

Tight for life

Kegel 8<sup>®</sup>  
Trainer

[www.Kegel8.co.uk](http://www.Kegel8.co.uk)

# Welcome to the Kegel8® Trainer

Dear Customer,

Thank you for choosing the Kegel8 Trainer with its unique 'squeeze scale'. This exerciser has been designed not only to help and 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 kegel 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 'squeeze scale' test mode allows you to exercise to your own strength and monitor your progress and improvements in pelvic floor strength.

Using the Kegel8 Trainer to exercise your pelvic area can:

- Help with continence problems
- Prevent or reduce pelvic floor problems
- Increase sexual satisfaction
- Treat vaginal and uterine prolapse (depending on severity of symptoms)
- Help strengthen muscles that have become weakened following childbirth, hernia operations or hysterectomies.
- Improve pelvic muscle strength and blood supply.

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 outstanding products and customer service. So if you have comments or ideas regarding Kegel8 features, please get in touch (for contact details, see Customer Care on page 25).

## Contra Indications & Precautions

Please read this Kegel8® Trainer user guide before using this exercise device.

**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.

**Please also note:**

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

**Let's get started...**

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# Important Safety Information

## Who Can Use Kegel8®?

Your Kegel8 Trainer is designed to be used by women and men and when used correctly, is a **safe** and **effective** way of strengthening 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 your Kegel8.
- 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 and rectal regions as described in this user guide.
- To ensure your personal hygiene, do not allow other people to use your sensor. Always clean your sensor thoroughly after use (Kegel8 Sensor Care on page 19).
- Do not immerse your Kegel8 device or its sensor in water, fluids or any other substance.

### IMPORTANT

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

## **Kegel8<sup>®</sup> Trainer Check List**

When you open the Kegel8 Trainer packaging, you should find:

- 1 x Kegel8 Trainer unit
- 3 x AAA alkaline Batteries
- 1 x Kegel8 Trainer Vaginal Sensor

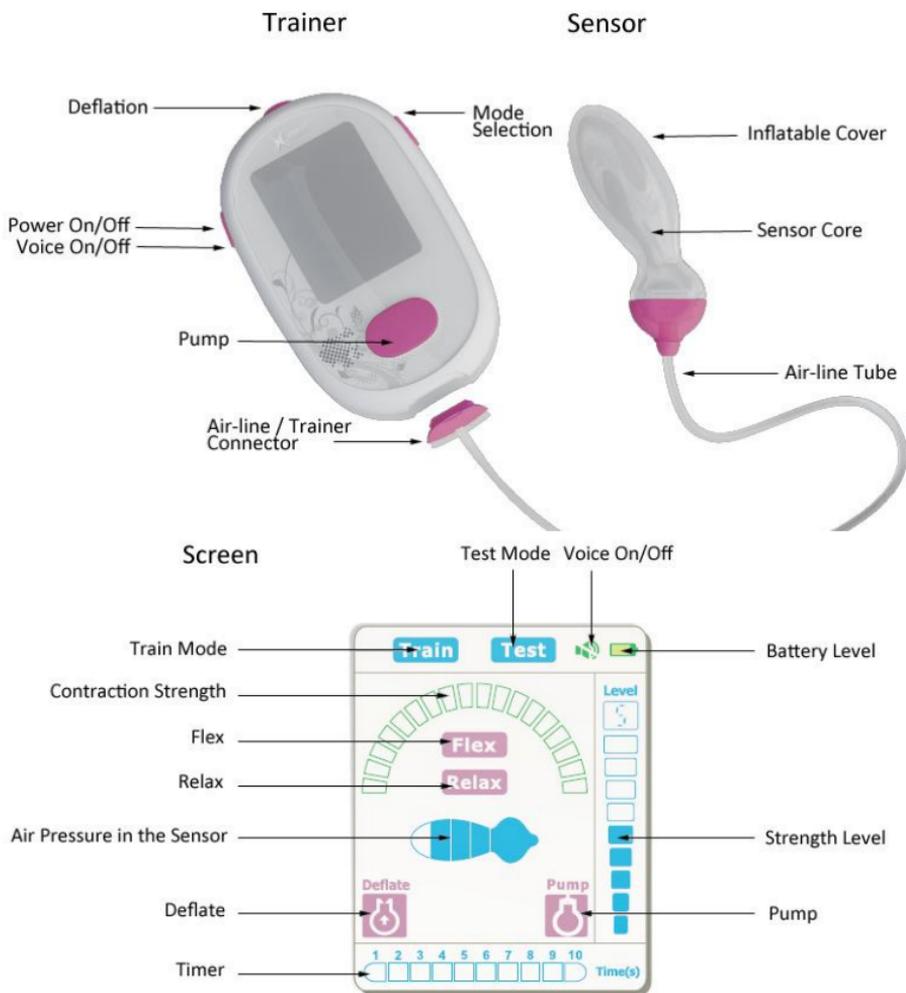
If you have purchased the Kegel8 Trainer A, you will have the Kegel8 Anal sensor.

