



USER GUIDE

www.Kegel8.co.uk | Tel: +44 (0) 1482 888 785

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Dear Customer,

Thank you for choosing the Kegel8 Trainer with its unique Squeeze Scale™. This pelvic floor exerciser has been designed not only to help 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 pelvic floor 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 unique Squeeze Scale allows you to measure your strength and monitor your progress.

Using the Kegel8 Trainer to exercise your pelvic area can:

- Help with bladder control
- Prevent or reduce pelvic floor problems
- Increase sexual sensation
- Treat vaginal and uterine prolapse (depending on severity of symptoms)
- Help strengthen muscles that have become weakened following childbirth, a hernia operation or hysterectomy.
- Improve pelvic muscle strength and blood circulation to the pelvic floor area.

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 quality products and outstanding customer service.

If you have comments or queries regarding the Kegel8 Trainer or any other Kegel8 products, please get in touch (for contact details, see Customer Care on page 25).

Warnings & Precautions

Who can use the Kegel8® Trainer?

Your Kegel8 Trainer is designed to be used by women and when used correctly, is a safe and effective way to strengthen 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.
- 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 region as described in this user guide.
- To ensure your personal hygiene, do not allow other people to use your probe. Always clean your probe thoroughly after use.
- Do not immerse your Kegel8 device or its probe in water, fluids or any other substance.

IMPORTANT

Only Use Your Kegel8 as described in this User Guide
Keep Out of Reach of Children.

Symbol definition



Consult Instructions For Use



Caution (electrical output)



Patient's shock protection type: BF
(body floated) equipment designed to
provide protection against electric shocks



Do not dispose of in normal dustbin.
Contact Kegel8 for correct disposal
and recycling instructions.

Contraindications

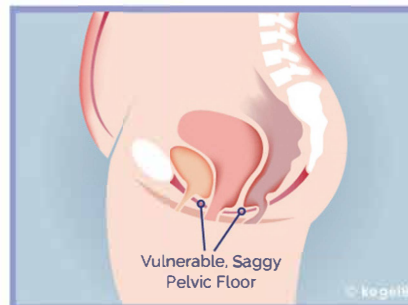
The Kegel8® Trainer should not be used:

- During pregnancy (unless medically advised)
- By patients with undiagnosed pain conditions
- By patients with undiagnosed skin, vaginal or rectal conditions
- If undergoing artificial insemination
- If you suffer from vaginal varicose veins
- If you are suffering any form of pelvic cancer
- If you suffer from uterine prolapse as you may not be able to insert the probe sufficiently. Instead we recommend the Kegel8 Ultra 20.
- If you suffer from persistent tightness of the pelvic floor muscles as you may not be able to insert the probe and exercising may be counterproductive. The Kegel8 Ultra 20 can help with relaxation of your pelvic floor muscles

Please also note:

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

Understanding Your Pelvic Floor



Your pelvic floor is a band of muscles which stretches from your pubic bone to your tail bone. This group of muscles is like a hammock supporting your internal organs.

The pelvic floor muscles consist of two different types of muscle fibres:

Fast twitch muscles fibres - react quickly to hold urine in when you cough, sneeze, laugh or jump.

Slow twitch muscle fibres - maintain support throughout the day and control the number of times you need to visit the toilet.

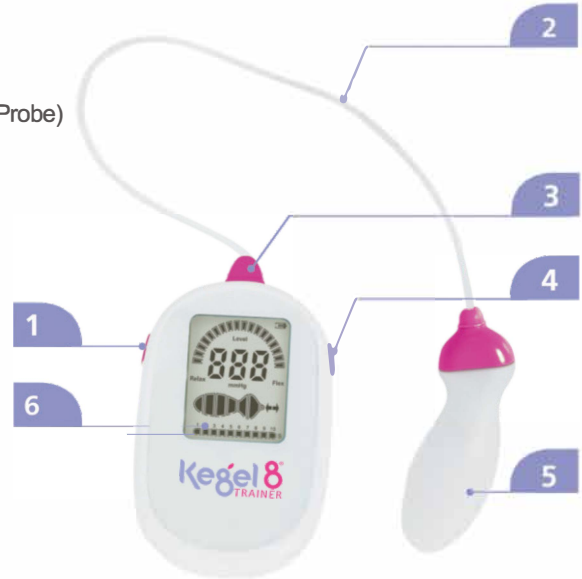
If your pelvic floor becomes weak - as a result of pregnancy, weight-gain, high-impact sports/ exercise, menopause, age - there are a number of warning signs you may experience:

- **Frequent or urgent trips to the toilet**
- **Urine leaks**
- **Uncontrollable wind**
- **Lack of intimate sensation**
- **Lower back ache**

It is imperative for everyone to do pelvic floor exercises and by purchasing the Kegel8® Trainer, you've just made it a whole lot easier!

