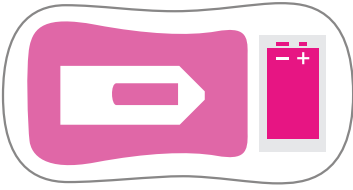


Kegel 8®



Kegel8® Ultra 20 Quick Start Guide



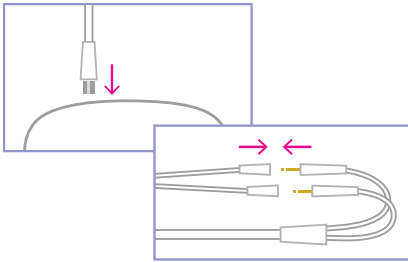
1. Insert the battery

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



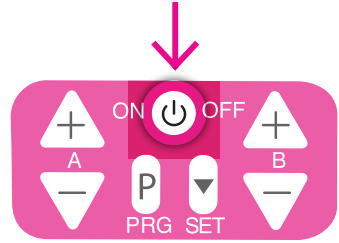
2. Clean your probe

Give your probe a quick clean with a body-friendly, antibacterial spray such as Kegel8 Antibacterial Cleaning Spray.



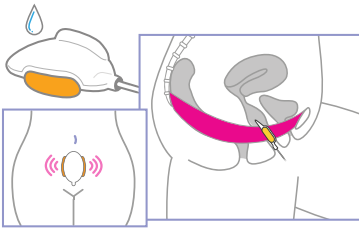
3. Connect your probe

Insert the lead wire into Channel A at the top left of your unit 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 Kegel8® Ultra 20

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



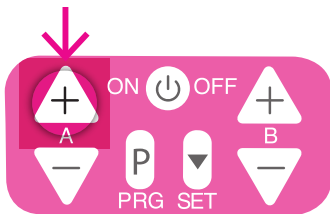
5. Insert your probe

Squeeze a small amount of water-based lubricant, such as Kegel8 Conductivity Gel on the metal parts of the probe and insert.



6. Select a programme

Choose your programme by pressing the PRG button. See the separate programme guide for more information.



7. Exercise

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

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

8. Clean and store

Clean your probe and store in the provided carry case with your unit. It's best to store your probe with the lead wires still attached.

First timer? Let's test your sensation levels

If this is your first time using the Kegel8® Ultra 20 with a probe, then start with the **P01 Sensation test**. Increase the mAs until you feel a warm tingling sensation (No higher than 50mA).

If you feel a sensation, move onto **P02 Sensation Test**.

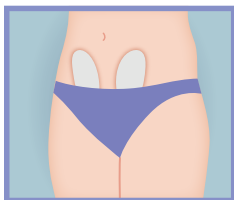
If you feel **no** tingling sensation, perform **P01** at 50mA (or less) once a day for 4 weeks before moving onto **P02**.

NOTE: If you cannot feel sensation returning after the 4 weeks, please consult a medical professional for advice.

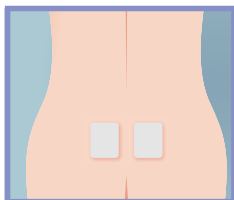
P02 Sensation Test - If you feel a tingling sensation below 50mA, progress to a treatment programme. If you cannot feel a sensation, use **P02** once a day for a further 4 weeks.

Where to place your electrode pads

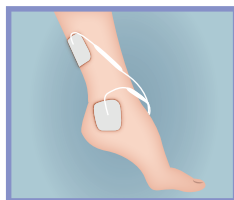
You can use electrode pads on the skin for a variety of Kegel8® Ultra 20 programmes. Simply connect your lead wire to the electrode pads and insert into channel A or B at the top of the unit. Use the corresponding controls to change the intensity. See below for examples of where you can place the pads and for more advice visit www.kegel8.co.uk



Abdomen



Sacrum



Ankle

Choosing the right programme for you

The Kegel8® Ultra 20 has a selection of programmes tailored to help you improve your pelvic floor strength.

- **Muscle exercises** - for strengthening your pelvic floor muscles
- **Neuromodulation programmes** - for calming overactive nerves, circulation, relaxation and pain relief

Programme	Duration	Probe	Electrode Pads (recommended position)
P01 Sensation test 1	30 mins	✓	✓ (your choice)
P02 Sensation test 2	60 mins	✓	✓ (your choice)
P03 Pelvic Floor Muscle - Exercises 1	45 mins	✓	✓ (sacrum)
P04 Pelvic Floor Muscle - Exercises 2	30 mins	✓	✓ (sacrum)
P05 Pelvic Floor Muscle - Exercises 3 (Maintenance programme)	45 mins	✓	✓ (sacrum)
P06 Sensation Improvement	20 mins	✓	✓ (sacrum)
P07 Pelvic Floor Muscle - Exercises 4 (Endurance)	60 mins	✓	✓ (sacrum)
P08 Sensory modulation (TENS)	60 mins	✓	✓ (sacrum)
P09 Overactive Bladder neuro-modulation	20 mins	✓	✓ (sacrum or ankle)
P10 Stress Incontinence 1	40 mins	✓	✓ (sacrum)
P11 Stress Incontinence 2	40 mins	✓	✓ (sacrum)
P12 Mixed Incontinence	30 mins	✓	✓ (sacrum)
P13 Functional Continence Training	9 mins	✓	✓ (sacrum)
P14 Postnatal / Post-Surgical Care 1	35 mins	✓	✓ (sacrum)
P15 Postnatal / Post-Surgical Care 2	30 mins	✓	✓ (sacrum)
P16 Bowel (Faecal) Incontinence 1	10 mins	✓	✓ (sacrum)
P17 Bowel (Faecal) Incontinence 2	40 mins	✓	✓ (sacrum)
P18 Chronic Pain Relief	∞	✓	✓ (abdomen/sacrum)
P19 Pelvic Floor Circulation	60 mins	✓	✓ (abdomen/sacrum)
P20 Pelvic Floor Relaxation	20 mins	✓	✓ (sacrum)

Please read the full manual for contraindications and further advice.

Not sure which programme is the right one for you?

Call us: **+44 (0) 1482 496 932**
(Monday to Friday, 8am – 4pm)

Email us: **info@kegel8.co.uk**
Visit us: **www.Kegel8.co.uk**