If you have purchased the Kegel8 Trainer Duo, you will have the Kegel8 Vaginal Sensor and the Anal Sensor.

- 1 x Kegel8 Trainer User Guide
- 1 x Kegel8 Trainer Guarantee Registration Form.

In the unlikely event that any of the items above are missing, please contact Customer Care (see page 25).

# Getting to Know Your Kegels® Trainer



## How Your Kegel8<sup>®</sup> Trainer Works

The Kegel8 Trainer Pelvic Health Device helps you to perform perfect kegel exercises. The Trainer guides you through your kegel exercises giving you audible and/or screen prompts so that in minutes a day you can perform perfect kegels. You'll know you have correctly located the muscles within your pelvic floor because the screen will show your muscle contraction on the 'squeeze scale'. Your contraction strength is displayed graphically; this helps you to not only exercise the correct muscles, but also make sure your kegel exercises are as effective as possible.

The Kegel8 Trainer features a pre-set programme for pelvic floor exercise. This programme has been carefully planned so that you:

- Work your muscles appropriately with 'slow' kegel exercises, helping to strengthen 'slow twitch muscle fibres'. The slow twitch muscle fibres have a constant tone in them (even when you're sleeping) and work as a postural muscle. They also support your pelvic organs preventing prolapse, and help to keep urine inside your bladder.
- Work your muscles appropriately with 'fast' kegel exercises focusing on 'fast twitch muscle fibres'. Contracting strongly and quickly, fast twitch fibres control and prevent leakage when you sneeze, cough or laugh. They do this by pressing the urethra against the pubic bone, and the muscles fibres need to be strong to do this.
- Relax your pelvic floor in between muscle contractions – this is an important part of the exercise routine.
- Test the strength of your pelvic floor so that you exercise to the level that's just right for you
- Monitor the improvement in your pelvic strength.

# Starting Your Kegels® Exercises

## TEST MODE

Ready to start your pelvic floor exercises? Then let's perform a TEST to find the right level for you to exercise!

### Assemble the Kegels

- Before you start using your Kegels Trainer, please read the Important Safety Information (see page 5).
- On the back of your Kegels, slide off the battery cover and insert the batteries. Slide the battery cover back on.
- Connect the airline tubing to the trainer. Do not turn on the unit until you have inserted the sensor.



### Start a Kegels Exercise Session

- Insert the Kegels Sensor holding the coloured base part of the sensor.
  - Vaginally - Get into a comfortable position. Many women choose to use Kegels in a sitting position or standing up. Inserting a probe is similar to inserting a tampon, so you may already know what position suits you best.
  - Anally - Get into a comfortable position. You may prefer to stand or to lie on your side.
- Gently insert the 'head' end of the sensor into your vagina/anus. Push the sensor 2 inches (5.5cm) inside your vagina/anus. If using it vaginally this is less than you would insert a tampon. The base part of the sensor should always be outside of your body.



Hold the Trainer display unit in your hand so you can follow the prompts on the screen.

## Turning on the Trainer

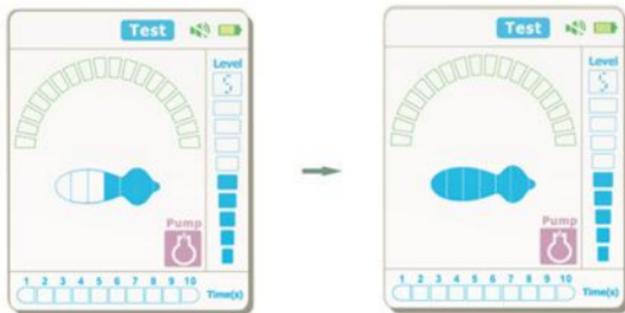
- Press the ON/OFF button for 3 seconds to activate the control unit. This button also activates the voice ON/OFF voice prompt.