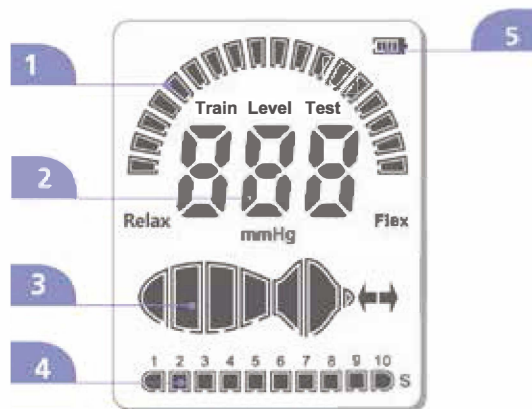
Your Kegel8 Trainer Explained

1. Power/Mute
2. Air tube (connects your Kegel8 Trainer & Kegel8 Trainer Probe)
3. Air tube connector
4. Mode selection button
5. Kegel8 Trainer Probe
6. Display screen



Kegel8® Trainer Display

1. Pressure level being applied to the probe
2. Air pressure level within the probe; **or**
Squeeze Scale score; **or**
Countdown timer
3. Probe inflation indicator
4. Contraction timer
5. Battery power

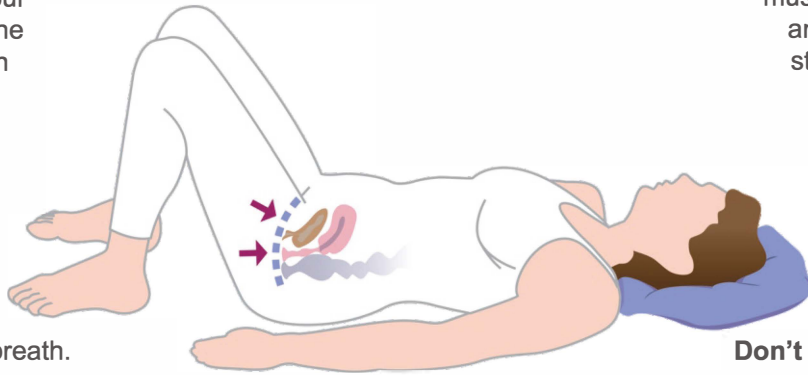


How To Do Pelvic Floor Exercises

Lie down with your knees slightly apart...
(you can stand if you would rather)

And relax - make sure you fully relax your muscles before the next contraction

Tense your pelvic floor muscles starting at your anus - as if trying to stop passing wind...



Don't hold your breath. Breathe **naturally** as you hold you squeeze...

Don't tighten your abdominal muscles or squeeze your buttocks, target **only** your pelvic floor

'Squeeze' both areas and aim to 'suck up' your muscles towards your belly button...

Now tense around your vagina as if trying to stop your wee...

How To Use Your Kegel8® Trainer

Step 1. Getting started

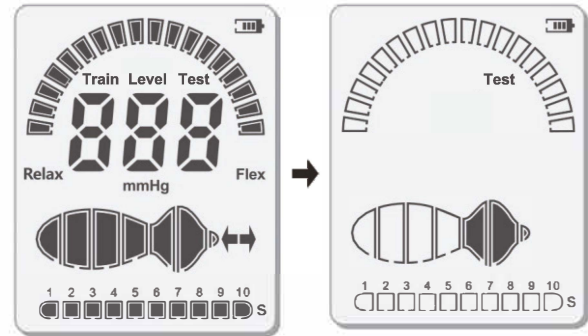
- Insert the batteries. The Kegel8 Trainer requires 3 x AAA batteries
- Connect the probe to the Kegel8 Trainer by inserting the air tube connector into the top of the Trainer
- Choose a comfortable position to insert the probe (lying or sitting); inserting the probe is like inserting a tampon, so you may already have an idea of the best position for you.

