

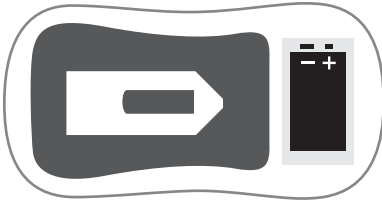
Kegel 8[®]

FOR MEN



Kegel8[®] V for Men

Quick Start Guide



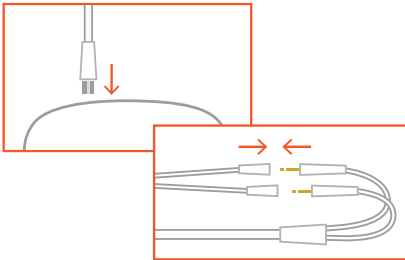
1. Insert the battery

Remove the back cover and insert 1 x 9 volt battery before replacing the cover. Don't forget to remove the black battery cap.



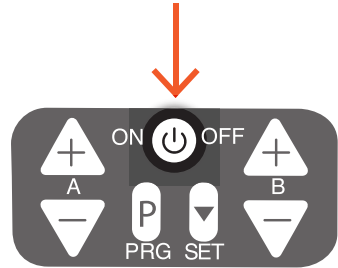
2. Clean your probe

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



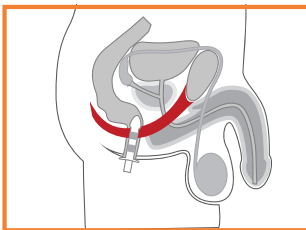
3. Connect your probe

Insert the lead wire into Channel A at the top left of your unit and connect your probe to the lead wire connectors **Note:** some probes connect straight into the device and do not need a lead wire.



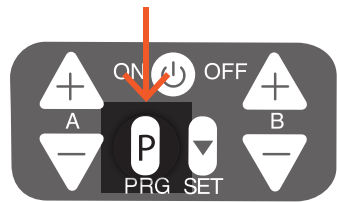
4. Turn on your Kegel8® V for Men

Press the on/off button once to turn on your device.



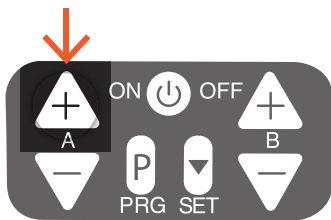
5. Insert your probe

Squeeze a small amount of water-based lubricant, such as Kegel8 Conductivity Gel on the metal parts of the probe and insert.



6. Select a programme

Choose your programme by pressing the PRG button. See the separate programme guide for more information.



7. Exercise

Press the A+ button until you feel until you feel a slight tingle. You can decrease this using the A- button.

Start your programme and enjoy the benefits of a stronger pelvic floor!

8. Clean and Store

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

First timer? Let's test your sensation levels

If this is your first time using the Kege8® V for Men with a probe, then start with the **P01 Sensation test**. Increase the mAs until you feel a warm tingling sensation (No higher than 50mA).

If you feel a sensation, move onto **P02 Sensation Test**.

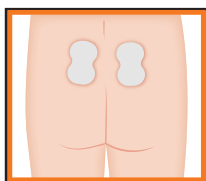
If you feel **no** tingling sensation, perform **P01** at 50mA (or less) once a day for 4 weeks before moving onto **P02**.

NOTE: If you cannot feel sensation returning after the 4 weeks, please consult a medical professional for advice.

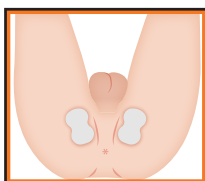
P02 Sensation Test - If you feel a tingling sensation below 50mA, progress to a treatment programme. If you cannot feel a sensation, use **P02** once a day for a further 4 weeks.

Where to place your electrode pads

You can use electrode pads on the skin for a variety of Kege8® V for Men programmes. Simply connect your lead wire to the electrode pads and insert into channel A or B at the top of the unit. Use the corresponding controls to change the intensity. See below for examples of where you can place the pads and for more advice visit www.kege8.co.uk



Sacrum



Perineal



Ankle

Choosing The Right Programme For You

The Kegel8® V for Men has a selection of programmes tailored to help you improve your pelvic floor strength.

Programme		Duration
P01	Sensitivity Test	60 minutes
P02	Urinary Incontinence 1	15 minutes
P03	Urinary Incontinence 2	20 minutes
P04	Bowel Incontinence 1	40 minutes
P05	Achieving a more satisfying erection	15 minutes
P06	Urinary incontinence 3	20 minutes
P07	Pelvic Floor Strength	60 minutes
P08	Pelvic Floor Max Strength	15 minutes

Please read the full manual for contraindications and further advice.

Not sure which programme is the right one for you?

Contact Us

Call us: **+44 (0) 1482 496 932**

Email us: **info@kegel8.co.uk**

Visit us: **www.Kegel8.com**

**Our friendly advisors are available
Monday to Friday, 8am – 4pm**

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