

Tight for life

Kegel 8[®]

USER GUIDE



www.kegel8.co.uk





Welcome to Kegel8® Tight and Tone

Dear Customer,

Thank you for choosing Kegel8® Tight & Tone. You are now one step closer to having a stronger, healthier pelvic floor.

Created especially for women, the Kegel8 Tight & Tone is an effective neuromuscular stimulator (STIM). This means Kegel8 works by producing electrical pulses that stimulate the muscles and nerve fibres in your pelvic area.

Using Kegel8 Tight & Tone to exercise your pelvic area can:

- Help with continence problems
- Prevent or reduce pelvic floor problems
- Increase sexual satisfaction
- Treat vaginal, uterine, and bowel prolapses (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 have never used a neuromuscular stimulator before, you may be a little apprehensive. That's quite normal - lots of people are cautious at first, but soon realise that there is nothing to worry about. The probes are designed for comfort and while you will be able to feel the effects of the electric pulses, they should not cause any discomfort.

If you follow the instructions in this User Guide, Kegel8 Tight & Tone 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, Customer Care on page 46).



Warnings

Please pay careful attention to the following safety warnings:

- Do not insert lead wires into a mains power supply.
- Do not immerse unit into water or any other substance.
- Type BF equipment, Continuous Operation.
- Do not use the Kegel8[®] Tight & Tone unit in the presence of a flammable anaesthetic gas mixture and air or with Oxygen or Nitrous Oxide.
- If using rechargeable 9 Volt PP3 Nickel Metal Hydride batteries, be sure to use a CE approved battery charger. Never connect the Kegel8 Tight & Tone directly to a battery charger or to any other mains powered equipment. We advise not to use Ni-Cad rechargeable batteries.
- Patient Probes and Electrodes are for **single patient use only**.
- Keep out of reach of children.
- Do not use this stimulator on your facial area unless you are under strict guidance from a qualified Clinician.
- Operation in close proximity (e.g. 1m) to a shortwave or microwave therapy equipment may produce instability in the stimulator output.
- Simultaneous connection of a patient to a high frequency surgical equipment may result in burns at the site of the stimulator electrodes and possible damage to the stimulator.
- This unit must be used with the guidance of a Physiotherapist or Doctor.
- No modification of this equipment is not permitted.

Symbols on rear of Kegel8 explained:



Caution
(output)



Type BF Equipment

TYPE BF



Follow
instructions
for use



Do not dispose in normal
dustbin (see Recycling on
page 45)



Contra Indications & Precautions

Please read this Kegel8® Tight & Tone User Guide before using this stimulation device.

STIM (Kegel8) should not be used:

- By patients fitted with a demand style cardiac pacemakers unless so advised by their Doctor.
- During pregnancy [unless medically advised].
- By patients with undiagnosed pain conditions.
- By patients with undiagnosed skin, vaginal or rectal conditions.
- With patients who have diminished mental capacity or physical competence who cannot handle the device properly.
- On anaesthetised or desensitised skin.
- When driving a vehicle or operating potentially dangerous equipment.
- Use the Kegel8® Tight & Tone only as directed.
- Do not immerse the unit in water or any other liquid
- Keep unit out of reach of children.
- If in doubt about the use of the Kegel8 Tight & Tone unit call your distributor for advice, Doctor, or Healthcare professional.
- Only use CE approved skin electrodes.
- Only use CE approved vaginal or rectal probes.

Do not place electrodes:

- Over carotid sinus nerves, larynx or trachea.
- Inside mouth.
- Over the area of the heart unless so advised by your doctor.
- On your facial area unless under strict guidance from a qualified clinician.





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Kegel8® Tight & Tone User Instructions



Important Safety Information

Who Can Use Kegel8® ?

Your Kegel8 Tight & Tone is designed to be used by women and when used correctly, is a **safe** and **effective** way of strengthening pelvic floor muscles. However, as it works by using electrical pulses, there are some people that should seek medical advice before using Kegel8.

DO NOT USE KEGEL8:

- If you have been fitted with a demand style cardiac pacemaker.
- During pregnancy.
- If you have undiagnosed pain, skin, vaginal or rectal conditions.
- On anaesthetised or desensitised skin.
- If you do not have the mental capacity or physical competence to use the device as instructed.
- When driving a vehicle or operating potentially dangerous equipment.
- In water or other fluid. Never submerge your Kegel8.
- While you are connected to high frequency equipment. Applying the Kegel8 probes or electrodes while you are connected to high frequency equipment could cause burns and damage your Kegel8. If in doubt, please call your distributor for advice or seek assistance from a doctor or healthcare professional.

Please note that Kegel8 can be used safely by women fitted with IUD or Mirena coils. Kegel8 does not affect these devices.

IMPORTANT

**Only Use Your Kegel8 as Described
in this User Guide.**

Keep Out of Reach of Children.



Important Safety Information

Where Can You Use your Kegel8® ?

