

Quick Start Guide to the

Programme number	Abbreviation on screen	Programme name	Time
P01	RCV1	Sensitivity Test	30 mins
P02	RCV2	Improved Sensitivity	60 mins
P03	EXE1	Pelvic Exercises	45 mins
P04	EXE2	Intense Pelvic Exercises	30 mins
P05	EXE3	Weekly Maintenance	45 mins
P06	SIMP	Sensation Improvement	20 mins
P07	ENDU	Pelvic Floor Endurance	60 mins
P08	SENS	Pelvic Floor Sensitivity	60 mins
P09	OAB	Overactive Bladder	20 mins
P10	STR1	Intermediate Stress Incontinence	40 mins
P11	STR2	Gentle Stress Incontinence	40 mins
P12	MIXDS	Mixed Incontinence	30 mins
P13	FTRN	Functional Continence Training (with skin electrodes)	9 mins
P14	PNC1	Mild Prolapse, Hysterectomy & Postnatal Incontinence	35 mins
P15	PNC2	Moderate Prolapse, Hysterectomy & Postnatal Incontinence	30 mins
P16	BOW1	Bowel (Faecal) Incontinence 1	10 mins
P17	BOW2	Bowel (Faecal) Incontinence 2	40 mins
P18	PAIN	Chronic Pain Relief (with skin electrodes)	∞
P19	CIRC	Pelvic Floor Circulation	60 mins
P20	RELX	Pelvic Floor Relaxation	20 mins

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 vaginally, the metal parts should point 'hip-to-hip'. The base part stays outside the vagina. We recommend you use a good lubricant such as KE Gel it makes insertion more comfortable and conducts the electrical pulses more effectively to your muscles.
4. Press the ON button, then press the PRG button until the screen shows the programme that you wish to use.
5. To start the programme press the + button on the left hand side. Press the + button until you feel the machine giving your muscles a strong pull, but not so that it is uncomfortable. 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.

First Timer? Let's test your sensation levels

P01 This sensitivity test will help you plan your exercise programmes. Increase the mAs (the + button, that's for the intensity) if you feel a tickling sensation from the probe below 50mA progress onto P02. If you cannot feel a tickling sensation below 50mA you could have nerve damage. Perform P01 at 50mA twice a day for 4 weeks before progressing onto P02.

P02 Improved Sensitivity Test, if you feel a sensation from the probe below 50 mA progress onto a Kegel8 treatment programme. If you cannot feel a tickling sensation below 50mA you could have nerve damage. Perform P02 at 50mA twice a day for a further 4 weeks.

If you still cannot feel any tickling sensation, consult your doctor for advice.

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

Pelvic Floor Exercise

P03 Start strengthening your pelvic floor with these pelvic floor exercises once or twice a day. Use this programme twice a day for 6 weeks before progressing onto P04.

P04 Lets make exercising harder, use a probe for best results, twice a day if possible for 6 weeks.

P05 Weekly Maintenance - following P03 & P04 maintain your results doing this just twice a week.

Intimate Sensation

P06 Strengthens vaginal walls & improves sensation: use with probe once or twice a day. Once you are happy with results, use **P05 Weekly Maintenance** twice a week.

P07 To squeeze your muscles for longer during sex: use with probe once or twice a day. Once you are happy with results, use **P05 Weekly Maintenance** twice a week.

P08 Increase & improve sensation: use once per day as this is a very powerful programme. Do not go higher than 25mA with the probe, or 15mA with electrode pads. Position pads as in the '4 back electrodes' diagram. Once you are happy with results, use **P05 Weekly Maintenance** twice a week to maintain.

Stress Incontinence, Nocturia, Frequency

P10 Use a probe once or twice per day for 6 weeks you can then then progress onto P11.

P11 A probe will give you the best results use this twice a day if possible for 6 weeks.

After 6 weeks of P10 and 6 weeks of P11 and if you are happy with your results you can maintain them with **P05 Weekly Maintenance** performed twice a week.

Urge & Frequency and/or Stress Incontinence, Nocturia

P12 Using skin electrodes once or twice per day can calm the bladder. See the diagram '4 back electrodes'. Continue for 6 weeks (or longer if necessary), maintain results with **P05 Weekly Maintenance** twice a week.

P13 Used in conjunction with manual exercises performed whilst sitting, and walking. Please refer to this programme in the full User Guide.

Post Natal Incontinence/Prolapse/Hysterectomy

- P14** New mums, hysterectomy and moderate prolapse (grades 1/2) use this programme with a vaginal probe twice a day, for 3 days. Then use **P03 Pelvic Exercise** twice a day, for 2 days. Repeat the cycle until you feel an improvement (6-12 weeks). Maintain your results by using **P05 Weekly Maintenance** 2-3 times a week.
- P15** New mums, hysterectomy and severe prolapse (grades 3/4) use this programme with a vaginal probe twice a day, for 3 days. Then use **P03 Pelvic Exercise** twice a day, for 2 days. Repeat the cycle until you feel an improvement (6-12 weeks). Maintain your results by using **P05 Weekly Maintenance** 2-3 times a week.

Bowel Incontinence

- P16** If you suffer severe bowel incontinence use this programme with a vaginal probe twice a day, for 3 days. Then use **P03 Pelvic Exercise** twice a day, for 2 days. Repeat this cycle.
- P17** If you suffer less severe bowel incontinence use this programme with a vaginal probe twice a day, for 3 days. Then use **P03 Pelvic Exercise** twice a day, for 2 days. Repeat cycle.

Pain Relief

- P18** For period pain, pelvic pain and vulvodynia, this is a great TENS programme. Use this programme with electrode pads applied as seen in the diagram '4 back electrodes.' You can use this programme for as long, and as often as you need.
- P19** For muscle cramps or tight pelvic muscles, use this programme with a vaginal probe.
- P20** For pelvic tightness and vaginal tightness, this programme works at a very low frequency to help relax your muscles. Use a vaginal probe with this programme.

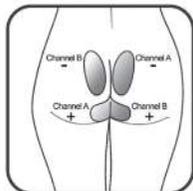
Using Kegel8 electrode pads

If you can't, or don't want to use a vaginal probe there are a number of programmes that you can use with electrode pads.

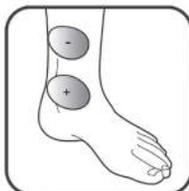
Programme number	Programme name	Electrode positioning
P08	Pelvic Floor Sensitivity	4 back electrodes
P09	Overactive Bladder	Probe & ankle electrodes
P12	Mixed Incontinence	4 back electrodes
P13	Functional Continence Training (with skin electrodes)	4 back electrodes
P17	Bowel (Faecal) Incontinence 2	2 front electrodes
P18	Chronic Pain Relief (with skin electrodes)	4 back electrodes

Where to apply the electrode pads

4 back electrodes



Probe & ankle electrodes



2 front electrodes



Your Kegel8 Ultra 20 is a CE approved, Class IIa medical device. We know most women are desperate to see signs of improvement, but please follow this guide carefully, don't skip the sensation phase it is very important and follow the programme plan as suggested, this will help you to get the best results. Your Kegel8 Ultra 20's programmes are clinically proven, and over time, can help you to take control and get strong and healthy from the inside out. If you're interested in reading more about the clinical references, please refer to the User Guide.

Do not use Kegel8 Ultra 20 if:

- you are pregnant
- you are currently undergoing cancer treatment
- you are fitted with a cardiac pacemaker

For a full list of precautions and safety information please see your Kegel8 User Guide.

If you need any help getting started, or using your Kegel8 Ultra 20, contact our friendly Kegel8 Advisors who will be happy to help you.

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