP, SE
P04	Bowel Incontinence 1	SP, SE
P05	Bowel Incontinence 2	SP, SE
P06	Overactive Bladder	SP, SE
P07	Pelvic Floor Conditioning	SP, SE
P08	Pelvic Pain (Pain Relief)	SP, SE
PC1 PC2 PC3	Use for custom programmes	Optional

SP (Slim Probe) SE (Skin Electrode).

For information on how to connect and apply the Kegel8 attachments, refer to:

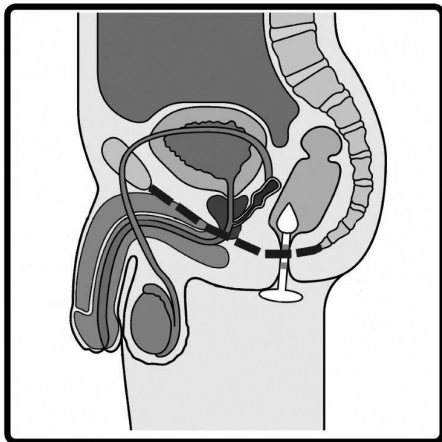
- Inserting a Kegel8® Slim Probe
- Using a Kegel8® Skin Electrode

Inserting a Kegel8® Slim 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.

If you are experiencing difficulties with your probe:

1. Get into a comfortable position. Many men choose to use Kegel8 in a kneeling position or laying down on their side.
2. Apply some KE Gel lubricant to the slim probe. The lubricant is completely safe and will help the slim probe slip into your anus.
3. Adjust the hilt as required. To change the position, turn the hilt so that it becomes loose, then slide it along the shaft of the probe. Turn the hilt in the opposite direction to lock it back into place. The aim is to get the 'head' of the probe into your rectum so that the metal rings are in contact with the inside of your anal opening. The hilt should always be outside of your anus.



You may need to experiment to see which hilt setting is most appropriate for you.

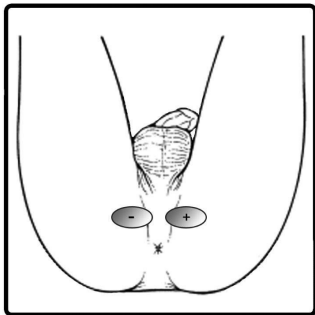
4. Hold the base of the probe. The base is the plastic part at the 'tail' end (the end with the wires).
5. Gently insert the 'head' end of the probe into your anus. Push the probe around 2 inches (5.5cm) inside your anus. If you find that you are pushing the probe back out, it is because you are too tense. Take long, deep breaths and try to relax.
6. Connect the wire on the slim probe to the lead wires, and then connect the lead wires to the Kegel8 V for Men.

You are now ready to start a Kegel8 exercise programme.

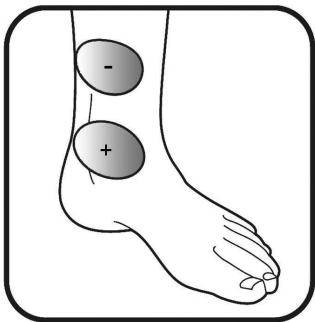
Using a Kegel8[®] Skin Electrode

Some Kegel8 programmes require you to attach skin electrodes to key positions on your body. The skin electrodes are special pads that conduct electric current and pass it on to targeted parts of your body.

There are two different types of skin electrode you can use with your Kegel8 V for Men: a perineal skin electrode and a standard skin electrode. The perineal skin electrode is shaped to fit into your perineal area (between anus and scrotum), whereas the standard skin electrodes are smaller and can be attached to your back or ankle.

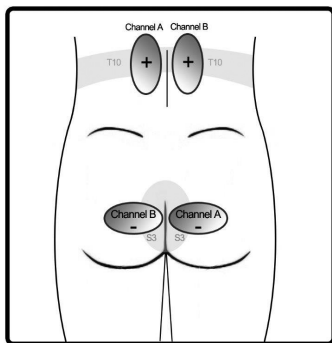


To use the Kegel8 perineal skin electrode for men, you need to position the skin electrode in place between your anus and scrotum.