Kegel8 Tight & Tone is designed for home use, but can be used in medical centres and hospitals too. Before you use your Kegel8, please make sure:

- The room does not contain flammable gases. This is especially important in hospitals and medical centres as Kegel8's electrical pulses can ignite flammable gases, such as those used in anaesthetics. If in doubt, ask for assistance.
- You are not positioned close (1-2m) to a shortwave or microwave therapy device, microwave oven, mobile telephone, wireless device, or radio. These devices can cause instability in your Kegel8 unit.

Using your Kegel8 Safely

- Only use the Kegel8 in your vaginal and rectal regions as described in this user guide. Never use Kegel8 on other parts of your body as the electrical pulses could damage your health.
- To ensure your personal hygiene, do not allow other people to use your probes. Always clean your probes thoroughly after use (Kegel8 Probe Care on page 29).
- Only use CE approved vaginal or rectal probes with your Kegel8. All official Kegel8 probes are CE approved.
- To power your Kegel8 device, use a 9v battery. Never connect your Kegel8 device or its probes to a mains power supply as this could result in electrocution and death.
- Do not immerse your Kegel8 device or its probes in water, fluids or any other substance.
- Please be aware that Kegel8 is Type BF equipment (provides some protection against electric shock).



Kegel8® Tight & Tone Check List

When you open the Kegel8® Tight & Tone packaging, you should find:

- 1 × Kegel8® Tight & Tone unit
- 1 × 9 Volt Battery
- 1 × Kegel8® Probe

If you have purchased the Kegel8® Tight & Tone, you will have the Kegel8® Comfort probe.

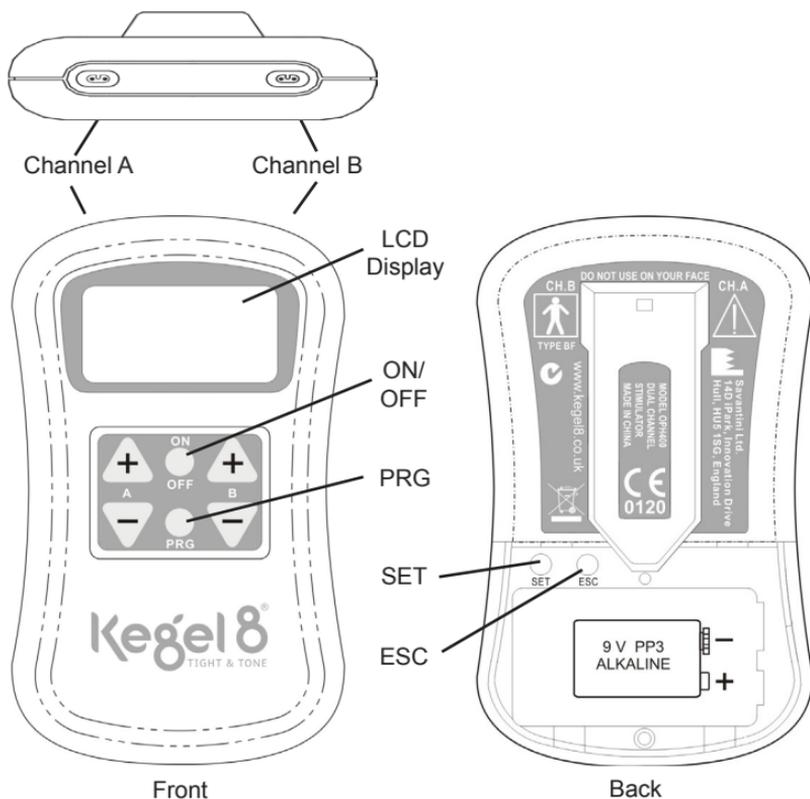
If you have purchased the Kegel8® Tight & Tone Plus, you will have the Kegel8® Perform probe.

- 1 × Kegel8® Lead Wire
- 1 × Kegel8® Tight & Tone User Guide
- 1 × Kegel8® Product Guarantee Registration Form.

In the unlikely event that any of the items above are missing, please contact Customer Care (see page 46).



Getting to Know Your Kegel8®



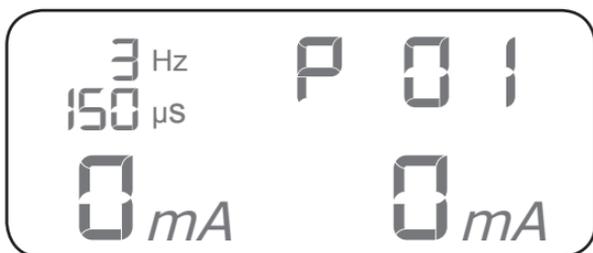
You will use **Channel A** and **Channel B** to connect your Kegel8 probe(s) to your Kegel8 Tight and Tone device. We recommend that you connect a vaginal probe to Channel A. If you have an anal probe, you can connect that to Channel B.

You will use **PRG** when setting a programme on your Kegel8 (see Choosing a Kegel8® Programme on page 22.) **SET** and **ESC** are beneath the removable battery cover and are only used when Creating a Custom Programme (see page 25).