## Select the mode – Train or Test

- The screen will illuminate. You will be prompted 'Please go to mode selection'. All new users need to select 'TEST' before using the machine for the first time.
- Select 'TEST' - you need to let the machine measure how strong you are before you exercise. This will then determine the strength-level at which you exercise. If the mode button is not pressed within 3 seconds the Trainer automatically goes into 'TRAIN' mode. We recommend you use the 'TEST' mode once a week to monitor your progress.
- Train – this is the exercise mode and if the mode button is not pressed within 3 seconds the Trainer will automatically select this mode.

## Step 1 Pump

The voice prompt will say 'Please Pump' and the screen will display a flashing pump icon. You need to press the pump button to inflate the sensor to a comfortable level; follow the prompts from the Trainer until you hear 'Pump Complete'. If you have over-inflated the pump you will be told 'Over Inflation. Please deflate and pump again'

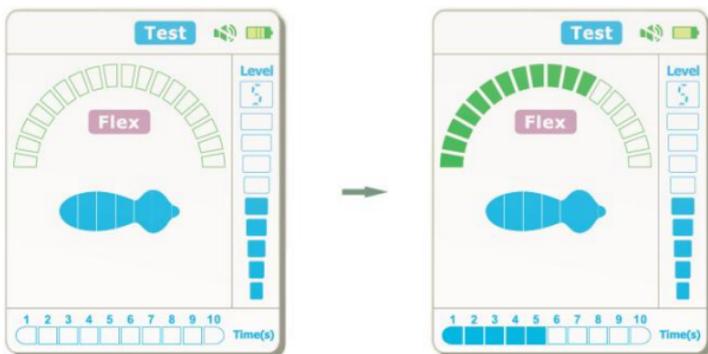


## Step 2 Muscle Contraction or 'FLEX'

- When the sensor is inflated correctly the Trainer will proceed with the test to determine your exercise level. Follow the prompts from the Trainer. For women a FLEX (kegel squeeze) should always start at the anus (as if trying to hold in wind) move forward to the vagina, followed by a lift and 'sucking in' motion.

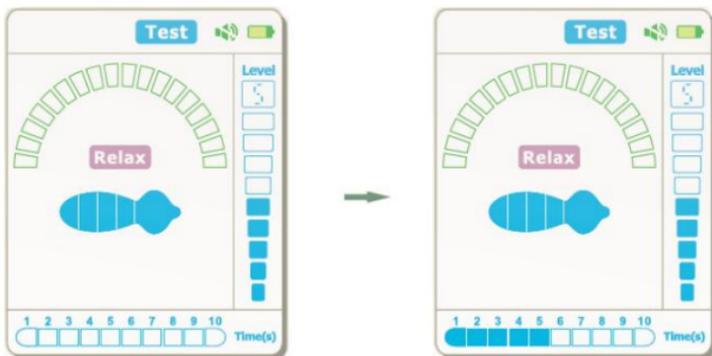
For men, a FLEX (kegel exercise) should start at the anus as if holding in wind and lift up inside.

- FLEX - Hold the FLEX (contraction) for 10 seconds. FLEX your muscles smoothly and gently, keep your buttocks, hips and stomach relaxed and your body still as you focus purely on your pelvic floor. Keep breathing!

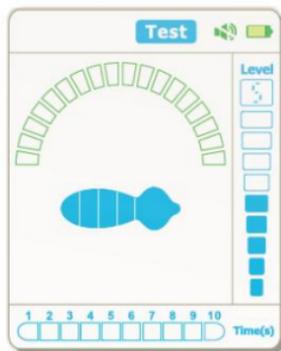


### Step 3 Relax

- RELAX - it is important to actually feel the release of the muscles again, as you return your pelvic floor to the start position.
- Hold the relax for 10 seconds. In the TEST mode you will perform five sets of FLEX and RELAX.