- Hold the probe at the base and gently insert the tip of the probe. Continue to gently push the probe until it is around 2 inches inside the vagina with the base still on the outside of your body.



To help with insertion you may want to use a body-friendly water-based lubricant like Kegel8 KE GEL Kegel Exercise Lubricant.

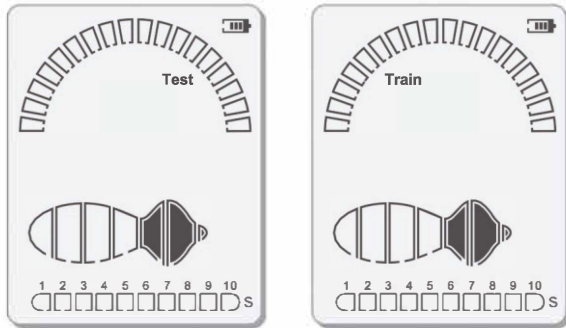
Step 2. Turning your Kegel8 Trainer on



Press and hold the power button until the Trainer powers on - you will hear a beep and the display screen appears. After a few seconds you will be prompted to select your mode.

Tip: If you'd rather not have the Kegel8 Trainer give audible beeps, you can mute the Kegel8 Trainer by pressing the Power/Mute button once. (see page 6)

Step 3. Mode selection



The Kegel8® Trainer will automatically start in Test Mode. Press the Mode Select button once if you wish to change to Train Mode (see page 6).

After a few seconds the mode will be selected and the probe will begin to automatically inflate. When the probe inflation indicator on the screen is full, the Kegel8 Trainer will sound one long beep and is ready to use.

Note: If the probe will not inflate past 40mmHg please check all connections.

Test Mode

An exercise session that will guide you through a routine of slow pelvic floor exercises - to target the slow twitch muscle fibres, and fast pelvic floor exercises - to target the fast twitch muscle fibres (see page 5).

At the end of your exercise session the Kegel8 Trainer will give you your Squeeze Scale score so you can monitor your progress and aim high! (see page 14)

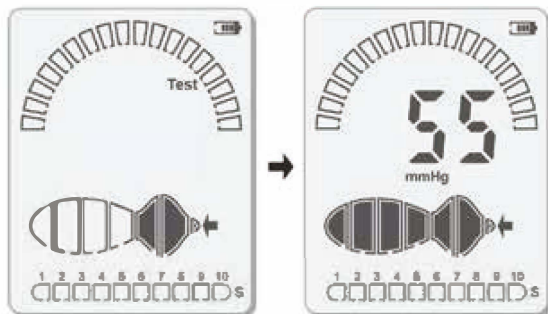
Train Mode

In this mode you can exercise as you wish. If you find you leak when you cough or sneeze, you may want to practice some fast pelvic floor exercises; or if you find you can't go very long between toilet visits, you need to focus on your slow pelvic floor exercises. Or you may just want to use this mode to practice your pelvic floor exercise technique (see page 16).

There is no time limit in this mode but it is important you do not over-work your muscles.

Using Mode 1: Test Mode

1. Inflation and Preparation Phase



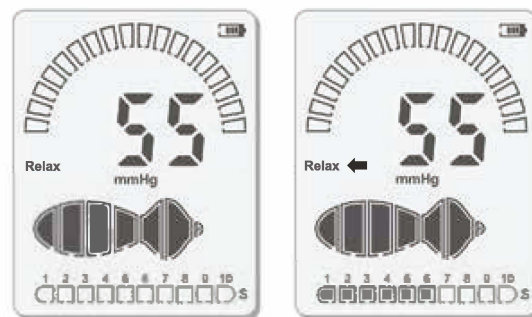
After entering test mode, the trainer will inflate the airbag automatically. After 2 seconds, the beep will sound for 1 second; and after 4 seconds, a beep will sound to indicate the start of the assessment. It will then enter a 30-second preparation phase, during which you are required to contract the pelvic floor muscle at least once with maximum effort. At the end of the preparation phase, a 5-second countdown is performed, after which a "beep" will indicate the end of the assessment.

