



If you would like more information about pelvic floor health and bladder control, you can visit our website where we offer a wide range of informative articles

www.kegel8.co.uk

If you suffer with bladder leaks or other signs of pelvic floor weakness you can also contact your GP or local NHS Continence Advisory Service for help and advice.



USER GUIDE





1
Open the battery compartment on the back of your Kegel8® Trainer and insert 3 x AAA batteries.



2
Connect your probe to your Kegel8 Trainer.



3
Hold the probe at the base and gently insert the tip of the probe. Continue to gently push the probe until it is around 2 inches inside the vagina with the base still on the outside of your body.

To help with insertion you may want to use a body-friendly water-based lubricant like Kegel8 KE Gel.



About The Kegel8 Range

Have you visited us at www.kegel8.co.uk? We're all about pelvic floor health and finding the best way for you to maintain a strong and healthy pelvic floor.

Keeping your pelvic floor muscles strong keeps you in control. If you allow your muscles to weaken, you are likely to experience laughter leaks, loss of control of wind, lack of intimate sensation... these are all signs that your pelvic floor is crying out for help. Ignore them, and these signs will only get worse and could develop into incontinence, faecal incontinence and even prolapse.

Kegel8 is your solution

At Kegel8 we have the UK's No.1 electronic pelvic floor toners. A clinical device with medically approved programmes to target and exercise your pelvic floor muscles for you, using neuromuscular electrical stimulation (NMES).

Kegel8 uses NMES to work 90% of the pelvic floor muscles, unlike manual pelvic floor exercises which only reach 40%

Our electronic pelvic floor toners are designed to suit your needs with programmes to strengthen your muscles, stop pesky leaks, treat prolapse and assist in recovery from hysterectomy.

We want you to have the solution that suits you! We offer extensive information on pelvic floor health and how our products can help so you can make the right choice for you. **Visit us today at www.kegel.co.uk**



Kegel8® Trainer Specifications

| | |
|---------------------|---|
| Product Name: | Pneumatic Pelvic Muscle Trainer |
| Model: | XFT-0010 |
| Input Voltage: | DC4.5V (3*AAA battery) |
| Classification: | Type BF Equipment  |
| Fire prevention: | Sensor: IPX7 rating |
| Class of Pollution: | Class 2 |
| Dimensions: | 130 mm * 82mm * 35mm |
| Weight: | 148 g |
| Working conditions: | Temperature: 5°C~40°C, Humidity: ≤80% Air pressure: 86kPa~106kPa |
| Storage conditions: | Temperture: -20°C~55°C Humidity: ≤93% Air pressure: 70kPa~106kPa |
| Altitude: | ≤2000m |
| Component: | Probe: 1 pc Size: Ø33*105mm Weight: 35g |

EMC illustrations

The trainer has passed EMC IEC60601-1-2 Test

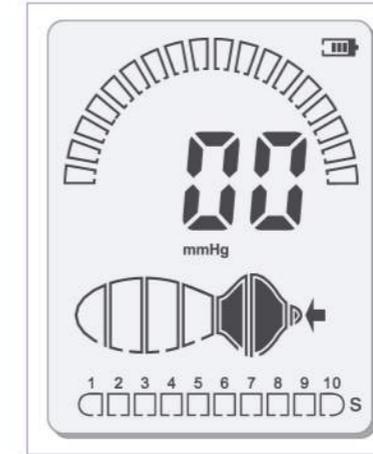
Product contents

| Contents | Quantity |
|----------------------|----------|
| Kegel8 Trainer | 1 |
| Probe | 1 |
| Probe storage case | 1 |
| Kegel8 storage bag | 1 |
| Instructions for use | 1 |

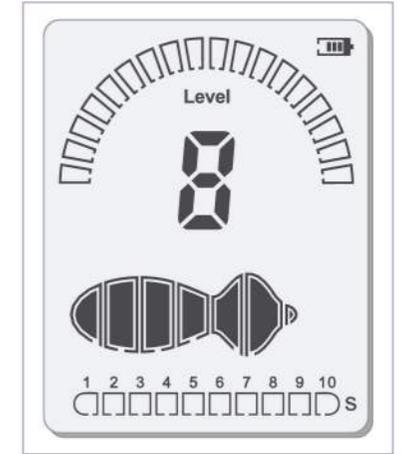
Switch on your Kegel8® Trainer by pressing and holding the power button until you hear a beep and the display screen appears.



