



GB

Kegel8 Tight & Tone

Instructions, Warnings &
Safety Information



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) 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. Floating isolated applied part. It is only intended for connection to patient's skin but has floating input circuits. No connection from patient to earth.
	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. 0123 - Notified body identification.
	This product should be kept dry.
	The device protected from ingress of solid foreign objects of 12.5 mm dia and greater and ingress of vertically falling water drops equivalent to 3 mm rainfall/minute when the enclosure is tilted at an angle of 15° from the normal position.
	Do not dispose in normal dustbin (see page 8 for the disposal instructions).

Welcome to Kegel8 Tight&Tone

Dear Customer,

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

What is STIM?

Neuromuscular Stimulation has been used for many years to stimulate muscle and nerve fibres to treat a number of muscle and nerve related conditions. Over the last 30 years numerous clinical trials and papers have been written.

The Kegel8® Tight&Tone is one of a new breed of modern Neuromuscular Stimulators which Verity Medical have developed with the Therapist and Patient in mind. Our principle aim is to design products that have high levels of functional use, are sensibly priced, compact and user friendly.

The Kegel8® Tight&Tone is a dual channel device combining several treatment programmes into one unit. Neuromuscular Stimulation is increasingly understood by Therapists and Doctors. There is a better understanding of the mechanisms which exist between nerves and muscles that makes it possible to stimulate the neuromuscular system with precise electrical signals. The Kegel8® Tight&Tone offers precision giving full control of Pulse Widths, Rates, Ramp up times, Work / Rest cycles as well as alternating or synchronous application if two channels are being applied.

Indications For Use:

- Pelvic pain
- Stress incontinence
- Overactive bladder (urge incontinence)

Also used for non medical purposes to:

- Pelvic floor strength
- Endurance
- Vascularisation and relaxation

Warnings

Please pay careful attention to the following safety warnings:

- This unit must be used with the guidance of a Physiotherapist or Doctor.
- Type BF equipment, Continuous Operation.
- Do not insert lead wires into a mains power supply.
- The unit is not protect from the ingress of water droplets from a shower of rain if used outside the carrying case.
- Do not use the Kegel8® Tight&Tone 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® Tight&Tone directly to a battery charger or to any other mains powered equipment.
- We advise not to use Ni-Cad rechargeable batteries.
- Patient Electrodes are for **single patient use only**.
- Keep out of reach of children and ensure that children do not inhale or swallow small parts.
- Do not use this stimulator on your facial area unless you are under strict guidance from a qualified Clinician.
- Application of electrodes near the thorax may increase the risk of cardiac fibrillation.
- Operation in close proximity (e.g. 1m) to a shortwave or microwave therapy equipment may produce instability in the stimulator output.
- Simultaneous connection of a patient to a high frequency surgical equipment may result in burns at the site of the stimulator electrodes and possible damage to the stimulator.
- This device can deliver current densities in excess of 2mA/cm² when used at a high intensity with small electrodes.

Contra Indications & Precautions

Please read this Kegel8® Tight&Tone User Guide before using this stimulation device.

STIM (Kegel8® Tight&Tone) should not be used:

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

When using Kegel8® Tight&Tone:

- Use the Kegel8® Tight&Tone 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® Tight&Tone. Contact your distributor or healthcare professional.
- Only use CE approved vaginal and anal probes.

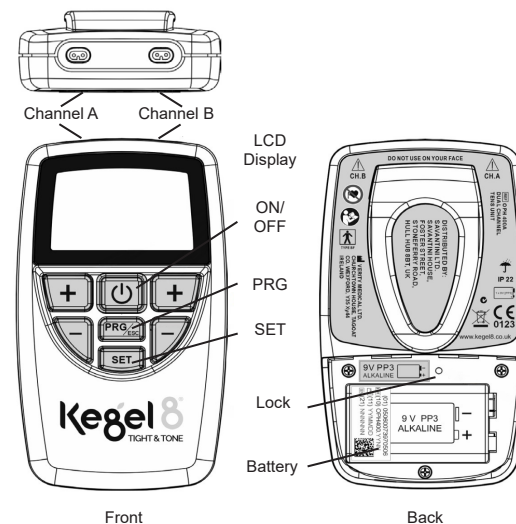
Do not place electrodes:

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

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Getting to Know Your Kegel8® Tight&Tone



- **PRG/ESC Button** - PRG button selects the desired programme from P01 - P09 or customised programme PC1 - PC3. ESC button stops the programme.
- **Set Button** - This button works only for programmes PC1-PC3. Press and hold SET button for 3 seconds to set parameters of your custom treatment: Pulse Rate, Pulse Width, Time, etc.
- **Channel A & B +/- Button** - Starts the programme by increasing or decreasing the mA level.