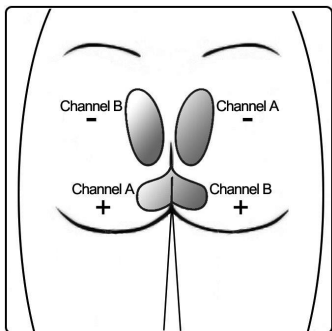


Some programmes allow you to use a skin electrode on your ankle. This stimulates the tibial nerve which runs up the inside of your lower leg.

To find out which skin electrodes you can use for a programme, please refer to the section that describes the programme. These sections also explain where the skin electrodes can be placed.



Some programmes, such as Kegel8 pain relief, require you to use skin electrodes on your back. You should position them as shown here.



The Kegel8 programme for treating an overactive bladder (OAB) allows you to use skin electrodes attached to your buttocks.

To use a Kegel8 skin electrode:

1. Clean and dry your skin thoroughly (the area where you will attach the skin electrode). Make sure to remove any oils or lotions as these could damage your skin electrodes and burn your skin. It is also a good idea to remove any hair, as the mild adhesive will pull your hairs when you remove it - ouch!
2. Peel the protective sheet from a skin electrode to reveal its sticky surface.
3. Put the skin electrode into position. The sticky surface should be placed directly onto your skin in the position shown in the diagrams.
4. Repeat steps 1, 2 and 3 for each skin electrode as required.
5. Attach the wires from the skin electrodes into the lead wires.
6. Connect the lead wires to your Kegel 8 V for Men.

You are now ready to start a Kegel8 exercise programme.

Start a Kegel8 Training Programme

When you have setup your Kegel8 V for Men and attached the slim probe or skin electrodes, you can begin your Kegel8 training.

1. Press ON on the Kegel8 control unit and then press PRG repeatedly until your choice of programme is shown:

P01	Sensitivity Test	SP, SE
P02	Erection Problems	SP, SE
P03	Lack of Sensation	SP, SE
P04	Bowel Incontinence 1	SP, SE
P05	Bowel Incontinence 2	SP, SE
P06	Overactive Bladder	SP, SE
P07	Pelvic Floor Conditioning	SP, SE
P08	Pelvic Pain (pain relief)	SP, SE
PC1 PC2 PC3	Use for custom programmes (see Creating a Custom Programme on page 45)	Optional

SP (Slim Probe) SE (Skin Electrode)

NOTE: If you have never used your Kegel8 with a slim probe before, you should begin with Programme 01, which is a sensitivity test.

2. Press the + button(s) for the connections you are using to start the programme.

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.

WARNING: When using the **slim probe**, you should try to start each programme at around 25mA-30mA. When using **skin electrodes** do not increase the power above 15mA (as higher power could cause you harm and damage your electrodes)

3. When the programme is complete, your Kegel8 will switch off automatically. Remove the probe and/or skin electrode by pulling gently at their base. Do not pull the wires as this could damage your Kegel8 equipment.
4. Take care of your probes and skin electrodes. For details, see Taking Care of your Kegel8® on page 51.

Use your Kegel8 V for Men to exercise 1-2 times per day for 12 weeks. If you use your Kegel8 regularly, you should notice improvements in your pelvic health in just a few weeks. However, some men take longer to respond, so we recommend that you use a programme 1-2 times per day for a minimum of 12 weeks.

If you have more than one health issue, alternate between the appropriate programmes on different days. For example, if you suffer from erection problems and pelvic pain, use P02 on Monday, P08 on Tuesday, P02 on Wednesday, P08 on Thursday and so on.

Please do not use back-to-back sessions. We realise that you may be tempted to complete one exercise and move on to another immediately - this is not the best way to work your pelvic area.

For best results, see Kegel8® Exercise Tips on page 49.

Sensitivity Test

Programme 01 on your Kegel8 V for Men is a sensitivity test. This 'denervation' test is designed to test your response to your Kegel8 and it works by sending an electrical current to your slim probe or skin electrode. The electrical current should cause you to feel a tickling sensation in your pelvic area.