Select your training mode using the Mode Select button (see page 12). Once you have selected your exercise mode, your Kegel8 Trainer probe will automatically inflate. Once inflation is complete you can start your exercise session.



When exercising in Mode 1 your Kegel8 Trainer will tell you your Squeeze Scale score at the end of the session (see page 10)





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Warranty & Guarantee

The Kegell8® Trainer:

Savantini Ltd (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].

The Probe:

Savantini Ltd (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 6 weeks from the date of purchase [invoice date]. The sensor is a responsive measuring device that should be handled with care and should only be used as intended by its design.

If Savantini Ltd is satisfied that the product/s is defective the purchaser may return this unit/s to Savantini Ltd (Medical Dept) or the appointed distributor for repair or replacement with a new unit. All returns must first be authorised by Savantini Ltd (Medical Dept) in advance. The liability of Savantini Ltd (Medical Dept) 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.



If you have a query or would like to know more about Kegel8® products, please call our friendly Customer Service Team:

Call us: +44(0)1482 496 932

Email us: sales@kegel8.co.uk

Visit us: www.kegel8.co.uk

Our lines are open 9am to 5pm (GMT)

Dear Customer,

Thank you for choosing the Kegel8 Trainer with its unique Squeeze Scale™. This pelvic floor exerciser has been designed not only to help guide you through your pelvic floor exercises but to monitor your progress along the way. You are now one step closer to having a stronger and healthier pelvic floor.

The Kegel8 Trainer is an effective pelvic floor exercise trainer which guides you through the simple exercises. Ensuring that you are not only squeezing and lifting the correct muscles but holding the squeeze long enough to make it effective means you will get great results. The unique Squeeze Scale allows you to measure your strength and monitor your progress.

Using the Kegel8 Trainer to exercise your pelvic area can:

- Help with bladder control
- Prevent or reduce pelvic floor problems
- Increase sexual sensation
- Treat vaginal and uterine prolapse (depending on severity of symptoms)
- Help strengthen muscles that have become weakened following childbirth, a hernia operation or hysterectomy.
- Improve pelvic muscle strength and blood circulation to the pelvic floor area.

If you follow the instructions in this User Guide, the Kegel8 Trainer is a safe and effective way of exercising your pelvic floor.

Customer Care

We aim to provide our customers with quality products and outstanding customer service. If you have comments or queries regarding the Kegel8 Trainer or any other Kegel8 products, please get in touch (for contact details, see Customer Care on page 24).



Warnings & Precautions

Who can use the Kegel8® Trainer?

Your Kegel8 Trainer is designed to be used by women and when used correctly, is a safe and effective way to strengthen pelvic floor muscles.

DO NOT USE THE KEGEL8 TRAINER:

- During pregnancy unless directed by a Doctor.
- If you have undiagnosed pain, skin, vaginal or rectal conditions.
- In water or other fluid. Never submerge.
- If you have a pessary, diaphragm or cervical cap fitted as it may interfere with the proper use of this device. Please note that the Kegel8 Trainer can be used safely by women fitted with IUD or Mirena coils.

Using your Kegel8 safely

- Only use the Kegel8 in your vaginal region as described in this user guide.
- To ensure your personal hygiene, do not allow other people to use your probe. Always clean your probe thoroughly after use (see page 23).
- Do not immerse your Kegel8 device or its probe in water, fluids or any other substance.

IMPORTANT

Only Use Your Kegel8 as Described in this User Guide
Keep Out of Reach of Children.

Symbol definition

 Consult Instructions For Use

 Caution (electrical output)

 Patient's shock protection type: BF (body floated) equipment designed to provide protection against electric shocks

 Do not dispose of in normal dustbin. Contact Kegel8 for correct disposal and recycling instructions.

Can I use my Kegel8® during my period?

Yes.

How long will my probe last?

With normal use your probe should last around six weeks. It is a measuring device and care should be taken when using it. Please contact Kegel8 for replacement probes - only the Kegel8 Trainer Probe from Kegel8 can be used with your Kegel8 Trainer.

Caring For My Kegel8 Trainer

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

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

Kegel8 Trainer screen (LCD) care

Your Kegel8 LCD is covered with a thin protective layer. This layer helps to protect your LCD from scratches. You can leave it on as a screen protector or remove it if you prefer.