The front of the Kegel8 also has two sets of + and - buttons. You can use these buttons to increase (+) or decrease (-) the strength of the electrical pulse being sent via **Channel A** and **Channel B** respectively. (The buttons labelled **A** are for Channel A, those labelled **B** are for Channel B).



When you first power up your Kegel8[®] Tight & Tone, the **LCD** will display the following information:



Hz

Hz amount is the number of electrical pulses per second (Hertz). This value will vary, depending on the programme you have selected.

μ s

The μ s amount is the duration of a single electrical pulse. The higher the value, the more it penetrates your muscles. Again, this amount will vary depending on the programme you have selected.

Programme Number or Programme Timer

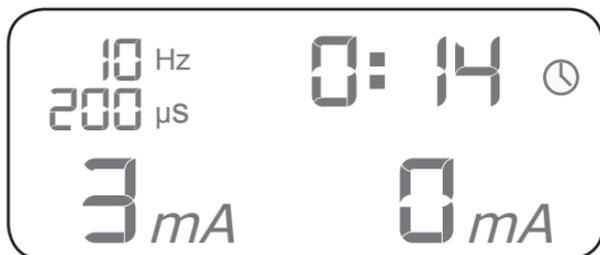
The top right area of the LCD shows either the number of the programme that is currently selected or the amount of time remaining on the programme (currently running).

Channel Outputs (in MilliAmps)

The two large numbers at the bottom of the display show the amount of electric current being output through Channel A and Channel B. The large number on the left-hand side of the LCD represents Channel A and the large number on the right-hand side represents Channel B.



For example, if you connect your Kegel8 probe to Channel A, set the unit to run programme 6, and press the + button for A, the LCD could show:



Your Kegel8 Probe(s)

Your Kegel8 Tight & Tone comes complete with a vaginal probe, which you should connect to Channel A. As an optional accessory, you can purchase an anal probe for use with Channel B. If you have two probes, you can use them separately or at the same time.

Each probe has a wire connected to its 'tail' end and metal strips that run up each side towards the 'head'. The electric pulse produced by your Kegel8 is transferred to your pelvic muscles through the metal strips.

Icons Shown on the Back of your Kegel8:



Caution
(output)



Follow
instructions
for use



TYPE BF

Type BF Equipment



Do not dispose in normal
dustbin (see Recycling on
page 45)



How Your Kegel8® Works

The Kegel8® Tight & Tone Pelvic Health Device is one of a new breed of modern Neuromuscular Stimulators (STIM) developed with the aim of achieving optimum pelvic health for women. Kegel8 works by producing electrical pulses that stimulate the muscles and nerve fibres in your pelvic area.

If you haven't used a neuromuscular stimulator before, the idea of applying electric pulses to your body can seem a little strange. But there's no need to be concerned - your body already uses electrical signals all the time. For example, let's say you want to tense the bicep muscle in your arm. To do this, your brain sends an electrical signal to your muscle via your nervous system. When the signal reaches your bicep, it causes the muscle to contract, and when the signal is not present, your muscle relaxes again. Kegel8 works in a very similar way - it sends electric pulses to precise areas of the weakened muscles in your pelvic area, causing them to contract and relax. Over time, this strengthens the muscles and nerve fibres, giving you greater muscle control and improving tone and tightness.

Kegel8 Tight & Tone features several pre-set programmes for pelvic floor exercise. These programmes have been carefully planned so that they:

- Work your muscles appropriately, helping them to strengthen gradually
- Allow your muscles to rest for the correct amount of time
- Are easy to use in 20-60 minute sessions.

There have been many research papers and clinical trials relating to neuromuscular stimulation. If you are interested in finding out more, a list of relevant papers is included in our Clinical References section on page 43.



Using Kegel8® for the First Time

What to expect from your Kegel8

When you first use Kegel8, you most likely begin by choosing one of the pre-set programmes. These programmes are designed to treat a variety of female health problems, so you should choose the programme that is best suited to your needs (we explain the programmes in Choosing a Kegel8® Programme on page 22).

At the start of every programme, Kegel8 begins at 0mA, which means there is no electrical pulse. When you are ready to begin, you press the + button for the appropriate channel repeatedly to increase the electrical current.

When the electrical current reaches a certain level, you will begin to feel a knocking sensation in your pelvic muscles. This happens when the electrical current begins to stimulate your muscles at low levels. You may also feel a tingling sensation. When you get to this stage, slowly increase the electrical current to a level that is working your muscles but is comfortable too.

Many women find that they start to feel their muscles being stimulated when Kegel8 is set to around 25mA, with settings over 30mA giving the muscles a full workout. But everybody is different, so you need to choose settings that you are comfortable with. The stronger the sensation you can feel, the more work your pelvic muscles are doing. But don't push yourself too hard. If you feel discomfort, press the - button for the channel to reduce the current.

