

# Kegel 8<sup>®</sup>

**V** FOR MEN



Quick Start Guide

# Quick Start Guide for Kegel8 V For Men

1. Insert battery ensuring red ribbon strip is under the battery for easy removal.
  2. Attach your lead wire into Channel A at the top left of your Kegel8 unit. Insert the two wires of your probe into the black and red connectors at the other end of your lead wire.
  3. Lubricate and insert the probe, if the probe has electrodes running lengthways the metal parts should point 'hip-to-hip'. The base part stays outside the body, all electrode parts (metal) should be inside the body. Use a good lubricant such as KE Gel it makes insertion more comfortable and conducts the electrical pulses more effectively to the muscles.
  4. Press the ON button and then select your programme using the PRG button.
  5. To start the programme press the + button on the left hand side. Press the + button until you feel a fluttering in your muscles. Keep it at a comfortable level. Pressing the - button decreases the mAs. On most programmes the machine will progress through 'work' and 'rest' so you'll see the mAs increase in 'work' mode and feel the pulse, then it will drop to '0' (zero) the 'rest' phase where your muscles will relax. It will automatically switch off at the end of the programme.
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## First Timer? Let's test your sensation levels...

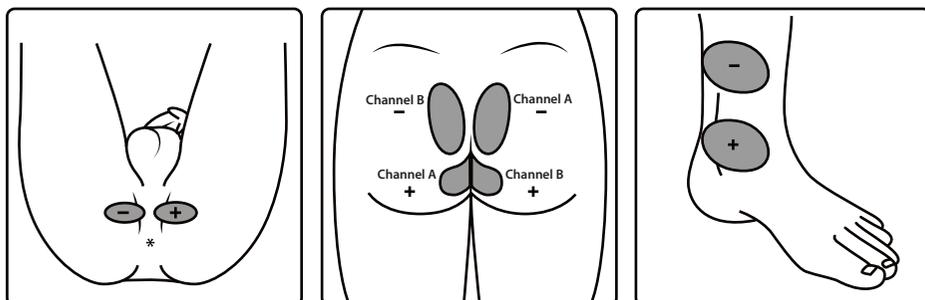
**P01 SETE** This sensitivity test will help you plan your exercise programmes. Use a probe (better option) to a maximum of 50mA or skin electrodes to the perineal area no higher than 15 mAs. For skin electrodes use the diagram on Page 24 of the IFUs (Instructions for use). Increase the mAs (the + button, that's for the intensity) if you feel a tickling/fluttering sensation below 50mA/15mA progress onto choosing a treatment programme.

If you cannot feel a tickling/fluttering sensation below 50mA you could have nerve damage. Perform P01 at 50mA/15mA twice a day for 4 weeks. If you do not feel any sensation after 4 weeks please consult your doctor for advice.

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## Where to place Kegel8 electrode pads

If you can't, or don't want to use an anal probe you can use skin electrode pads. Please follow the recommended placement of the skin electrodes.



# What programme(s) do you recommend for...?

## **Pelvic Floor Exercise, strengthening the pelvic floor, better erections:**

Strengthening the pelvic floor will improve bladder and bowel control and improve erection health. Many cases of erectile dysfunction and incontinence can be attributed to a weak pelvic floor, so these programmes are vital as part of your exercise regimen.

After performing **P01 SETE** for sensation levels as listed above proceed on to the following programmes:

- **P05 EREC** Start strengthening your pelvic floor with these pelvic floor exercises once or twice a day. Use this programme twice a day for 4 weeks before progressing onto **P07 STRN**.
  - **P07 STRN** Lets make exercising harder, use a probe for best results, twice a day if possible for 4 weeks.
  - **P08 MAXS** Maximum strength and weekly maintenance twice a day for 4 weeks, reducing to 3 or 4 sessions per week after week 12 if improvements have been achieved.
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## **Stress Incontinence, Frequency, Dribbling, Overflow incontinence:**

After performing **P01 SETE** for sensation levels proceed on to the following programmes:

Programme 02 uses modulation rather than contraction - switching between the frequencies from higher to low, this works particularly well on neurological tissue. The alternating parameters are the optimal to stimulate sensory nerves. By stimulating sensory nerves this encourages vascularisation

- **P02 UI1** Use a probe once or twice per day for 4 weeks you can then progress onto **P03 UI2**.
  - **P03 UI2** Use a probe once or twice per day for 4 weeks you can then progress onto **P06 UI3**.
  - **P06 UI3** Use a probe once or twice per day for 4 weeks you can then progress onto **P07 STRN** or **P08 MAXS**
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## **Bowel incontinence including flatus and faecal leakage:**

After performing **P01 SETE** for sensation levels proceed on to the following programmes:

- **P04 BOWL** Start with this programme once or twice a day. We recommend you use this programme twice a day if possible for 4 weeks. If you notice an improvement after 4 weeks progress onto **P05 EREC**. If you do not feel an improvement after 4 weeks alternate **P04 BOWL** with **P05 EREC** for a further 4 weeks. Do not exercise two programmes back to back, leave an 8 hour recovery time in between, your muscles need to rest in between programmes.
- **P05 EREC** This programme can help with bowel control and improve erection health. Perform this programme twice a day for 4 weeks before progressing onto **P07 STRN**.
- **P07 STRN** Lets maintain the improvement with this programme for best results, do this programme twice a day if possible for 4 weeks.
- **P08 MAXS** Maximum strength and weekly maintenance twice a day for 4 weeks, reducing to 3 or 4 sessions if improvements have been achieved.

**Cont.** 

## Nocturia & over active bladder & frequency:

Ideally you should have no more than one visit to the toilet to urinate at night. This programme can help with nocturia (need to use the toilet 2- 3+ a night).

After performing **P01 SETE** for sensation levels proceed on to the following programmes:

- **P06 UI3** Use a probe once or twice per day for 4 weeks you can then progress onto **P07 STRN**  
Or
  - **P06 UI3** Use 4 lower back electrodes once or twice per day for 6 weeks you can then progress onto **P07 STRN**  
Or
  - **P06 UI3** Use 2 skin electrodes once or twice per day for 6 weeks on the tibialis then progress onto **P07 STRN**
  - **P07 STRN** Using a probe or skin electrodes for 4 weeks, preferably twice a day if possible.
  - **P08 MAXS** Maximum strength and weekly maintenance a probe or skin electrodes twice a day for 4 weeks, reducing to 3 or 4 sessions per week after week 12 if improvements have been achieved.
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## Gentlemen - don't increase the mAs too high!

- Your Kegel8 V For Men is a CE approved, Class IIa medical device. We know you will be desperate to see signs of improvement, but please follow this guide carefully.
  - Don't skip the sensation programme it is very important and follow the programme plan as suggested, this will help you to get the best results. Your Kegel8 V For Men can help you to take control and get strong and healthy from the inside out.
  - If you perform two programmes a day, please ensure you have an 8 hour break in-between them. The relaxation phase is a critical part of your rehabilitation where the muscle recovers.
  - Please follow these programmes for at least 12 weeks. You will enjoy improvement, but it takes time and steady progress is better than a dash for the line, so please follow our guidelines.
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If you need any help getting started, or using your Kegel8 V For Men, contact our friendly Kegel8 Advisors who will be happy to help you.

- Call: +44 (0) 1482 496 932
  - Email: [info@kegel8.co.uk](mailto:info@kegel8.co.uk)
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[www.kegel8.co.uk](http://www.kegel8.co.uk)