When cleaning your Kegel8, please use Kegel8 Klean and wipe with a soft cloth. Take care not to let any liquids damage the Trainer unit.

Kegel8 Trainer probe care

Each Kegel8 Trainer probe is designed for exercise and muscle evaluation, please treat it with 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 air tube as this could cause damage.
- Do not remove the latex cover from the probe, keep it in tact.
- The clean, spray lightly with Kegel8 Klean antibacterial cleanser and wipe with a soft cloth.



Frequently Asked Questions

How often should I use my Kegel8® Trainer?

If you can use your Kegel8 Trainer twice per day, in the morning then again at night, you will see optimum results. However, if your time permits just once per day you will be pleased with what can achieve.

What is the importance of doing fast and slow pelvic floor exercises?

Fast pelvic floor exercises work on the fast twitch muscle fibres in your pelvic floor - these control your fast response to coughing or sneezing. Slow pelvic floor exercises work the slow twitch muscle fibres in your pelvic floor - these control your urgency and the number of times you need to visit the toilet

Can I use my Kegel8 Trainer after pelvic surgery?

Please consult with your health care specialist. Using Kegel8 could help speed your recovery as an effective way of strengthening your pelvic floor.

Can I use my Kegel8 Trainer whilst pregnant?

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

I have an IUD or Mirena coil - can I use Kegel8?

Yes.

Contraindications

The Kegel8® Trainer should not be used:

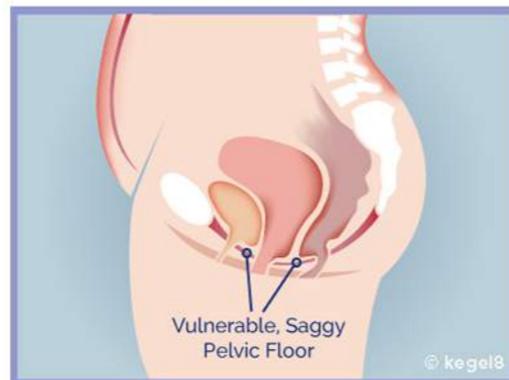
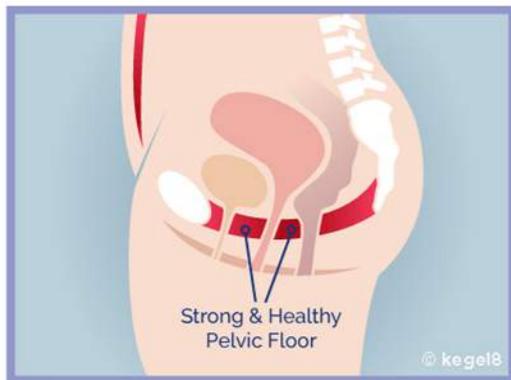
- During pregnancy (unless medically advised)
- By patients with undiagnosed pain conditions
- By patients with undiagnosed skin, vaginal or rectal conditions
- If undergoing artificial insemination
- If you suffer from vaginal varicose veins
- If you are suffering any form of pelvic cancer
- If you suffer from uterine prolapse
- If you suffer from persistent tightness of the pelvic floor muscles

Please also note:

- Do not immerse the unit in water or any other liquid
- If in doubt about the use of the Kegel8 Trainer call your distributor, Doctor or Healthcare professional for advice.



Understanding Your Pelvic Floor



Your pelvic floor is a band of muscles which stretches from your pubic bone to your tail bone. This group of muscles is like a hammock supporting your internal organs.

The pelvic floor muscles consist of two different types of muscle fibres:

Fast twitch muscles fibres - react quickly to hold urine in when you cough, sneeze, laugh or jump.

Slow twitch muscle fibres - maintain support throughout the day and control the number of times you need to visit the toilet.

If your pelvic floor becomes weak - as a result of pregnancy, weight-gain, high-impact sports/ exercise, menopause, age - there are a number of warning signs you may experience:

- **Frequent or urgent trips to the toilet**
- **Urine leaks**
- **Uncontrollable wind**
- **Lack of intimate sensation**
- **Lower back ache**
- **A stubborn 'pot belly'**

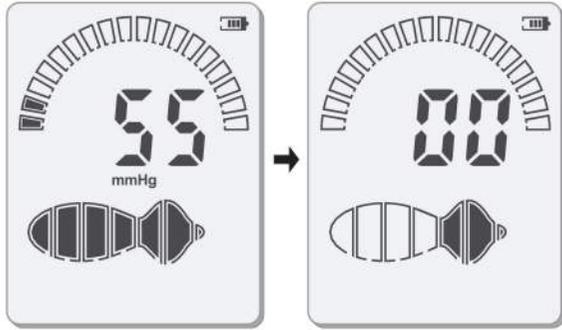
It is imperative for everyone to do pelvic floor exercises and by purchasing the Kegel8® Trainer, you've just made it a whole lot easier!