As you exercise, you will feel your muscles pull up, tighten, and then relax again. During the relaxation part of the exercise, your Kegel8 will produce a lower amount of electrical current. If you use Kegel8 as described, 1 or 2 times per day, your pelvic muscles will get stronger. This will give you greater control and you will be able to gradually increase the amount of current.

Now, let's get you started - go to Starting Your Kegel8® Exercises on page 18.



Starting Your Kegel8® Exercises

Ready to start your pelvic floor exercises? Then let's get to it!

1. Before you start using your Kegel8 Tight & Tone, please read the Important Safety Information on page 11.

When used correctly, the Kegel8 is a safe and effective way of tightening and toning your pelvic floor. But remember, Kegel8 is an electrical device and if misused can cause harm. So please read the Safety Information carefully.

2. On the back of your Kegel8, slide off the battery cover and insert the battery. Make sure the red material strip is under the battery - it makes it easier to remove the battery when a replacement is needed. Slide the battery cover back on.
3. Make sure the probe is clean by rinsing it in cold or warm water (see Kegel8 Probe Care on page 29). Unclean probes could cause infection.
4. Connect the lead wire to the vaginal probe and Kegel8 unit. All of the wires are fitted with the appropriate connections, so all you have to do is:
 - Insert the red pin on the lead wire into one of the connections on the probe's wire.
 - Insert the black pin on the lead wire into the remaining free connection on the probe's wire.
 - Insert the white connection on the lead wire into the Channel A slot on your Kegel8 unit. If you are looking at the front of the Kegel8 unit, the Channel A socket is on the top-left of the unit. Push the lead in firmly so that it is fully connected.

If you are going to use an anal probe, connect it to the Channel B socket. Kegel8 is designed so that you can use a vaginal probe only, an anal probe only, or both a vaginal and anal probe at the same time. Just make sure that your probes are connected to the appropriate channels (Channel A for vaginal, Channel B for anal).



5. Insert the Kegel8 probe(s).
 - i. Get into a comfortable position. Many women choose to use Kegel8 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.
 - ii. Hold the base of the probe. The base is the plastic part at the 'tail' end (the end with the wires).
 - iii. Position the probe so that the metal strips are on the left and right sides. For a vaginal probe, this means that the metal strips should be facing the inside of your thighs.
 - iv. Gently insert the 'head' end of the probe into your vagina/ anus. Push the probe 2 inches (5.5cm) inside your vagina/ anus. This is less than you would insert a tampon. The base part of the probe should always be outside of your body.

To ease insertion, we recommend that you use a good quality water-based lubricant such as KE Gel. The lubricant will also help to improve the transfer of the electrical pulse from the probe to your muscles.

If the lubricant doesn't help, you may be suffering from vaginal atrophy, a condition that causes dryness and thinning of your vaginal walls. Your doctor can prescribe an oestrogen cream that can help. Don't use Kegel8 while you are being treated with the cream. When you have completed the treatment, resume using the Kegel8 - you should find that you can insert the probe much more easily.

Please do not let vaginal atrophy stop you from experiencing the benefits of Kegel8. There are effective solutions available to overcome this painful condition.

6. Press the ON button on the Kegel8 control unit.
7. Press the PRG button to choose a programme (see Starting Your Kegel8® Exercises on page 18).



8. Press the + button(s) to start the programme.

If you are using the vaginal probe only, you should press the + button for Channel A. If you are only using the anal probe, press the + button for Channel B. Press both + buttons if you are using two probes.

When you press a + button, the mA (milliamps) reading for that channel changes to 1 and your programme begins. The programme icon is replaced with a timer that counts down through your exercise routine.

9. Once your programme has started, press the relevant + button to increase the amount of power (milliamps) in the electrical pulses. The higher the amount of mAs, the more effective your programme will be, but always choose a level that feels comfortable. If you are feeling discomfort or pain, reduce the amount of mAs by pressing the - button for the channel you are using.

At the end of the programme, your Kegel8 will automatically switch off.

10. When the programme is complete, remove the probe by pulling gently at its base. Do not pull the wires as this could damage your probe.
11. Clean your probe under running warm water. Do not place your probe in boiling water as this will damage your probe.

For extra peace of mind, you can wash your probes with sterilising fluid if you wish. We also recommend that you wipe your Kegel8 unit clean with a damp cloth or antiseptic wipe. Do not use alcohol-based products as this could damage the LCD.

12. Dry your probe and store it in a clean, dry place. We recommend that you keep your Kegel8 in its original packaging.



Kegel8® Exercise Tips

- **Try to Start with a Power Output of 30 mAs or Above**

The amount of power needed to stimulate pelvic floor muscles varies from person to person. By default, the Kegel8 unit has a 0 mAs output and you need to increase the power manually, by pressing the + button. You should increase the power to a level where you can feel the effects of the electric pulse, but it is not causing any discomfort. Many women find that a setting of around 30 mAs is a good starting point, but only you can tell what is comfortable for you.

As your pelvic floor muscles begin to strengthen, you should find that you can increase the power output.