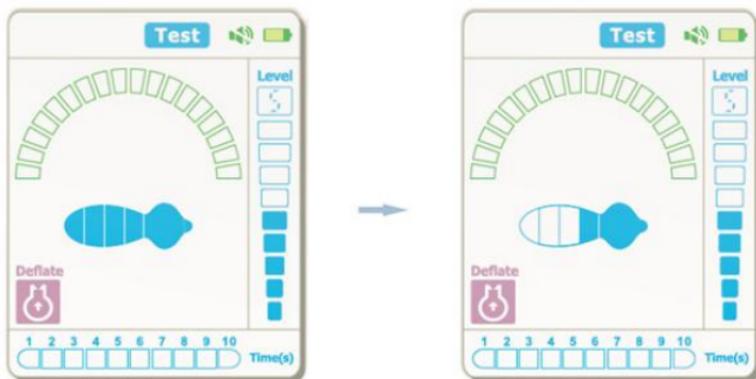


- After the TEST you will be told your LEVEL 'Your current level is X'. The LEVEL will vary from between 1 (the lowest) to 9 (the highest/strongest). This will be displayed on the screen and will be the level you train. The Trainer will automatically recognize and exercise at this level until you perform another TEST. You may wish to perform a TEST once a week to evaluate your progress and try to increase the LEVEL that you exercise.



## Step 5 Deflate

- You will be asked to deflate the sensor. If you wish to use the TRAIN mode, leave the sensor in place. The Trainer will now move over to the TRAIN mode for you to exercise at this level.

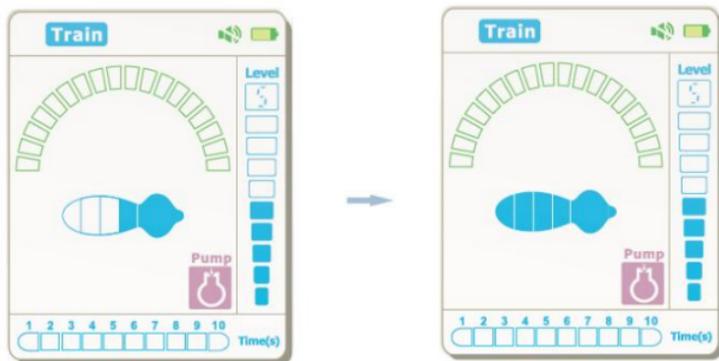


## TRAIN MODE

Now you have done your 'squeeze' TEST and reached the LEVEL that's right for you – let's exercise in the TRAIN mode.

### Step 1 Pump

- After the TEST mode you will be assigned a LEVEL for when you TRAIN. The voice prompt will say 'Please Pump' and the screen will display a flashing pump icon. You need to press the button to pump and inflate the sensor to a comfortable level, follow the prompts from the Trainer until you hear 'Pump Complete'. If you have over-inflated the pump you will be told 'Over Inflation. Please deflate and pump again'
- When the sensor is inflated correctly let's start to TRAIN. Follow the prompts from the Trainer.



### Step 2 Slow Muscle Contraction or 'FLEX'

- For women a pelvic muscle contraction or FLEX (kegel squeeze) should always start at the anus (as if trying to hold in wind) move forward to the vagina, followed by a lift and 'sucking in' motion. For men a FLEX (kegel exercise) should start at the anus as if holding in wind and lift up inside.

FLEX - Hold the slow FLEX for 10 seconds (as you did in the TEST mode). FLEX your muscles smoothly and gently, keep your buttocks, hips and stomach relaxed and your body still as you focus purely on your pelvic floor.

### Step 3 Relax



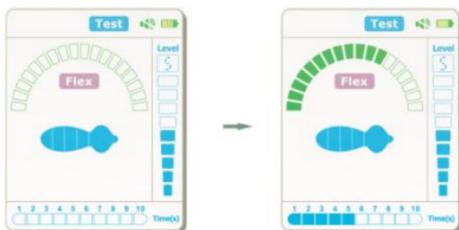
- RELAX - it is important to actually feel the release of the muscles again, as you return your pelvic floor to the start position. Hold the slow relax mode for 10 seconds.
- In the TRAIN mode you will perform a slow FLEX for ten seconds and then slow RELAX for 10 seconds, ten times.