Troubleshooting

| Problem | Solution |
|--|---|
| My Kegel8® Trainer won't switch on. | Ensure the batteries are inserted correctly and have power. |
| The probe will not inflate past 40mmHg. | Check the tubes and connectors for proper connection. |
| 'Disconnect' screen appears. | Disconnect the probe and deflate. Then reconnect and start the programme again. |
| My Kegel8 Trainer isn't giving me audible prompts. | Your Kegel8 Trainer may be muted - press the Power/Mute button once (see page 12) |

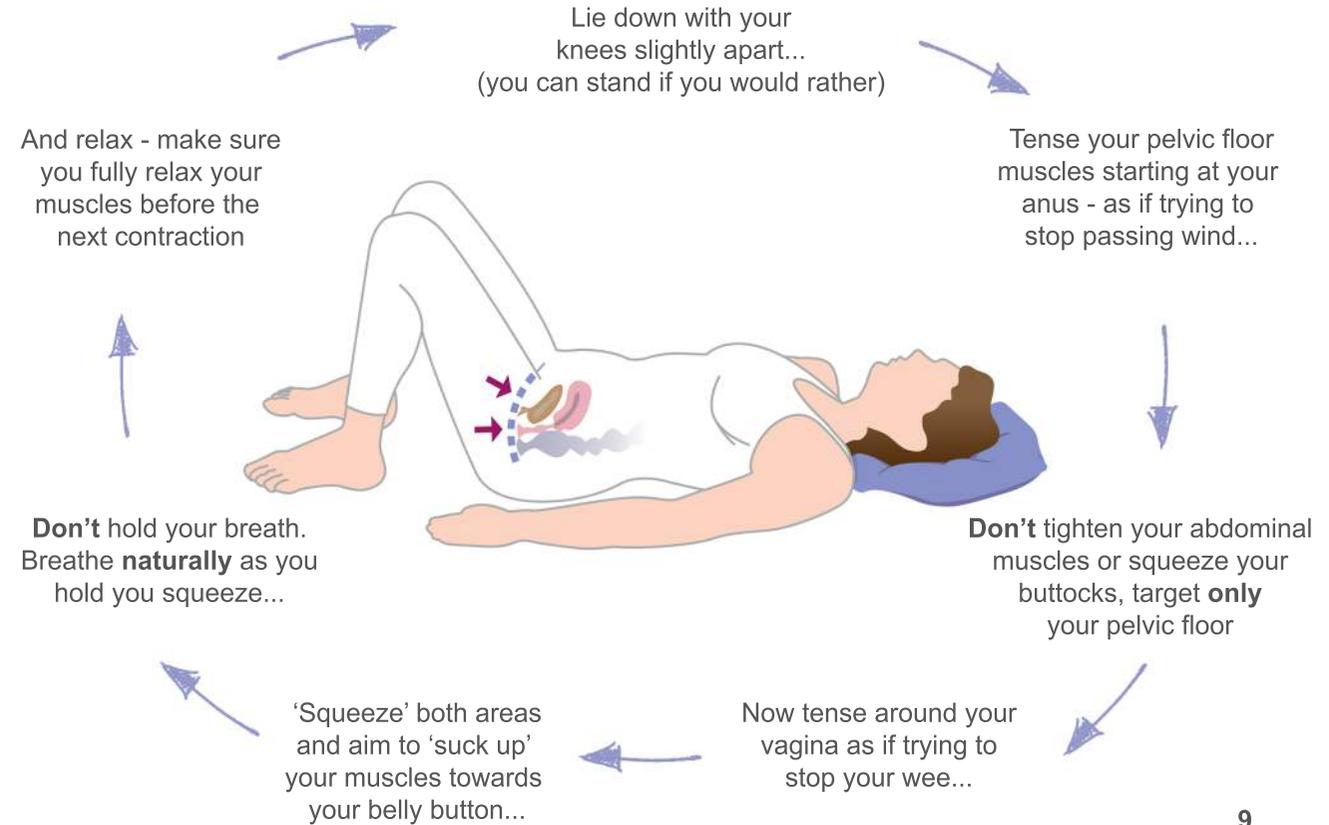


Step 3. Turn your Kegel8 Trainer off



When you have finished exercising, press and hold the power button until the screen goes blank to turn your Kegel8® Trainer off. The probe will automatically release a little air for easy removal. Carefully remove the probe, clean and store as per the instructions in this user guide (see page 23).