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

We recommend that you use Kegel8 1 or 2 times per day for 12 weeks. Alternate between your choice of programme and P 08 - General Pelvic Floor Workout24t each day. For example: Monday P 03, Tuesday P 09, Wednesday P 03, Thursday P 09, Friday P 03 and so on. When you have better muscle control, you can use P 09 2-3 times per week on an ongoing basis to maintain your muscle strength.

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.



Choosing a Kegel8[®] Programme

Your Kegel8 Tight and Tone has 9 pre-set exercise programmes, each of which is designed to treat a specific type of pelvic floor problem. It also has 3 'spare' programme slots that your therapist can use to create custom programmes tailored to your needs (see Creating a Custom Programme on page 25).

To choose a programme, turn your Kegel8 on and press the PRG button to cycle through the available programmes. Keep pressing the PRG button until the programme you want to use is displayed.

If you are going to use a pre-set exercise, choose the programme that is applicable to your health issue:

P 01 - Pain Relief

The Kegel8 Pain Relief programme helps treat pain in the pelvic area. It is particularly useful for treating vulvodynia, a condition that can cause burning, stinging, irritation and rawness in the female genital area.

For more details, see Programme Specifications on page 28.

P 02 - Prolapse/Frequent Urination

This programme is great for women who have vaginal prolapse or have a frequent urge to urinate (but don't suffer from bladder leakage).

Kegel8 actually has two programmes for helping you overcome frequent urges to urinate. We recommend that Programme 02 is used by menopausal and post-menopausal women, whereas women of child-bearing age should start with P 05 - New Mothers and Frequent Urination23n.

For more details, see Programme Specifications on page 28.

NOTE: If you have **anal prolapse**, please contact our care line. We can programme your Kegel8 to help with this condition.



P 03 - Stress Incontinence

Lots of women suffer from incontinence, especially during exercise and lovemaking. Programme 03 is designed to give you improved muscle control so that you can prevent bladder leakage. This programme is set at a rate of 40Hz which is the level favoured by UK physiotherapists.

For more details, see Programme Specifications on page 28.

P 04 - Stress Incontinence (Scandinavian)

Programme 04 is the same as Programme 03, except that it uses a lower rate of 30Hz. This is the level favoured by physiotherapists in some Scandinavian countries.

For more details, see Programme Specifications on page 28.

P 05 - New Mothers and Frequent Urination

If you are a new mother or feel the need to pass urine frequently, this is the programme for you. It is a great way to start exercising your pelvic muscles after childbirth. You can usually start Programme 05 after your 6 week check-up, if your healthcare professional says it is okay.

For more details, see Programme Specifications on page 28.

P 06 - Frequent Urination (Scandinavian)

Designed to help women who feel a frequent urge to urinate, Programme 06 uses constant stimulation. This is the recommended approach in some Scandinavian countries. In the UK, a work/rest programme is preferred as this allows the muscle to relax and recuperate.

For more details, see Programme Specifications on page 28.



P 07 - Lack of Sensation

After surgery or childbirth, you may find that you have good muscle control, but experience a lack of sensitivity. This can be due to nerve damage and is a problem that can be helped with Programme 07.

For more details, see Programme Specifications on page 28.

P 08 - General Pelvic Floor Workout

Programme 08 is an excellent workout that targets all of the pelvic floor muscles and nerve fibres.

When you first start using Kegel8, you should use one of the other programmes and P 08 on alternate days. For example, Monday P 04, Tuesday P08, Wednesday P 04, Thursday P 08 and so on. This will help to strengthen your pelvic floor muscles and give them a suitable amount of recovery time.

When your pelvic muscles are stronger (generally, after 12 weeks), you may be able to change to using P 08 only, 2-3 times a week. You can do this on an ongoing basis to keep your pelvic floor muscles tight and toned.

For more details, see Programme Specifications on page 28.

P 09 - Low Endurance

Choose P 09 if you find that you can tense your pelvic floor muscles quite easily, but can't keep them tense for very long. Programme 09 will help to build up muscle strength and improve muscle endurance.

For more details, see Programme Specifications on page 28.



Creating a Custom Programme

Many women find that the pre-set programmes that are built into Kegel8® are ideal for treating their pelvic floor problems. But in certain situations, a medical professional may advise a different type of programme. This is not a problem, as Kegel8 has a custom programme feature that allows doctors to create a simple single phase programme.

NOTE: You only need to create a custom programme if your healthcare professional has advised you that the pre-set programmes are unsuitable for your needs.

To create a custom programme:

1. Remove the battery cover to reveal the **SET** and **ESC** buttons.
2. Turn the Kegel8 on and press the **ESC** button to display the home screen.
3. Press the **PRG** button on the front repeatedly until the LCD shows **PC 1**, **PC 2**, or **PC 3**. These are your 3 custom programme memory slots.
4. Press the **SET** button on the back. The **Hz** symbol shown on the LCD will flash on and off to show that it is selected and ready for a value to be entered. Use the **+** or **-** button to adjust the pulse rate (Hertz).