To run the Kegel8 Sensitivity Test:

1. Insert your slim probe or attach the skin electrode and connect it to your Kegel8 V for Men.
1. Switch your Kegel8 on and use the PRG button to move through the programmes until you reach P 01.
2. Use the + button for the appropriate Channel to increase the power. Stop increasing the power when you feel a tickling sensation or the recommended limit is reached (50mA for the slim probe, 15mA for the skin electrode).

WARNING: Do not exceed the recommended limits as doing so may cause you physical harm and could damage your Kegel8 equipment.

Phase	Type of Exercise	Duration (Minutes)
1	Work (5 seconds), Rest (8 seconds)	60

You should feel a tickling sensation with less than 50mA. If you do, you can start using the Kegel8 V for Men built-in programmes (see Start a Kegel8 Training Programme on page 27) Taking Care of your Kegel8® (see page 51) Lack of Sensation (see page 33) Lack of Sensation (see page 33) (see Nocturia and Over-Active Bladder on page 39). Alternatively, you can use a custom programme (see Creating a Custom Programme on page 45).

If you have set your Kegel8 to 50mA and cannot feel a tickling sensation, you may have nerve damage. This is quite common following surgery, and it is something Kegel8 can help you with. Try running Programme 01 up to 50mA for 30 minutes, twice a day.

If you cannot feel any sensation after 1 month of use, please consult

a medical professional for advice.

After the programme, try to contract your perineal area for 3 seconds (squeeze and hold, as if trying to hold in wind) and then relax for 5 seconds. If you can squeeze and hold repeatedly for 2 minutes without discomfort, you are ready to start using a built-in or custom programme.

Kegel8 V For Men Treatment Programmes

Choose the programme that matches your health condition:

Prog number	Abbreviation on LCD	
P01	RVRY	Sensitivity Test
P02	EREC	Erection Problems
P03	SENS	Lack of Sensation
P04	UB1	Bowel Incontinence 1
P05	UB2	Bowel Incontinence 2
P06	OAB	Nocturia & Overactive Bladder
P07	STRG	Pelvic Floor Conditioning
P08	PAIN	Pelvic Pain (Pain Relief)

Alternatively, you could use a custom programme created for you by a medical professional (see Creating a Custom Programme on page 45).

Erection Problems

If you are suffering from erection problems that are related to physical causes, Kegel8 V for Men can help. This is especially true if you have experienced erection problems following surgery in the pelvic area or if you have suffered an injury.

Kegel8 V for Men is able to help you achieve more satisfying erections by sending electrical pulses into your body. These pulses strengthen your pelvic floor muscles and encourage tissue and nerve repair. As your pelvic area becomes stronger and healthier, you should be able to achieve and maintain erections more easily.

Of course, not all erection problems have physical causes. Many men suffer from erectile dysfunction because of issues such as low self-esteem, performance anxiety, stress, and depression. Excellent help is available for overcoming these causes of erectile dysfunction - please contact your doctor for more information.

Kegel8 Attachments for P02 (Erection Problems)

You can use the following combinations of Kegel8 attachments for Programme 02:

- Slim probe only
- Perineal skin electrode only

The slim probe is widely regarded as the most effective attachment. This is because, when inserted, it is in direct contact with the muscles of your pelvic floor. To use your Kegel8 V for Men's built-in erectile dysfunction programme:

1. Either:
 - Insert your slim probe
 - Attach the skin electrode (perineal area)
2. Connect the slim probe/skin electrode to your Kegel8 V for Men control unit.
3. Switch your Kegel8 on and use the PRG button to move through the programmes until you reach P02.

- Use the + button for the appropriate Channel to increase the power. Stop increasing the power when you feel a tickling sensation or the recommended limit is reached (50mA for the slim probe, 15mA for the skin electrode).

WARNING: Do not exceed the recommended limits as doing so may cause you physical harm and could damage your Kegel8 equipment.