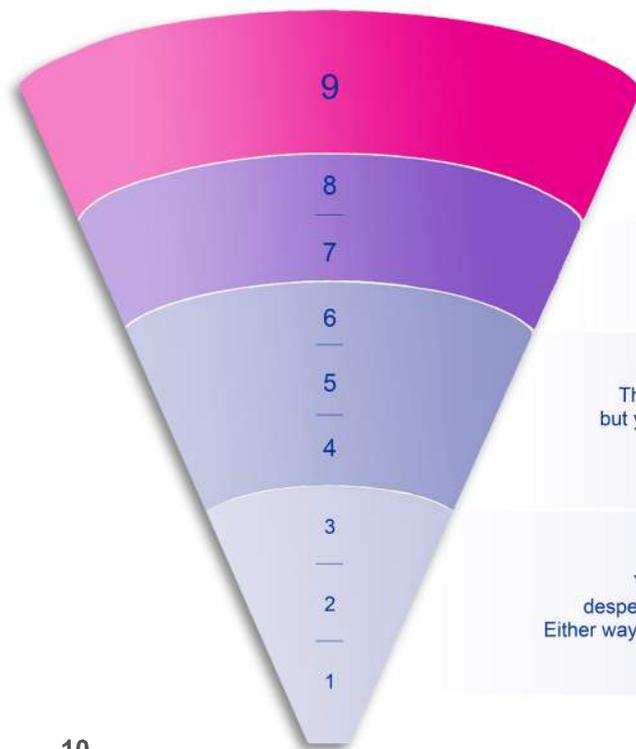
How To Do Pelvic Floor Exercises





The Kegel8 Squeeze Scale™

The unique Squeeze Scale of the Kegel8® Trainer enables you to keep track of your strength and monitor your progress. It's a great way to keep motivated, setting yourself a target to climb the scale.



Find out more at www.kegel8.co.uk/squeeze-scale

If your Squeeze Score is 9

WOW! How does it feel to be top of the Squeeze Scale...amazing! The control, the core strength, the flatter tummy - not to mention your love-life! Keep up the great work! With results like this you'll be a Kegel8-addict!

If your Squeeze Score is 7 - 8

Well done! At this point of the Squeeze Scale you'll feel really toned and confident... your partner will certainly have noticed a difference in the bedroom too!

If your Squeeze Score is 4 - 6

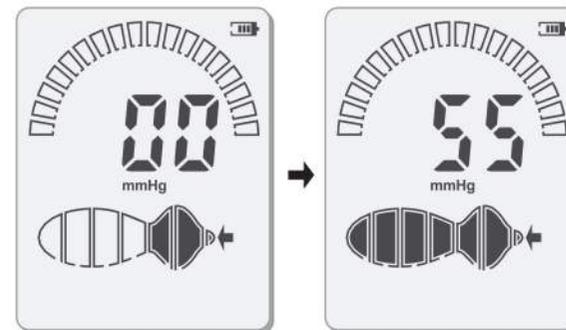
This is a moderate score and a nice Squeeze Scale reading to build upon but you could be stronger. This is a turning point - stay focused and motivated and you'll be heading for kegel muscles of steel... start to slack and you'll begin to notice early signs of pelvic floor weakness.

If your Squeeze Score is 1 - 3

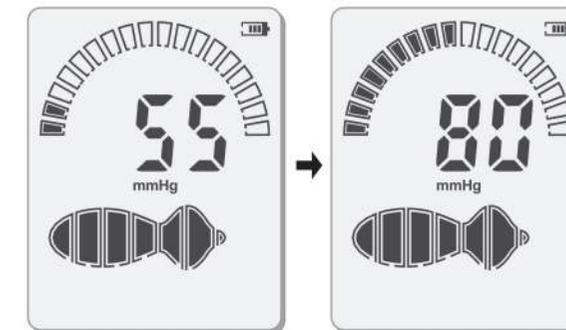
You may not be as strong as you might have thought or perhaps desperate dashes to the loo had you expecting a low Squeeze Scale score. Either way don't be dis-heartened - this is the motivation you need so get Kegel8-ing!