NOTE: **Hz**, **µS**, **WRK**, **RST**, **RMP**, **ALT**, and **SYN** are explained at the end of this section.

5. Press the **SET** button and the **µS** symbol will flash on/off. Use the **+** and **-** button to adjust the pulse duration (the possible range is 50 to 450 µS).
6. Press the **SET** button and the **Clock [Time]** symbol will flash on and off. Use the Channel A **+** and **-** buttons to alter the hours and the Channel B **+** and **-** buttons to adjust the minutes. (Maximum time is 1 hour 30 minutes).



7. Press the **SET** button and the **WRK [Work]** symbol will flash on and off. Use the **+** and **-** buttons to adjust the work period (2 –99 seconds).
8. Press the **SET** button and the **RST [Rest]** symbol will flash on and off. Use the **+** and **-** buttons to adjust the rest period (2 – 99 seconds).
9. Press the **SET** button and the **RMP [Ramp up]** symbol will flash on/off. Use the **+** and **-** buttons to adjust the ramp up period (0.1 - 9.9 seconds).
10. Press the **SET** button and the **ALT [Alternating]** or **SYN[Synchronous]** symbol will flash on and off. Use the **+** and **-** buttons to select ALT or SYN.
11. Press **ESC** to store the custom programme.



Kegel8 Programme Settings - Explained

Each Kegel8 programme has several settings that you will need to understand if you are creating a custom programme. Getting to know how these settings work will also help you to understand the specifications for the pre-set programmes.

- **Hz** - The number of electrical pulses per second (in Hertz). Generally, 1-15HZ is for treating slow responding muscle fibres, and 35Hz-45Hz for fast responding muscle fibres. Values of 45Hz and above are used for treating muscle fatigue and promoting muscle strength and flexibility.
- **µS** - The duration of a single pulse (the 'pulse width'). The wider a pulse is, the more muscle penetration it has.
- **RMP** (Ramp Up) - How long it takes to achieve full muscle contraction (in seconds).
- **WRK** (Work) - How long the electrical current will keep the muscle tight (working). Again, this is in seconds.
- **RST** (Rest) - The amount of time between each pulse (in seconds). The muscles will rest for this amount of time.
- **ALT** (Alternating) - The Kegel8 will output an electric current through one channel at a time.
- **SYN** (Synchronous) - The Kegel8 will output an electric current through both channels at the same time.



Programme Specifications

Programme PO1 to PO9	H _z Rate	PW uS	Ramp Up Time in Seconds	Work Time in Seconds	Rest Time in Seconds	Overall Time in Minutes
PAIN RELIEF P01	3	150	1	Cont		20
URGE P02	10	250	1	5	5	20
STRESS 1 P03	40	200	1	6	15	20
STRESS 2 P04	30	200	0.8	5	8	20
FREQ/URGE 1/ NEW MOTH- ERS P05	10	200	1	5	5	20
FREQ/URGE 2 P06	10	200	1	Cont	0	15
LACK OF SEN- SATION P07	Sequential: 3Hz for 3 mins, 10Hz for 10 mins, 20Hz for 5 mins, 250uS, Ramp up time 0.8 secs, 30Hz for 4 mins, 40Hz for 3 mins 200uS Ramp up time 0.6 secs, Work Time 4 sec, Rest Time 4 sec					25
GENERAL PELVIC FLOOR WORKOUT P08	Sequential: 20Hz for 3 mins, 3Hz for 5 mins, 10Hz for 15 mins, 20Hz for 15 mins, 250uS, Ramp up time 0.8 secs, 30Hz for 5 mins, 40Hz for 5 mins, 200uS, Ramp up time 0.6 secs 10Hz for 12 mins, 250uS, Ramp up time 0.8 secs Work Time 4 sec, Rest Time 4 sec					60
BUILDING UP ENDURANCE P09	20	250	0.8	5	5	20



Taking Care of your Kegel8®

Accessories and Modifications

Only use CE approved accessories, such as probes, with your Kegel8 device. All official Kegel8 probes 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's LCD is covered with a thin protective layer. This layer helps to protect your LCD from scratches.

If your LCD appears to be scratched, gently peel off the protective layer. If the scratch only damaged the protective layer, it can be replaced with another screen protector. If, however, the LCD itself is damaged, you will need to get it repaired. For more information, please contact Customer Care (see page 46).

When cleaning your Kegel8, please do not use cleaning sprays or alcohol based cleaning solutions as this could damage the LCD.

Kegel8 Probe Care

Each Kegel8 probe is designed for ease of use and should last 12-18 months with proper 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 wires as this could damage the probe.
- Before use, always clean the probe in warm, but not boiling, soapy water. Alternatively, you could clean your probe with an antibacterial cleanser such as our own Kegel Klean.