Programme 02 has two phases:

Phase	Type of Exercise	Duration (Minutes)
1	Work (4 seconds), Rest (8 seconds)	5
2	Work (6 seconds), Rest (2 seconds)	10
		15 Minutes

If you use your Kegel8 regularly, you should notice improvements in your pelvic health in just a few weeks. As some men take longer to respond, we always recommend that you use a programme 1-2 times per day for at least 12 weeks.

When you notice an improvement, you can reduce your exercises to 2-3 times per week.

Lack of Sensation

If you are suffering from a lack of sensitivity in your penis or anus, Programme 03 is for you. This neurogeneration programme stimulates nerve recovery and will help you to regain more feeling in those intimate areas.

For Programme 03, the type of Kegel8 attachment you will need to use varies depending on your health condition:

- To improve **sensitivity in your penis**, use the surface skin electrodes.
- To improve **sensitivity in your anus**, use the:
 - Slim probe (see Inserting a Kegel8® Slim Probe on page 22)
 - or:
 - Skin electrode on your perineal area (see Using a Kegel8® Skin Electrode on page 24).

The slim probe is widely regarded as the most effective attachment. This is because, when inserted, it is in direct contact with the muscles of your pelvic floor. But if you are uncomfortable with using a slim probe, the skin electrode can also produce excellent results.

To use your Kegel8 V for Men's improve sensitivity programme:

1. Insert your slim probe and connect to your Kegel8 V for Men control unit.
2. Switch your Kegel8 on and use the PRG button to move through the programmes until you reach P03.
3. Use the + button for the appropriate Channel to increase the power. Stop increasing the power when you feel a tickling sensation or the recommended limit is reached (50mA for the slim probe, 15mA for the skin electrode).

WARNING: Do not exceed the recommended limits as doing so may cause you physical harm and could damage your Kegel8 equipment.

Programme 03 has one phase:

Phase	Type of Exercise	Duration (Minutes)
1	Work (8 seconds), Rest (10 seconds)	20

If you use your Kegel8 regularly, you should notice improvements in your pelvic health in just a few weeks. As some men take longer to respond, we always recommend that you use a programme 1-2 times per day for at least 12 weeks.

When you notice an improvement, you can reduce your exercises to 2-3 times per week.

Bowel Incontinence 1

If you are suffering from bowel incontinence, you should start from Programme 04 and when you feel the improvement, continue with programme 05.

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

For Kegel8's incontinence programmes, you can choose to use:

- Slim probe only
(see Inserting a Kegel8[®] Slim Probe on page 22)
- Perineal skin electrode only
(see Using a Kegel8[®] Skin Electrode on page 24)

The slim probe is widely regarded as the most effective attachment. This is because, when inserted, it is in direct contact with the muscles of your pelvic floor. But if you are uncomfortable with using a slim probe, the skin electrode can also produce excellent results.

To use your Kegel8 V for Men's incontinence (severe) programme:

1. Insert your slim probe or attach your skin electrodes and connect to your Kegel8 V for Men control unit.
2. Switch your Kegel8 on and use the PRG button to move through the programmes until you reach P04.
3. Use the + button for the appropriate Channel to increase the power. Stop increasing the power when you feel a tickling sensation or the recommended limit is reached (50mA for the slim probe, 15mA for the skin electrode).

WARNING: Do not exceed the recommended limits as doing so may cause you physical harm and could damage your Kegel8 equipment.

Programme 04 has one phase:

Phase	Type of Exercise	Duration (Minutes)
1	Work (5 seconds), Rest (5 seconds)	40

For best results, use P04 for 3 days, P07 for 2 days, then back to P04 for 3 days and so on. When you notice an improvement, use P05 instead of P04.

If you use your Kegel8 regularly, you should notice improvements in your pelvic health in just a few weeks. As some men take longer to respond, we always recommend that you use a programme 1-2 times per day for at least 12 weeks.

Bowel Incontinence 2

If you are suffering from moderate bowel incontinence, you should use Programme 05. Please consider P01 and then P04 before proceeding to Bowel Incontinence P05 which provides a strong stimulation parameters. P05 is suitable for normal sensation and mild incontinence severity.

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

For Kegel8's incontinence programmes, you can choose to use:

- Slim probe only
(see Inserting a Kegel8® Slim Probe on page 22)
- Perineal skin electrode only
(see Using a Kegel8® Skin Electrode on page 24).