Starting Your Kegel8® Tight&Tone Exercises

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

1. On the back of your Kegel8® Tight&Tone, slide off the battery cover and insert 1 x 9 volt PP3 battery or a rechargeable Nickel Metal Hydride battery into the battery compartment. Slide the battery cover back on.
2. Connect the lead wire to the probe and Kegel8® Tight&Tone unit. All of the wires are fitted with the appropriate connections, so all you have to do is:
 - Insert the pins on the lead wire into each of the connections on the probe wire.
 - Insert the white connection on the lead wire into the Channel A slot on your Kegel8® Tight&Tone unit. If you are looking at the front of the Kegel8 unit, the Channel A socket is on the top-left of the unit. Push the lead in firmly so that it is fully connected.
3. Make sure the probe is clean by rinsing it in cold or warm water. Unclean probes could cause infection.
4. Insert the Kegel8 probe. Don't insert too deep, the neck of the probe should be just inside the vagina, the metal plates of the probe should be fully inserted.
6. Press the ON button on the Kegel8 control unit.
7. Press the PRG button to choose a programme (press PRG repeatedly to cycle through the available programmes):
 - P01 - Pain Relief
 - P02 - Urge Incontinence
 - P03 - Stress Incontinence 1
 - P04 - Stress Incontinence 2
 - P05 - Frequency/Urges Incontinence 1
 - P06 - Frequency/Urges Incontinence 2
 - P07 - Lack of Sensitivity
 - P08 - Pelvic Floor Workout

- P09 - Building Up Endurance
- PC1, PC2, PC3 - (Creating a Custom Programme on page 6).

8. Press the + button(s) 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.

9. When the programme is complete, your Kegel8® Tight&Tone will switch off automatically. Remove the probes by pulling gently at their base. Do not pull the wires as this could damage your probe.

10. Take care of your probes:

- Clean your probe(s) under running warm water. Do not place in boiling water as this will cause damage to the probe(s). For extra peace of mind, you can wash your probe(s) with sterilising fluid. We also recommend that you wipe your Kegel8® Tight&Tone unit clean with a damp cloth or antiseptic wipe. Alternatively, you can spray your Kegel8 and probe with Kegel8® Anti-bacterial Cleanser and then wipe it dry. Do not use alcohol-based products as this could damage the LCD.

Battery Power Level

If your Kegel8 Tight&Tone battery is running low on power, a low battery indicator appears on the LCD indicating that battery shall be replaced.

Disconnection Indicator

When the probe becomes disconnected or when the lead wires do not conduct the electrical current, the milliamp level on botch channels will return to zero, program timer will be paused and the open electrode symbol and 0 will flash alternatively.

- **Common Issue:** If you press + button but the intensity stops at 6-9 mA and cuts off to zero and you see 0 mA flashing on the screen. This is a typical situation for any muscle stimulator. You are experiencing the safety cut off due to no electrical load on the output. You should be able to resolve this issue yourself, please follow the FAQ chapter on page 9.

Lock

A "concealed" Lock button is included in the Kegel8® Tight&Tone which allows the clinician to accurately monitor "Home Compliance" of the patent between appointments. It also locks the customised or built in programmes.

To Lock The Unit:

1. Select the built in or customised programme required. In the case of a customised programme, make sure that the pulse width, frequency, time are set-up correctly.
2. Remove the battery cover and, using a thin rod gently press on the lock button as shown in the diagram on page 4 until you hear a double beep. The unit is now "locked" and cannot be altered until "unlocked".

To Unlock The Unit:

Remove the battery cover and press the concealed switch with a thin rod until a single beep is heard. Now the LCD will display the average mA used on each channel and the total hours the unit has been in use as shown in the diagram. To return to normal "unlocked" operation, simply press PRG/ESC.

Creating a Custom Programme

To create a custom programme:

1. Press the ON button to power up your Kegel8® Tight&Tone.
2. Press the **PRG** button on the front repeatedly until the LCD shows **PC1** **PC2** or **PC3**. These are your 3 custom programme memory slots.
3. Press and hold the SET button for 3 seconds until Hz symbol will flash on the display, then press the + or – button to adjust the pulse rate.
4. Press the SET button again and the μ s symbol will flash on/off, then press the + or – button to adjust the pulse duration from 50 - 450 μ s.
5. Press the SET button again and the Clock [Time] symbol will flash on/off, then press the Channel A +/- button to alter the hours and Channel B +/- button to adjust minutes.[Maximum time 1 hour 30 minutes].
6. Press the SET button again and the WRK [Work] symbol will be displayed, then press the + or – button to adjust the work period from 2– 99 seconds.
7. Press the SET button again and the RST [Rest] symbol will be displayed, then press the + or – button to adjust the rest period 2 – 99 seconds.
8. Press the SET button again and the RMU [Ramp up] symbol will be displayed, then press the + or - button to adjust the ramp up period from 0.1 - 9.9 seconds.
9. Press the SET button again and RMD (Ramp down) symbol will be displayed, then press the + or - button to adjust the ramp down period from 0.1-9.9 seconds.
10. Press the SET button again and SYN (Synchronous) symbol will flash on/off. This is recommended for pelvic floor disorders. If you have been advised to use ALT (Alternating) mode, press + or – button to select ALT. Otherwise leave as SYN and go to next mode.
11. Press the SET button again. If SYN is selected in point 8, the DLY (Delay) symbol will flash on/off. Press the + or – button to adjust the delay time 0-4 sec. For typical use, leave 0 seconds. If the delay is set above zero, the channel 2 will ramp up with the delay.
12. After setting up the programme, press the PRG/ESC button to install and store.