Using Mode 2: Free Training Mode

Step 1. Inflate the probe



Step 2. Free training



Following steps 1-3 on pages 14 & 15; press and hold the power button until the unit powers on and the display screen appears. The Kegel8® Trainer will automatically start in Mode 1. Press the Mode Select button once to show Mode 2 (see page 12).

After a few seconds the probe will begin to automatically inflate. When the probe inflation indicator on the screen is full, the Kegel8 Trainer will sound one long beep and is ready to use.

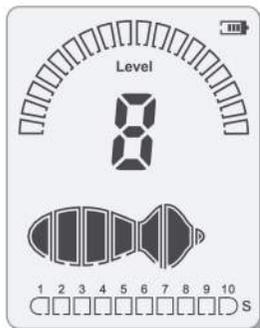
Note: If the probe will not inflate past 40mmHg please check all connections.

Mode 2 is a Free Training mode which means you can exercise as you wish. If you find you leak when you cough or sneeze, you may want to practice some fast pelvic floor exercises; or if you find you can't go very long between toilet visits, you need to focus on your slow pelvic floor exercise.

There is no time limit to this session but it is important you do not over-work your muscles.

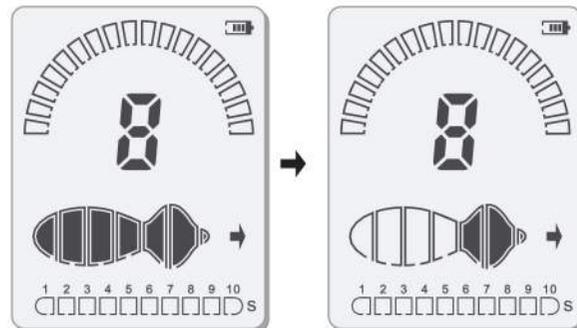


Step 4. Kegel8 Squeeze Scale Score



At the end of your exercise session your Squeeze Scale™ score will be displayed (see page 10). Use this score to motivate you to practice your pelvic floor exercises using the Free Training Mode and try and beat your score next time you exercise

Step 5. Turn your Kegel8 Trainer off



When you have finished exercising, press and hold the power button until the screen goes blank to turn your Kegel8 Trainer off. The probe will automatically release a little air for easy removal. Carefully remove the probe, clean and store as per the instructions in this user guide (see page 23).

Squeeze Scale™ Diary

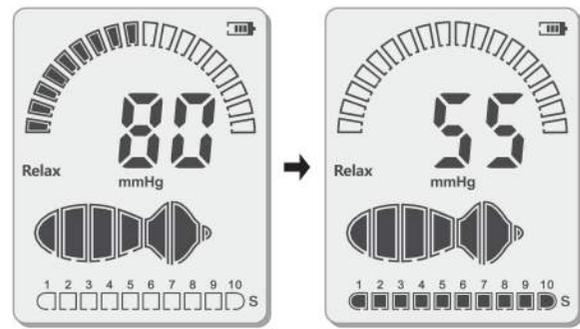
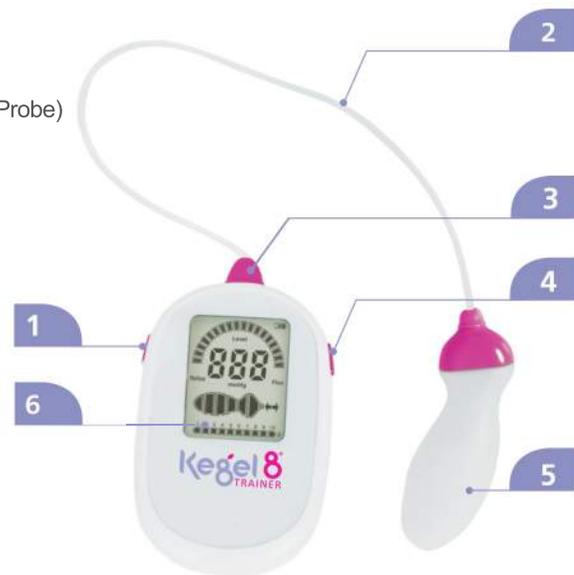
Why not keep a diary of your Squeeze Scale scores and set yourself weekly targets. It's a great way to keep motivated!