Lead Wires and Connections Care

The lead wires and connections are vital to your Kegel8, so please treat them with care:

- Always handle the wires carefully
- Do not stretch or twist the wires as this could damage them. If your wires are damaged, your Kegel8 may be unable to send the electric pulses to your probe(s).
- Take care when connecting the wires. The connections on the Kegel8 and its probes are designed so that they connect to the wires with ease. Do not force the wires.
- Do not cut the wires or attempt to modify the connections.

Battery Care

To take care of the battery:

- Replace the battery 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 battery. Batteries can leak, so by removing it, you are protecting your Kegel8.
- Check the battery regularly for signs of discharge. If the battery appears to be leaking, replace it.
- We recommend you use a GP Alkaline Pro 9v battery.

Kegel8 Disposal - Use our Recycling Service

When you need to dispose of Kegel8 batteries, probes or the Kegel8 device, please send them to us (see Recycling on page 45). We will make sure they are disposed of correctly and materials are recycled where possible.





Frequently Asked Questions

Q: How soon after the birth of my baby can I start with my Kegel8® Tight & Tone?

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?

Yes. Kegel8 is unaffected by Mirena coils or IUDs.

Q: Can I use Kegel8 while I am pregnant?

No. Clinical guidelines advise against using any vaginal STIM devices during pregnancy.

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

Please consult with your doctor or consultant 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. However, if you are at the peak of your period and the flow is heavy, you may prefer to wait. Here in the office, we tend to use Kegel8 on lighter flow days.

You may also like to know that many of our customers have reported that Kegel8 helps with menstrual cramps too.

Q: I have suffered an anal prolapse. Can I use Kegel8?

Yes, of course. When used with an anal probe, Kegel8 can help you recover from this condition.

If you have suffered an anal prolapse, please contact Customer Care (see page 46). We will provide you with a special customised programme for this condition.



Q: How far should I insert the probe?

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

Q: I find it painful inserting the probe. What should I do?

Try using a water-based lubricant. If this does not help, see your doctor as you may be suffering from vaginal atrophy, which causes dryness and thinning of the vaginal walls. It can be treated quite easily, so don't worry, you will soon be able to use your Kegel8.

Q: I aim to have my mAs at 40, but on some programmes it drops to 30 - why is that?

While the programme goes through its preset routine the rate and length of the electrical pulses vary. When the pulse rate and length increase, the mAs drop so that the intensity does not take you by surprise. So if you feel a decrease in intensity, just use the + button to increase the mAs back up to a comfortable level.

Q: Why can't I get the mAs to increase past 6, 7 or 8?

This is an issue that is usually caused by the probe not making effective contact with your muscles. We recommend that you try using your Kegel8 while lying down or sitting with your legs elevated. This will help to prevent the probe from becoming misplaced.

If the probe's metal strips are not in direct contact with your muscles, the mAs cannot go higher and the current cuts off for your safety. You can also get better results by using a water-based lubricant, such as KE Gel.



Q: Why can I only feel stimulation on one side?

This could be due to:

1. The position of the probe. To work correctly, the metal strips on your probe need to be in direct contact with your muscles. We recommend that you sit with your legs held tightly together and squeeze your pelvic floor as much as possible against the probe. You can also get better results by using a water-based lubricant such as KE Gel.
2. You may have nerve damage to one side. This type of nerve injury can occur during childbirth (caused by the pressure from the baby's head during delivery). It means you have less sensation on one side. If this is the case, we recommend you purchase a Perisize probe, which allows you to vary the intensity of each side of the probe. Increasing the intensity on the side that is in contact with your desensitised area can help to promote resprouting of the damaged nerves.

Call our helpline for more information.

Q: Why are there two channels?

There are two channels because Kegel8 allows you to use two probes alternately or at the same time (one vaginal probe, one anal probe). Channel A (left-hand side) is for a vaginal probe and Channel B (right-hand side) is for an anal probe.

A selection of anal probes is available online at www.Kegel8.co.uk.

Q: How do I clean my probe?

Simply rinse the insertable part under the tap, keeping the wires dry at all times. Do not boil the probe. It can be sterilized using a mild sterilizing solution or you can spray it with Kegel Klean.

For more information, Taking Care of your Kegel8® on page 29.



Q: How long will the battery last?

If you use the Kegel8 daily, the battery should last about 3 months. You can get replacements from us or at your local supermarket - please choose a quality 9v battery that will not leak. You will know when your battery is low because a battery icon will flash on your Kegel8 screen.

For more information, Taking Care of your Kegel8® on page 29.

Q: How long will my probe last?

With normal use, your probe should last between 12 - 18 months. We recommend you replace it after this time to keep getting the maximum results from your Kegel8.

For more information, Taking Care of your Kegel8® on page 29.

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

Get in touch with Customer Care (see page 46), we are here to help.