Note: You must press the PRG/ESC button before locking the unit.

Pelvic Floor Treatment Programmes

No.	Programme	Rate [Hz]	Pulse Width [µs]	Ramp Up Time [s]	Work Time [s]	Rest Time [s]	Overall Time [min]
P01	PAIN RELIEF	3	150	1	CONT	CONT	20
P02	URGE	10	250	1	5	5	20
P03	STRESS-1	40	200	1	6	15	20
P04	STRESS-2	30	200	0.8	5	8	20
P05	FREQ/URGE-1	10	200	1	5	5	20
P06	FREQ/URGE-2	10	200	1	CONT	CONT	15
P07	LACK OF SENSITIVITY [25 min]	Sequential: 3Hz for 3min, 10Hz for 10min, 20 Hz for 5 min, (250 µs, ramp up time 0.8 s). 30 Hz for 4 min, 40 Hz for 3 min, (200 µs ramp up time 0.7 s). Work time 4 s, Rest time 4 s.					
P08	PELVIC FLOOR WORK OUT [60 min]	Sequential: 20 Hz for 3 min, 3 Hz for 5 min, 10 Hz for 15 min, 20 Hz for 15 min: (250 µs, ramp up time: 0.8 s). 30 Hz for 5 min, 40 Hz for 5 min: (200 µs, ramp up time: 0.6 s). 10Hz for 12 min: (250µs, ramp up time: 0.8 s).					
P09	BUILDING UP ENDURANCE	20	250	0.8	5	5	20
CUSTOM PC1, PC2, PC3		See page 6					

Taking Care of your Kegel8® Tight&Tone

Accessories and Modifications

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

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

Kegel8 Screen (LCD) Care

The Kegel8® Tight&Tone 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 12).

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 9-12 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 Antibacterial Cleaning Spray.

Lead Wires and Connections Care

The lead wires and connections are vital to your Kegel8® Tight&Tone, 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® Tight&Tone may be unable to send the electric pulses to your probe(s).
- Take care when connecting the wires. The connections on the Kegel8® Tight&Tone 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® Tight&Tone for a week or longer, please remove the battery. Batteries can leak, so by removing it, you are protecting your Kegel8® Tight&Tone.
- Check the battery regularly for signs of discharge. If the battery appears to be leaking, replace it.
- We recommend you use a quality alkaline 9v battery.

Kegel8 Disposal - Use our Recycling Service

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



Environmental Conditions for use:

+5 to +40 degrees Centigrade. 15-90% Humidity. Atmospheric pressure: 700 hPa to 1 060 hPa.

Environmental conditions for storage & transport:

-25 to +70 degrees Centigrade, 15-90% Humidity. Atmospheric pressure: 700 hPa to 1 060 hPa.

Frequently Asked Questions

Q: It won't let me change the programme?

If the programme cannot be changed, remove the battery cover and unlock the unit by pressing the unlock button - see page 4 and 6.

Q: The mA intensity cuts out above 8 milliamps and zero mA is flashing on the screen?

1. The problem you are experiencing is most likely due to a poor connection of the two stainless steel electrode plates on the shaft of the probe in your body. If the probe is not fitting well or momentarily becomes disconnected, for example, when you shift position, you will see the "0" mA symbol flashing on and off and the current will have been cut off. Follow the tips below and try again mA button to increase the intensity.

2. If the internal environment is dry, it may lead to reduced electrical conductivity. Use a suitable, approved water based lubricant such as Kegel8 Conductivity Gel (don't use standard creams or grease as the lubricant must be electrically conductive).

3. Try to pull up the pelvic floor by lifting up the probe and increase mA at the same time. This may re-establish the connection.

4. The body position which leads to lack of conductivity: The best position to conduct electrical stimulation using the vaginal probe is to stand up. However, with the shape of vaginal probes on the market, it is not ideal to stand up as the probes tend to fall out. We recommend that the next best position is to sit down and lean back slightly.