| | | | | | | | | |
|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| Date | dd/mm | Date | Date | Date | Date | Date | Date | Target |
| Score | 1 | Score | Score | Score | Score | Score | Score | |
| Date | Target |
| Score | |
| Date | Target |
| Score | |
| Date | Target |
| Score | |



Your Kegel8 Trainer Explained

- 1. Power/Mute
- 2. Air tube (connects your Kegel8 Trainer & Kegel8 Trainer Probe)
- 3. Air tube connector
- 4. Mode selection button
- 5. Kegel8 Trainer Probe
- 6. Display screen



Slow Relax

After your 'flex' the Kegel8® Trainer will beep twice and the screen will tell you to 'relax'. You will relax for 10 seconds which the Kegel8 Trainer will count for you across the bottom of the screen. If your muscles are not relaxed, the prompt 'relax' will flash on the screen.

The next beep you hear will indicate your next flex - 'flex' will also display on the screen.

You will be prompted to perform 5 slow 'flex and relax' contractions before moving on to phase two of the Training Mode: Quick Flex and Relax Exercises.

Step 3. Quick Flex and Relax Exercises

After your Slow Flex and Relax Exercises, your Kegel8 Trainer will move on to phase two: Quick Flex and Relax Exercises. This change will be signalled by 3 beeps and the screen will display a 5 second countdown.

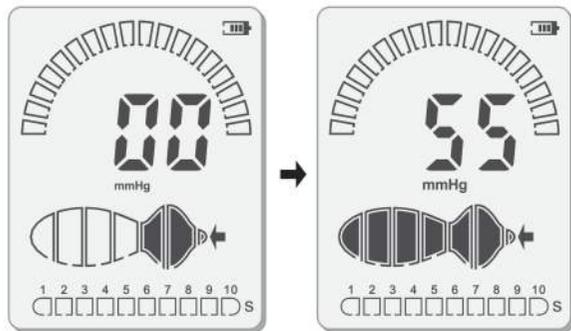
These exercises are much faster - approximately 1 second 'flex' and 1 second 'relax'. Each flex will be signalled by a single beep. It takes practice, but it's all part of the challenge to improve on your Squeeze Scale score.

Your Kegel8 Trainer will beep 3 times to indicate the end of your exercise session and your Squeeze Scale™ score will be displayed.



Using Mode 1: Training Mode

Step 1. Inflate probe

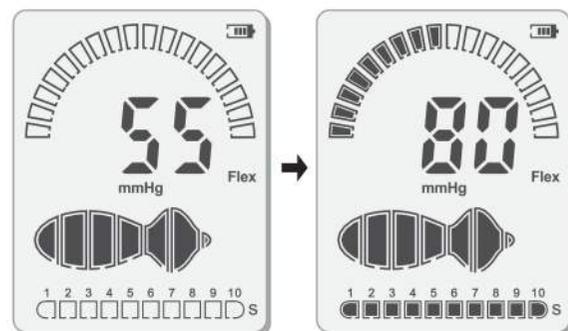


Following steps 1-3 on pages 14 &15; press and hold the power button until the unit powers on and the display screen appears. The Kegel8® Trainer will automatically start in Mode 1.

After a few seconds the probe will begin to automatically inflate. When the probe inflation indicator on the screen is full, the Kegel8 Trainer will sound one long beep and is ready to use.

Note: If the probe will not inflate past 40mmHg please check all connections.

Step 2. Flex and Relax Exercises



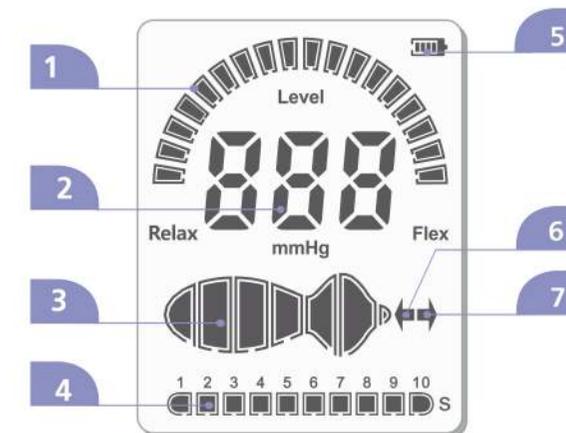
Slow Flex

You will be prompted on the Kegel8 Trainer screen to 'flex' and you will hear a beep. On this prompt, squeeze and lift your pelvic floor muscles (see page 9).