The slim probe is widely regarded as the most effective attachment. This is because, when inserted, it is in direct contact with the muscles of your pelvic floor. But if you are uncomfortable with using a slim probe, the skin electrode can also produce excellent results.

To use your Kegel8 V for Men's built-in incontinence (moderate) programme:

1. Insert your slim probe or attach your skin electrodes and connect to your Kegel8 V for Men control unit.
2. Switch your Kegel8 on and use the PRG button to move through the programmes until you reach P05.
3. Use the + button for the appropriate Channel to increase the power. Stop increasing the power when you feel a tickling sensation or the recommended limit is reached (50mA for the slim probe, 15mA for the skin electrode).

WARNING: Do not exceed the recommended limits as doing so may cause you physical harm and could damage your Kegel8 equipment.

Programme 05 has one phase:

Phase	Type of Exercise	Duration (Minutes)
1	Work (5 seconds), Rest (7 seconds)	15

For best results, use **P05** for 3 days, **P07** for 2 days, then back to **P05** for 3 days and so on.

If you use your Kegel8 regularly, you should notice improvements in your pelvic health in just a few weeks. As some men take longer to respond, we always recommend that you use a programme 1-2 times per day for at least 12 weeks.

When you notice an improvement, you can reduce your exercises to 2-3 times per week.

Nocturia and Over-Active Bladder

Kegel8 V for Men can help treat overactive bladder (OAB) and nocturia (urge to urinate at night). If you suffer from either of these conditions, don't worry - Kegel8 will help you to regain control.

For Kegel8's nocturia and OAB programme, you can use:

- Slim probe only
- Slim probe + skin electrodes attached to ankle

When using this combination, attach the slim probe to Channel A and the skin electrodes to Channel B.

- Skin electrodes attached to lower back
- Skin electrodes attached to ankle

For more information on using the slim probe and skin electrodes, please refer to:

- Inserting a Kegel8® Slim Probe (see page 22)
- Using a Kegel8® Skin Electrode (see page 24).

The slim probe is widely regarded as the most effective attachment. This is because, when inserted, it is in direct contact with the muscles of your pelvic floor. But if you are uncomfortable with using a slim probe, the skin electrodes can also produce excellent results.

To use your Kegel8 V for Men's built-in bladder control programme:

1. Insert your slim probe and/or attach the skin electrodes and connect to your Kegel8 V for Men control unit.
2. Switch your Kegel8 on and use the PRG button to move through the programmes until you reach P06.
3. Use the + button for the appropriate Channel to increase the power. Stop increasing the power when you feel a tickling sensation or the recommended limit is reached (50mA for the slim probe, 15mA for the skin electrode).

WARNING: Do not exceed the recommended limits as doing so may cause you physical harm and could damage your Kegel8 equipment.

Programme 06 has one phase:

Phase	Type of Exercise	Duration (Minutes)
1	Work (10 seconds), Rest (5 seconds)	20

If you use your Kegel8 regularly, you should notice improvements in your pelvic health in just a few weeks. As some men take longer to respond, we always recommend that you use a programme 1-2 times per day for at least 12 weeks. When you notice an improvement, you can reduce your exercises to 2-3 times per week.

If you are a nocturia sufferer and have not experienced any improvement after 12 weeks, please use P07 (see Pelvic Floor Conditioning on page 41). This is because your nocturia may be due to other weaknesses in your pelvic floor.

Pelvic Floor Conditioning

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 V for Men includes a pelvic strength and endurance exercise that will keep your pelvic floor muscles, fibres, and ligaments in fantastic condition. This programme is also suitable for improving the strength of weakened pelvic tissue.

For Kegel8's pelvic strength and endurance programme, you can use:

- Slim probe only
- Perineal skin electrode only

The slim probe is widely regarded as the most effective attachment. This is because, when inserted, it is in direct contact with the muscles of your pelvic floor. But if you are uncomfortable with using a slim probe, the skin electrodes can also produce excellent results.