5. If you think the probe itself is not working, wash it and hold it, using your first finger and thumb (or elbow crook) to make a connection across the electrode plates. Connect it to the stimulator as normal. Increase mA and, if the probe is functioning correctly, you will feel the stimulation mildly tickling in your hand (elbow crook). This proves the unit works when the connection is established, try again the above instructions. If you don't feel any tickling in your hand, try another lead wire to compare or try with a different probe.

6. Broken lead wire. Check if the dual conductor lead wire cable is not broken, as it might be bent or pulled out too much, which results in no conductivity: try another cable. To check if the cable is good, disconnect the probe and cross the metal pins of the lead wire, hold them firmly crossed with your fingers.

Increase mA on the unit. If the cable conducts the electricity, the mA will go above 10 mA and you will feel a mild tingling sensation in your fingers which are holding the crossed pins. If you feel a mild electrical current in your fingers when the unit stimulates above 10mA, this proves the unit and lead wire are not causing the mA intensity cut-off. Check with the probe: above point 5.

You may need to obtain another lead wire or /and a probe, please contact the distributor via email at sales@kegel8.co.uk or visit www.kegel8.co.uk.

Technical/STIM Specifications

- Dual channel: individually isolated circuits.
- Amplitude: 0 - 90 mA into 500 Ohm load; indication only. Actual mA will tend to be less than indicated due to electrode impedance:
 1. At 1000 Ohms load (Electrodes in poor condition), the maximum will be limited to 70 mA
 2. At 1500 Ohms load the maximum will be limited to 65 mA.
- Type: Constant Current, maximum output voltage 180 Volts +10 / -30 Volts
- Waveform: Asymmetrical, rectangular bi-phasic with zero DC current
- Selectable pulse width: 50µS – 450µS [10% accuracy].
- Pulse Rate selection: in the continuous mode 2 – 100 Hz [5% accuracy].
- Time duration of the treatment selectable: 1 to 90 minutes.
- Low Battery Indicator: If the battery goes below 6.9 volts +/- 0.2 volts the battery symbol will flash on/off once every second.
- Open Electrode Detect: If an open circuit is detected at the output of Channel A or B, the output current will be reset at 0.
- Ramp up time: 0.1 - 9.9 seconds.
- Battery: PP3 Alkaline, 9V. Expected average battery life [of standard 800 mAh, alkaline]: 34 hours.
- If the battery voltage is below 6.6 (+/- 0.2) volts the unit will not turn on.

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

Physical dimensions: 119.2 x 69 x 28.7 mm.

Weight: 0.14KG without battery, 0.18KG with battery.

Electromagnetic Compatibility and Interference (EMC)

Kegel8® products are designed to produce very low levels of radio frequency (RF) emissions (interference), to be immune from effects of interference produced by other equipment operating in their vicinity and damage due to electrostatic discharge all when operating in a typical domestic and or clinical environment. They are certified to meet the international EMC standard EN60601-1-2. For more information please refer to the tables 201, 202, 204 and 206.

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 The Kegel8® product should ensure that it is used in such environment.		
Emissions Test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The Kegel8® 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® 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	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable	

Table 202: Guidance and manufacturer declaration - electromagnetic immunity			
The Kegel8® is intended for use in the electromagnetic environment specified below. The customer or the user of the Kegel8® 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 61000-4-8	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® is intended for use in the electromagnetic environment specified below. The customer or the user of the Kegel8® should ensure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6 Radiated RF IEC 61000-4-3	3 Vrms 150 KHz to 80 MHz 3V/m 80 MHz to 2, 5 GHz	3 Vrms 150 KHz to 80 MHz 3V/m 80 MHz to 2, 5 GHz	Portable and mobile RF communications equipment should be used no closer to any part of the Kegel8® product, including cables, than the recommended separation distance. This can be calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d=1.2\sqrt{P}$ (150 KHz to 80 MHz); $d=1.2\sqrt{P}$ (80 MHz to 800 MHz); $d=2.3\sqrt{P}$ (800 MHz to 2.5 GHz); <i>d is the recommended separation distance in meters (m).</i> <i>P is the maximum output power rating of the transmitter in watts (W) (according to the transmitter manufacturer).</i> <i>Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range.</i> <i>Interference may occur in the vicinity of equipment marked with the following symbol:</i> 
NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies. NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.			
(a) Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which Kegel8® is used exceeds the applicable RF compliance level above, the Kegel8® should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the Kegel8®. (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®

The Kegel8® is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Kegel8® can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Kegel8® 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

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 distributor. 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.



This product is manufactured by Verity Medical Ltd.

Verity Medical Ltd. is certified to the ISO13485:2016 Quality Standard.

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**Our friendly advisors are available
Monday to Friday, 8am – 4pm
(Closed bank holidays)**

**You can feel comfortable in asking us anything.
We are not just a sales team. We are here to help you.**

IFU Kegel8 Tight&Tone -0426-GB