You need to hold this squeeze for 10 seconds as the contraction timer counts along the bottom of the screen. At the same time you will see the effects of your squeeze on screen as the pressure level moves (see page 13 for your Kegel8 Trainer display explained)

Kegel8® Trainer Display

1. Pressure level being applied to the probe
2. Air pressure level within the probe; **or** Mode selection; **or** Squeeze Scale score; **or** Countdown timer
3. Probe inflation indicator
4. Contraction timer
5. Battery power
6. Probe inflating
7. Probe deflating





How To Use Your Kegel8® Trainer

Step 1. Getting started

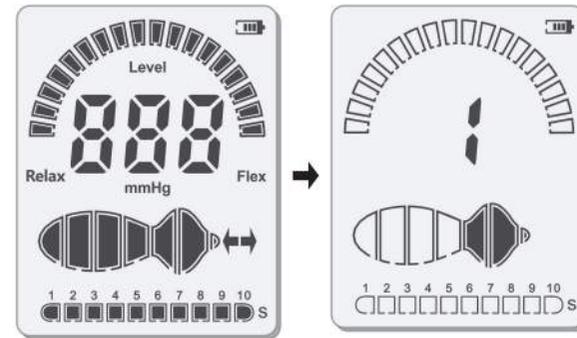
- Insert the batteries. The Kegel8 Trainer requires 3 x AAA batteries
- Connect the probe to the Kegel8 Trainer by inserting the air tube connector into the top of the Trainer
- Choose a comfortable position to insert the probe (lying or sitting); inserting the probe is like inserting a tampon, so you may already have an idea of the best position for you.

- Hold the probe at the base and gently insert the tip of the probe. Continue to gently push the probe until it is around 2 inches inside the vagina with the base still on the outside of your body.



To help with insertion you may want to use a body-friendly water-based lubricant like Kegel8 KE Gel.

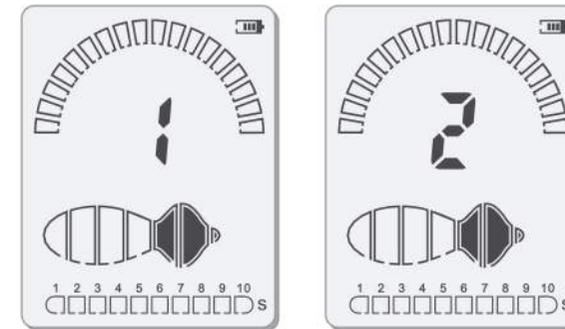
Step 2. Turning your Kegel8 Trainer on



Press and hold the power button until the Trainer powers on - you will hear a beep and the display screen appears. After a few seconds you will be prompted to select your mode.

Tip: If you'd rather not have the Kegel8 Trainer give audible prompts, you can mute the Kegel8 Trainer by pressing the Power/Mute button once. (see page 12)

Step 3. Mode selection



The Kegel8® Trainer will automatically start in Mode 1. Press the Mode Select button once if you wish to change to Mode 2 (see page 12).

After a few seconds the mode will be selected and the probe will begin to automatically inflate. When the probe inflation indicator on the screen is full, the Kegel8 Trainer will sound one long beep and is ready to use.

Note: If the probe will not inflate past 40mmHg please check all connections.

Mode 1 - Training Mode

An exercise session that will guide you through a routine of slow pelvic floor exercises - to target the slow twitch muscle fibres, and fast pelvic floor exercises - to target the fast twitch muscle fibres (see page 8).

At the end of your exercise session the Kegel8 Trainer will give you your Squeeze Scale score so you can monitor your progress and aim high! (see page 10)

Mode 2 - Free Training Mode

In this mode you can exercise as you wish. If you find you leak when you cough or sneeze, you may want to practice some fast pelvic floor exercises; or if you find you can't go very long between toilet visits, you need to focus on your slow pelvic floor exercises. Or you may just want to use this mode to practice your pelvic floor exercise technique (see page 9).

There is no time limit in this mode but it is important you do not over-work your muscles.