#### Step 4 Fast Muscle Contractions or 'FLEX'

- At the end of the slow exercises you will be asked to perform 'fast' versions of the same exercises except at 2 second intervals.
- Follow the prompts on the screen as you fast FLEX for 2 seconds and fast Relax for 2 seconds. Try to exercise smoothly concentrating on your pelvic floor all the time. You will perform 10 fast FLEX exercises.
- This completes your first set of kegel exercises (a 'set') and will take you just under four minutes to complete.

#### Step 5 Repeat Set 1

- Train mode will progress onto set 2. Set 2 will repeat the 10 slow flex and 10 relax followed by 10 fast flex and 10 relax.



- Onto the 3rd and final set, of 10 slow flex and 10 relax followed by the 10 fast flex and relax.
- Ideally you will perform 3 sets of these slow and fast exercises. In total it will take you just over 10 minutes, and your Kege8<sup>®</sup>Trainer will guide you every step of the way.

#### Step 6 Deflate Sensor

- You will be asked to deflate the sensor. You will hear the command:  
"Thank You Let's Kege8 Again Soon"
- Deflate the sensor by pressing the Deflation button.
- The Trainer will automatically turn off when the deflation of the sensor is complete.

### Clean and Store:

- Rinse the sensor in mild soap or warm water, or by spraying with Kegel8<sup>®</sup> Klean antibacterial spray.
- Do not remove the sensor's latex cover
- Use the Kegel8 bag for storage.
- We recommend you replace the sensor every 12-20 weeks. Please treat your sensor with care when using and cleaning and it will continue to help you exercise and monitor your progress.

### Troubleshooting

<b>Problem</b>	<b>Solution</b>
My Trainer won't turn on	Ensure batteries are inserted correctly and have power.
Pump will not display or displays in mid-session	Check the tubes and connectors for proper connection or replace sensor.
Disconnect screen appears	Disconnect the sensor tubing to deflate and start the programme again.

## Kegel8® Exercise Tips

To help you get the most out of your Kegel8 Trainer, here are some useful tips:

- **When you FLEX (contract) don't forget to lift and suck inwards**

If you find that the sensor is becoming displaced you are pushing downwards. Focus on the squeeze and lift technique outlined in these instructions.

As your pelvic floor muscles begin to strengthen, you should find that they become more responsive and you'll feel more 'in tune' with how your pelvic floor feels, works and moves.

- **Exercise 1-2 Times per Day for 12 Weeks**

We recommend that you use Kegel8 1 or 2 times per day for 12 weeks.

If you decide to exercise twice a day, it is important that you do not do back-to-back sessions. This is because your pelvic floor muscles need time to relax and recover between sessions. We suggest that you use Kegel8® once in the morning and once at night.

- **Be Patient – Kegel8 WILL Improve Your Pelvic Floor**

Everybody's different. Some people respond to Kegel8 exercises very quickly, whereas with others it takes a number of weeks to feel real improvements. But rest assured, if you use Kegel8 regularly and follow our instructions carefully, your pelvic floor muscles and nerve fibres will get stronger.

# Taking Care of your Kegel8®

## Accessories and Modifications

Only use CE approved Kegel8 accessories, such as sensors, with your Kegel8 device. All official 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 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 Sensor Care

Each Kegel8 sensor is designed for exercise and muscle evaluation, please treat it with care:

- Never immerse your sensor in boiling water or boiling liquids. This could damage your sensor.
- When inserting a sensor hold its base. Do not hold it by the air tube as this could cause damage.
- Do not remove the latex cover from the sensor, keep it intact.
- Spray lightly with Kegel8 Klean antibacterial cleanser and wipe with a soft cloth

## Battery Care

To take care of the battery:

- Replace the batteries 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 for a week or longer, please remove the batteries. Batteries can leak, so by removing them, you are protecting your Kegel8.
- Check the batteries regularly for signs of discharge. If the batteries appear to be leaking, replace them.
- We recommend you use alkaline batteries.

### **Kegel8<sup>®</sup> Disposal - Use our Recycling Service**

When you need to dispose of Kegel8 batteries or the Kegel8 device, please send it to us (see Recycling on page 24). We will make sure it is disposed of correctly and materials recycled where possible.



## Frequently Asked Questions

**Q: Why is the RELAX mode so long? Surely it's all about squeezing and flexing?**

RELAX is just as important as a contraction. It is vital that you learn to relax your pelvic floor between FLEX commands. Pelvic floor muscles can get tired very easily and you will find that exercising can be ineffective with tired muscles.