To use your Kegel8 V for Men's pelvic strength programme:

1. Either:
 - Insert your slim probe
 - Attach the skin electrode (perineal area)
2. Connect the slim probe/skin electrode to your Kegel8 V for Men control unit.
3. Switch your Kegel8 on and use the PRG button to move through the programmes until you reach P07.

4. Use the + button for the appropriate Channel to increase the power. Stop increasing the power when you feel a tickling sensation or the recommended limit is reached (50mA for the slim probe, 15mA for the skin electrode).

WARNING: Do not exceed the recommended limits as doing so may cause you physical harm and could damage your Kegel8 equipment.

Programme 07 has one phase:

Phase	Type of Exercise	Duration (Minutes)
1	Work (5 seconds), Rest (5 seconds)	60

If you use your Kegel8 regularly, you should notice improvements in your pelvic health in just a few weeks. As some men take longer to respond, we always recommend that you use the pelvic strength programme 2 times per day for at least 12 weeks.

When you notice an improvement, you can reduce your exercises to 2-3 times per week.

Pelvic Pain (Pain Relief)

Kegel8 V for Men can help relieve pelvic pain. If you suffer from pelvic discomfort or have pain following surgery, the pain relief programme is for you.

Kegel8 V for Men's pain relief programme is Programme 08 on your control unit. You can use it with:

- Slim probe only
(see Inserting a Kegel8® Slim Probe on page 22)
- Perineal skin electrode only
(see Using a Kegel8® Skin Electrode on page 24).

The slim probe is widely regarded as the most effective attachment. This is because, when inserted, it is in direct contact with the muscles of your pelvic floor. But if you are uncomfortable with using a slim probe, the skin electrodes can also produce excellent results.

To use your Kegel8 V for Men's pelvic strength programme:

1. Insert your slim probe and/or attach the skin electrodes and connect to your Kegel8 V for Men control unit.
2. Switch your Kegel8 on and use the PRG button to move through the programmes until you reach P08.
3. Use the + button for the appropriate Channel to increase the power. Stop increasing the power when you feel a tickling sensation or the recommended limit is reached (50mA for the slim probe, 15mA for skin electrodes). Please do not exceed these limits as doing so may cause you physical harm and damage your Kegel8 equipment.

Programme 08 has one phase:

Phase	Type of Exercise	Duration (Minutes)
1	Work (5 seconds), Rest (15 seconds)	15

If you use your Kegel8 regularly, you should notice improvements in your pelvic health in just a few weeks. As some men take longer to respond, we always recommend that you use the pelvic strength programme 2 times per day for at least 12 weeks.

When you notice an improvement, you can reduce your exercises to 2-3 times per week.

Creating a Custom Programme

Many men find that the pre-set programmes that are built into Kegel8[®] 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 V for Men 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 control unit.
2. Press the **PRG** button on the front repeatedly until the LCD shows **PC 1**, **PC 2**, or **PC 3**. 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.

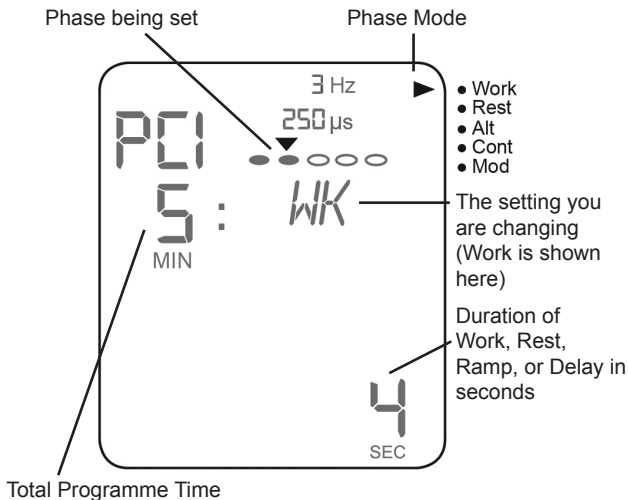
7. Press the + button for Channel A. The Work and Rest symbols flash. By default, the programme is set to a Work/Rest exercise.

