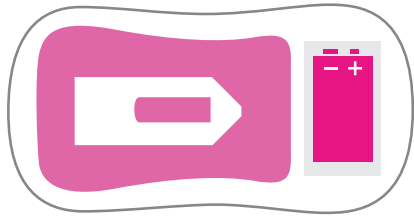


Kegel 8[®]



Kegel8 Tight & Tone Quick Start Guide



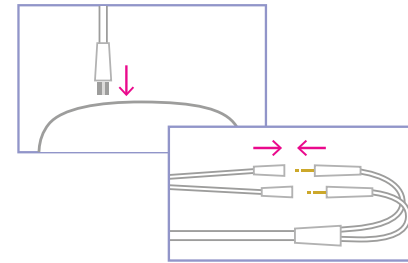
1. Insert the battery

Remove the back cover and insert 1 x 9 volt battery before replacing the cover. Don't forget to remove the black battery cap.



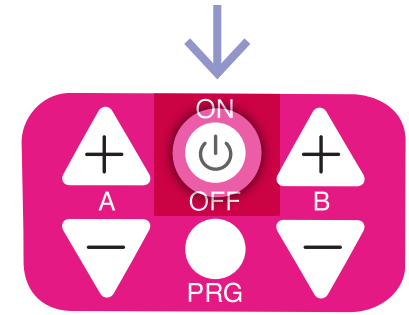
2. Clean your probe

Give your probe a quick clean with a body-friendly, antibacterial spray such as Keigel8® Cleaning Spray.



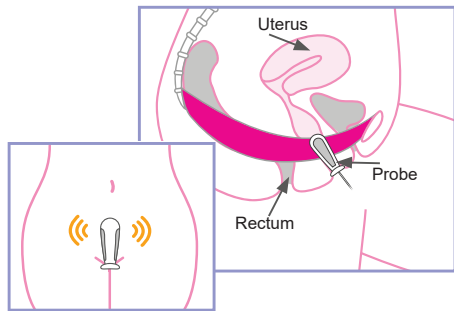
3. Connect your probe

Insert the lead wire into the top of unit (either channel A or B) and connect your probe to the lead wire connectors. **Note:** some probes connect straight into the device and do not need a lead wire.



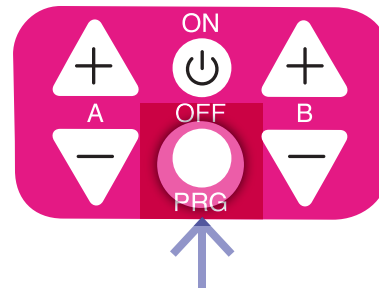
4. Turn on your Keigel8® Tight & Tone

Press the on/off button once to turn on your device.



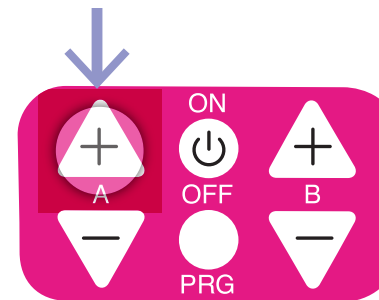
5. Insert your probe

Squeeze a small amount of water-based lubricant onto the metal parts of the probe and insert vaginally. Ensure the electrodes point hip-to-hip.



6. Select a programme

Choose your programme by pressing the PRG button. (See the back page for help selecting the right programme for you.)



7. Adjust the power

If using Channel A press the A+ button until you feel a slight tingle. You can decrease this using the A- button.



8. Exercise

Start your programme and begin enjoying the benefits of a stronger pelvic floor!

9. Clean and store

Clean your probe and store with your unit in the carry case provided.

Choosing the right programme for you

The Kegel8 Tigt & Tone has a selection of programmes tailored to help you improve your pelvic floor strength.

Programme	Duration
P01 Pain Relief	20 minutes
P02 Urge (Sudden need to urinate)	20 minutes
P03 Stress Incontinence 1 (Mild)	20 minutes
P04 Stress Incontinence 2 (Severe)	20 minutes
P05 Frequency/Urge 1	20 minutes
P06 Frequency/Urge 2 (Frequent & sudden urge to urinate even when the bladder is empty)	15 minutes
P07 Lack of Sensitivity	25 minutes
P08 Pelvic Floor Work Out	60 minutes
P09 Building Up Endurance	20 minutes

For the first week of your routine, increase the mA until you feel a slight tingling sensation. After this, increase your mA's 1-2 levels every 1-2 weeks. The toner can be used once a day.

Contact Us

Call us: **+44 (0) 1482 496 932**

Email us: **info@kegel8.co.uk**

Visit us: **www.Kegel8.co.uk**

Our friendly advisors are available

Monday to Friday, 8am – 4pm (Closed bank holidays)

You can feel comfortable in asking us anything.

We are not just a sales team. We are here to help you.