**Q: Why is it important to do 'fast' kegel exercises?**

Fast kegel exercises work on the fast twitch fibres in your pelvic floor. They control the fast response to sneezing and coughing, so if you do find you leak at these times you need to make sure you make these 'fast kegels' a priority.

**Q: Why is it important to do 'slow' kegel exercises?**

Your pelvic floor works 24 hours a day, even when you sleep. It works to keep in urine and faeces and to keep your pelvic organs in place. Slow kegels help to work the slow twitch fibres used for longer periods and for postural support.

**Q: How soon after the birth of my baby can I start with my Kegel8<sup>®</sup> Trainer?**

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

**Q: I have an IUD or Mirena coil. Can I use the Kegel8<sup>®</sup> ?**

Yes. Kegel8 is unaffected by Mirena coils or IUDs.

**Q: Can I use Kegel8 while I am pregnant?**

You should not use the Kegel8 Trainer during pregnancy unless directed to do so by your Doctor.

**Q: I have had pelvic surgery. How soon can I start using my Kegel8® ?**

Please consult with your healthcare provider as every case is different. Using Kegel8 after pelvic surgery could help to speed recovery as it is an effective way of strengthening your pelvic floor.

**Q: Can I use my Kegel8 when I have my period?**

Yes.

**Q: How far should I insert the sensor?**

The sensor needs to be inserted by just 2 inches (5.5 cm). This is the optimum level to stimulate the pelvic floor muscles.

**Q: How do I clean my sensor?**

Simply rinse the insertable part under the tap. The sensor is a measuring device and if possible you should not take it apart.

**Q: How long will the batteries last?**

If you use the Kegel8 daily, the batteries should last about 3 months. Please use quality alkaline batteries. You will be able to monitor the battery power available please check your Trainer screen (Top right of the screen shows the battery icon)

**Q: How long will my sensor last?**

With normal use, your sensor should last between 3 - 6 months. It is a measuring device and care should be taken when using it.

**Q: I can't find the answer to my question?**

Get in touch with Customer Care (see page 25), we are here to help.

# Warranty

## The 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 Sensor

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 3 months 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.

# Recycling

In compliance with Waste Electrical and Electronic Equipment (WEEE) Regulations 2006, we aim to reduce the amount of electrical waste being sent to landfill sites.

## **Dispose of Your Kegel8 Responsibly with our Recycling Scheme**

Simply send your Kegel8 devices and used batteries to the following address and we will take care of disposal for you.

WEEE Recycling

Savantini LTD

14D iPark  
Innovation Drive  
Kingston upon Hull  
HU5 1SG  
United Kingdom



## Customer Care

If you want to find out more about our products, have a problem with your Kegel8® or just need some assistance, please call our friendly Customer Care team.

Customer Care

**+44(0)1482 496 932**

Call us - we're here to help you  
Monday- Friday, 9am - 5pm (GMT).

Savantini LTD

14D iPark Innovation Drive Kingston upon Hull HU5 1SG  
United Kingdom

Fax: +44 (0)1482 873570

Email: [Sales@Kegel8.co.uk](mailto:Sales@Kegel8.co.uk)

Web: [www.Kegel8.co.uk](http://www.Kegel8.co.uk)

## Customer Service and Distribution:



Helpline **+44(0)1482 496 932**  
Call us! We're here to help you  
Monday-Friday, 8am - 5pm.

Address:  
Savantini Ltd.  
14D iPark  
Innovation Drive  
Hull HU5 1SG  
England

Fax: +44 (0)1482 873570  
Email: [Sales@Kegel8.co.uk](mailto:Sales@Kegel8.co.uk)  
Web: [www.Kegel8.co.uk](http://www.Kegel8.co.uk)

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Manufactured by: Savantini Ltd. 14D iPark, Innovation Drive,  
Hull, HU5 1SG, United Kingdom.

This product is manufactured by Savantini Ltd in compliance with the  
European Union Medical Device Directive MDD93/42/EEC under supervision  
of SGS, Notified Body number 0120.

**CE0120**

Savantini Ltd is certified by SGS to the following Quality Standards:  
ISO 9001:2008, ISO 13485:2003