If you want this phase of your custom programme to stimulate your pelvic area continuously, press the + button for Channel B 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 control unit 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 control unit is set to alternating (ALT), it will send a charge out of one channel. When that charge has finished, your Kegel8 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 control unit 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.
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 V for Men. 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.



Kegel8 Programme Settings - Explained

Each Kegel8 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.
- **RP** (Ramp Up) - How long it takes to achieve full muscle contraction (in seconds).
- **WRK** (Work) - How long the electrical current will keep the muscle tight (working). Again, this is in seconds.
- **RST** (Rest) - The amount of time between each pulse (in seconds). The muscles will rest for this amount of time.
- **ALT** (Alternating) - The Kegel8 will output an electric current through one channel at a time.
- **SYN** (Synchronous) - The Kegel8 will output an electric current through both channels at the same time.

Locking and Unlocking your Kegel8

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, press the Lock button until you hear a single beep. Then press the SET button on the front.

Kegel8[®] 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 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 men find that a setting of around 30mAs is a good starting point with the probe, but only you can tell what feels comfortable to you.

If you are using the skin electrodes, 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.

- **Use the Relaxation Stage - It is Vital**

It can be so tempting to really push your muscles and cut back on the relaxation stages. But please don't make that mistake - the relaxation stage is just as important to your muscle condition as the work stage.

When you work your muscles, they contract and blood is drawn out of them. When you relax, the blood flows back into the muscle. This process helps to increase blood flow, repair tissue, and improve your muscle condition. So if you overwork your muscles without relaxing them sufficiently, they are not going to improve as quickly. For the best results with Kegel8 exercises, the balance of work and rest has to be just right.

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

We recommend that you use Kegel8 1 or 2 times per day for 12 weeks. Alternate between your choice of programme and P07 each day (P07 is a general exercise routine, see Pelvic Floor Conditioning on page 41). For example:

Monday P03

Tuesday P07

Wednesday P03

Thursday P07

Friday P03 and so on.

When you have better muscle control, you can use P 07 (Pelvic Floor Conditioning) 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 WILL Improve Your Pelvic Floor**

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



Taking Care of your Kegel8®

Accessories and Modifications

Only use CE approved accessories, such as probes, with your Kegel8 V for Men. Do not modify your Kegel8 V for Men. 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 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 66).

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.



Kegel8 Skin Electrode Care

Your Kegel8 V for Men skin electrodes can be re-used and, if cared for, should last for around 10-15 exercise sessions.

To take care of your skin electrodes:

- After use, place the sticky side of the electrode back on to the plastic sheet (supplied with the skin electrodes).

If the surface is no longer sticky, you should buy replacement skin electrodes. You can buy these from www.Kegel8.com.

- Keep your skin electrodes in a clean, dry place. We recommend that you store them in their original packaging.



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 electric pulses to your probe(s) or skin electrodes.
- Take care when connecting the wires. The connections on the Kegel8 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 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.



Frequently Asked Questions

Q: Will Kegel8 V for Men affect my fertility?

No. Kegel8 will not affect your ability to father children. Kegel8 can help you to develop pelvic floor muscles and achieve stronger erections, so may improve your sex life!

Q: Can I use Kegel8 if I have haemorrhoids or a fissure?

Yes, but we recommend that you only use the skin electrodes. The slim probe may aggravate any problems you have in your anus, including haemorrhoids (piles), anal fissures, cuts, infections, etc.

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 after pelvic surgery could help to speed recovery as it is an effective way of strengthening your pelvic floor.

Q: I have suffered an anal prolapse. Can I use Kegel8?

Yes, of course. When used with the slim probe, Kegel8 can help you recover from this condition.

If you have suffered a bowel or rectal prolapse, it is imperative that you strengthen your pelvic floor.

Please always start from P01 for a gentle beginning. Always consult your prolapse treatment with your GP or incontinence specialist.

Q: How far should I insert the probe?

The probe needs to be inserted into your anus by around 2 inches. 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 more water-based lubricant such as KE Gel. Also, try to relax. Use a comfortable position to facilitate relaxation prior to insertion. Don't push the probe out. If this does not help, see your doctor. You may have an undiagnosed condition that is causing discomfort in your anal area.

