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University Health Board

Information for Patients

Guidance for Using an Electrical Stimulation Treatment Device at Home

Physiotherapy Service

INSTRUCTIONS FOR USE

You have been provided with an electrical stimulation device by your physiotherapist to use at home as part of your treatment plan. Your Physiotherapist will have taught you how to use the device, however this leaflet is designed to act as a reminder of the process to follow.

DO NOT use the device:

- During menstruation (during a period)
- If you have a vaginal infection
- If you are pregnant
- If you are trying to conceive (get pregnant)
- If any irritation or discomfort occurs
- If your symptoms worsen or you are unsure how to use the device

CONNECTING THE DEVICE

1. Wash and dry your hands.
2. Attach the Contraction Indicator (if using) to the vaginal probe following the manufacturer's instructions.
3. Ensure the probe is well coated with lubricant gel, especially over the metal surfaces.
4. Insert the probe into your vagina, making sure that the metal surfaces face sideways towards your hips.
5. Ensure the device is turned off, then connect the probe cable ends to the device cable ends.
6. Check that the device is turned off (the screen should be blank), then insert the unit cable into channel A, at the top of the device.
7. Switch on the device by pressing the ON/OFF button.

8. The programme has been preset for you. Press the + button on the left side of the unit. Continue to press until the intensity is strong but comfortable.
9. At the end of the treatment time the device should automatically turn itself off, however you can immediately stop the treatment at any time by pressing the ON/OFF button.
10. Remove the probe, making sure not to pull on the leads and then disconnect the probe cable ends from the device cable ends. Wash and dry the probe as per the manufacturer's instructions. **DO NOT USE BOILING WATER.** Always repeat this cleaning process after each use.
11. Always store the probe separately from the device in a clean food bag.

IMPORTANT

If at any time you experience any pain, discomfort, unexpected bleeding or irritation, STOP using the device and contact your Physiotherapist:

Physiotherapist Name: _____

Tel. No: _____

To gain benefit from this treatment, it is essential to use the device as often as instructed by your physiotherapist

Additional Information

If you have any questions about the information given in this leaflet, please discuss them with your physiotherapist.