Technical Specifications



STIM Specifications

1. Dual channel: individually isolated circuits.
2. Amplitude: 0 - 90 mA into 500 Ohm load; indication only. Actual mA will tend to be less than indicated due to electrode impedance:
 - At 1000 Ohms load (Electrodes in poor condition), the maximum will be limited to 70 mA
 - At 1500 Ohms load the maximum will be limited to 65 mA.
3. Type: Constant Current, maximum output voltage 180 Volts +10 / -30 Volts
4. Waveform: Asymmetrical, rectangular bi-phasic with zero DC current.
5. Selectable pulse width: 50 μ S - 450 μ S [2% accuracy].
6. Pulse Rate selection: in the continuous mode 2 Hz - 100 Hz [2% accuracy].
7. Time duration of the treatment selectable: 1 to 90 minutes.
8. Low Battery Indicator: If the battery goes below 6.9 volts +/- 0.2 volts the battery symbol will flash on/off once every second.
9. Open Electrode Detect: If an open circuit is detected at the output of Channel A or B, the output current will be reset at 0.
10. Ramp up time: 0.3 - 9.9 seconds.
11. If the battery voltage is below 6.6 (+/- 0.2) volts the unit will not turn on.

Physical dimensions: 108 x 62 x 23 mm.

Weight: 0.07KG without battery, 0.1KG with battery.

Environmental Conditions for use: +10 to +30 degrees Centigrade. 0-90% Humidity.

Environmental conditions for storage & transport: -10 to +50 degrees Centigrade. 0-90% Humidity.



Electromagnetic Compatibility and Interference (EMC)

Kegel8® products are designed to produce very low levels of radio frequency (RF) emissions (interference), and to be immune from effects of interference produced by other equipment operating in their vicinity. They are also resistant to damage relating to electrostatic discharge when operating in a typical domestic and or clinical environment.

They are certified to meet the international EMC standard EN60601-1-2.

Table 201: Guidance and manufacturer's declaration - electromagnetic emissions

The Kegel8® product is intended for use in the electromagnetic environment specified below. The customer or the user of the Kegel8® product should ensure that it is used in such an environment.

Emissions Test	Compliance	Electromagnetic environment - guidance
RF emissions CISPR 11	Group 1	The Kegel8® product uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The Kegel8® product is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2 IEC 61000-3-2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Not applicable	



**Table 202: Guidance and manufacturer declaration
- electromagnetic immunity**

The Kegel[®] product is intended for use in the electromagnetic environment specified below. The customer or the user of the Kegel[®] product should ensure that it is used in such an environment, and that precautions regarding that environment are heeded.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-2	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.



Table 204: Guidance and manufacturer's declaration - electromagnetic immunity

The Kegel8[®] product is intended for use in the electromagnetic environment specified below. The customer or the user of the Kegel8[®] product should ensure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
<p>Conducted RF IEC 61000-4-6</p> <p>Radiated RF IEC 61000-4-3</p>	<p>3 Vrms 150 KHz to 80 MHz</p> <p>3V/m 80 MHz to 2, 5 GHz</p>	<p>3 Vrms 150 KHz to 80 MHz</p> <p>3V/m 80 MHz to 2, 5 GHz</p>	<p>Portable and mobile RF communications equipment should be used no closer to any part of the Kegel8[®] product, including cables, than the recommended separation distance. This can be calculated from the equation applicable to the frequency of the transmitter.</p> <p>Recommended separation distance</p> <p>$d=1.2\sqrt{P}$ (150 KHz to 80 MHz); $d=1.2\sqrt{P}$ (80 MHz to 800 MHz); $d=2.3\sqrt{P}$ (800 MHz to 2.5 GHz);</p> <p><i>d is the recommended separation distance in meters (m).</i></p> <p><i>P is the maximum output power rating of the transmitter in watts (W) (according to the transmitter manufacturer).</i></p> <p><i>Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range.</i></p> <p><i>Interference may occur in the vicinity of equipment marked with the following symbol:</i></p> <div style="text-align: center;"> </div>

NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

- (a) Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which Kegel8[®] product is used exceeds the applicable RF compliance level above, the Kegel8[®] product should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the Kegel8 product.
- (b) Over the frequency range 150 KHz to 80 MHz, field strengths should be less than 3V/m.



Table 206: Recommended separation distances between portable and mobile RF communications equipment and Kegel8 product.

The Kegel8 product is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the Kegel8 product can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment(transmitters) and the Kegel8 product as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter		
	150k Hz to 80 MHz	80 MHz to 800 MHz	800 MHz to 2,5 GHz
	$d=1.2\sqrt{P}$	$d=1.2\sqrt{P}$	$d=2.3\sqrt{P}$
0,01	0.12	0.12	0.23
0,1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance (d) in meters [m] can be estimated using the equation applicable to the frequency of the transmitter. For the equation, P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1: At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.



References and Contact Details



Warranty

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].

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.

Manufactured by:

Savantini Ltd.

14D iPark, Innovation Drive, Kingston upon Hull, HU5 1SG, England

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

CE 0120

Savantini Ltd. is certified by SGS to the following
Quality Standards: ISO 9001:2008, ISO13485:2003.



Clinical References

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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 probes, batteries and devices 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, 8am - 5pm (GMT)

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CE 0120

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ISO 9001:2008, ISO 13485:2003