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.

Q: Is it normal to get an erection when using Kegel8?

Absolutely! Lots of men find that they become aroused when using the slim probe and skin electrodes. This is perfectly normal and is your body's natural response to stimulation. The electric current from your Kegel8 is causing a response in your tissues that your body can interpret as sexual stimulation.

If you think that having an erection could interfere with your health condition, please consult your GP before using the Kegel8 V For Men.

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 or surface electrodes 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 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 damage can occur after injury or surgery. It means you have less sensation on one side. If this is the case, we recommend you use P03 to encourage nerve regrowth.

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

Q: Why are there two channels?

There are two channels because Kegel8 allows you to use the various Kegel8 attachments (slim probe, skin electrodes) in different combinations. You will see that some programmes allow you to use the slim probe in Channel A and a skin electrode in Channel B.

We have a range of skin electrodes and anal probes available online at www.kegel8.com.

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® on page 51.

Q: How long will the battery last?

If you use the 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 icon will flash on your Kegel8 screen. For more information, see Taking Care of your Kegel8® on page 51.

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® on page 51.

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

Get in touch with Customer Service (see page 63), we are here to help.

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 [2% accuracy].
6. Pulse Rate selection: in the continuous mode 2 Hz - 100 Hz [2% accuracy].
7. Time duration of the treatment selectable: 1 to 90 minutes.
8. Low Battery Indicator: If the battery goes below 6.9 volts +/- 0.2 volts the battery symbol will flash on/off once every second.
9. 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.
10. Ramp up time: 0.3 - 9.9 seconds.
11. Battery: PP3 Alkaline, 9V. Expected average battery life [of standard 800 mAh, alkaline]: 19 hours.
12. 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: -10 to +50 degrees Centigrade. 0-90% Humidity.

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 the 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® 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 emissions 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 emissions 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	


**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.

**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
<p>Conducted RF IEC 61000-4-6</p> <p>Radiated RF IEC 61000-4-3</p>	<p>3 Vrms 150 KHz to 80 MHz</p> <p>3V/m 80 MHz to 2, 5 GHz</p>	<p>3 Vrms 150 KHz to 80 MHz</p> <p>3V/m 80 MHz to 2, 5 GHz</p>	<p>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.</p> <p>Recommended separation distance</p> <p>$d=1.2\sqrt{P}$ (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);</p> <p><i>d is the recommended separation distance in meters (m).</i></p> <p><i>P is the maximum output power rating of the transmitter in watts (W) (according to the transmitter manufacturer).</i></p> <p><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></p> <p><i>Interference may occur in the vicinity of equipment marked with the following symbol:</i></p> 

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 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
	$d=1.2\sqrt{P}$	$d=1.2\sqrt{P}$	$d=2.3\sqrt{P}$
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.



Warranty

Savantini Limited (Medical Dept) provides a warranty to the original purchaser that this product will be free from defects in the material, components and workmanship for a period of 1 year from the date of purchase [invoice date].

If Savantini Limited is satisfied that the product/s is defective, the purchaser may return it/them, to Savantini Limited (Medical Dept) or the appointed distributor for repair or replacement with a new unit.

All returns must be authorised in advance by Savantini Limited (Medical Dept). The liability of Savantini Limited under this limited product 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 Services

If you have any questions, queries or comments, please don't hesitate to contact our helpful Customer Services Department.

Tel: 01482 496932

Email: info@kegel8.co.uk

Write: Kegel8, Unit 14D iPark, Innovation Drive, Hull, HU5 1SG, UK

Manufacturer: Savantini Limited, 14d iPark, Innovation Drive,
Kingston Upon Hull
EAST YORKSHIRE
HU5 1SG
United Kingdom

This product is manufactured by Savantini Limited,
in compliance with the European Union Medical Device Directive
MDD93/42/EEC under the supervision of SGS,
Notified Body number 0120.

CE 0120

Savantini Limited, is certified by SGS to the following
Quality Standards:
ISO 9001:2008, ISO13485:2003.

Clinical References

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