If the airway tube is not connected or not connected properly during inflation, the trainer will automatically switch off after 5 seconds.

2. Slow Flex & Relax Test

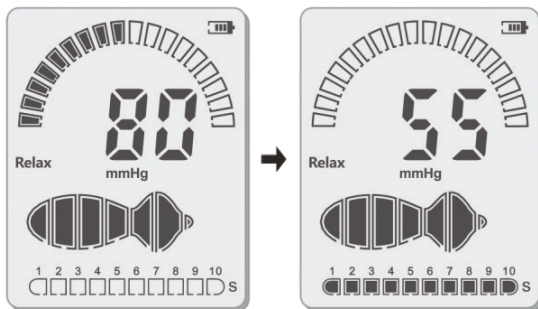
After the test mode, you will enter the Slow Flex Test (Class I Fiber Strength Test) for a total duration of 20 seconds.

- Relax for 2 seconds
- Contract for 6 seconds
- Relax for 2 seconds
- Relax for 10 seconds



2.1. Relax

When inflation is complete, the trainer will show a "relax" prompt which will last for 2 seconds to relax the muscles. (Note: when the muscles are not fully relaxed, the "relax" icon will flash continuously.)



2.2 Flex

After your 'flex' the Kegel8® Trainer will beep twice and the screen will tell you to 'relax'. You will relax for 10 seconds which the Kegel8 Trainer will count for you across the bottom of the screen. If your muscles are not relaxed, the prompt 'relax' will flash on the screen.

The next beep you hear will indicate your next flex - 'flex' will also display on the screen.

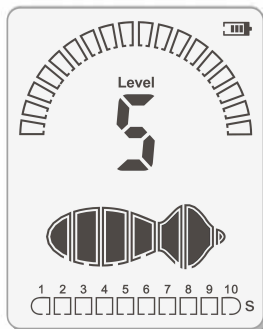
You will be prompted to perform 5 slow 'flex and relax' contractions before moving on to phase two of the Test Mode: Quick Flex and Relax Exercises.

3. Fast Flex & Relax Test

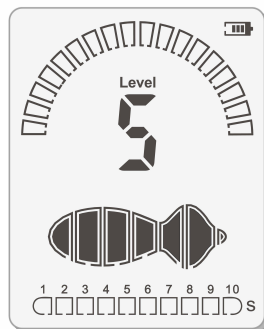
After the Slow Flex and Relax exercise, the trainer will "beep" three times and count down for 10 seconds to enter the "Fast Flex/Relax" stage, the interface will show alternate flashes of 1 second flex and 2 seconds relax; follow this prompt to carry out the cycle of rapid muscle contraction and relaxation exercise. One rapid flex and one relax is one cycle, for a total of 5 cycles; at the end of the 5 cycles, a 10-second relaxation (rest) period is entered. After the 10-second rest period, the trainer will "beep" three times to end the test and give an assessment of the Slow Twitch and Fast Twitch fiber strength.

Note: Less than 55mmHg of the gasbag means air leak, the trainer will re-inflate.

Step 4. Kegel8 Squeeze Scale Score

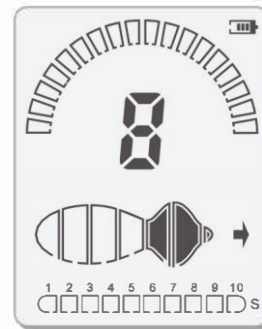
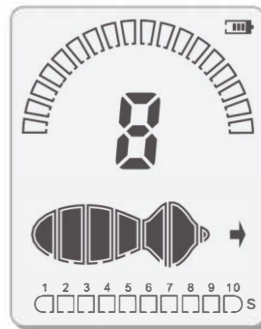


At the end of your exercise session your Squeeze Scale™ score will be displayed (see page 7). Use this score to motivate you to practice your pelvic floor exercises using the Train Mode and try and beat your score next time you exercise.



Once the test is complete, the patient is given the current muscle fiber strength level that can be achieved, with the slow twitch and fast twitch fiber strength assessments flashing alternately (first flash the slow twitch fiber strength, then the fast twitch fiber strength).

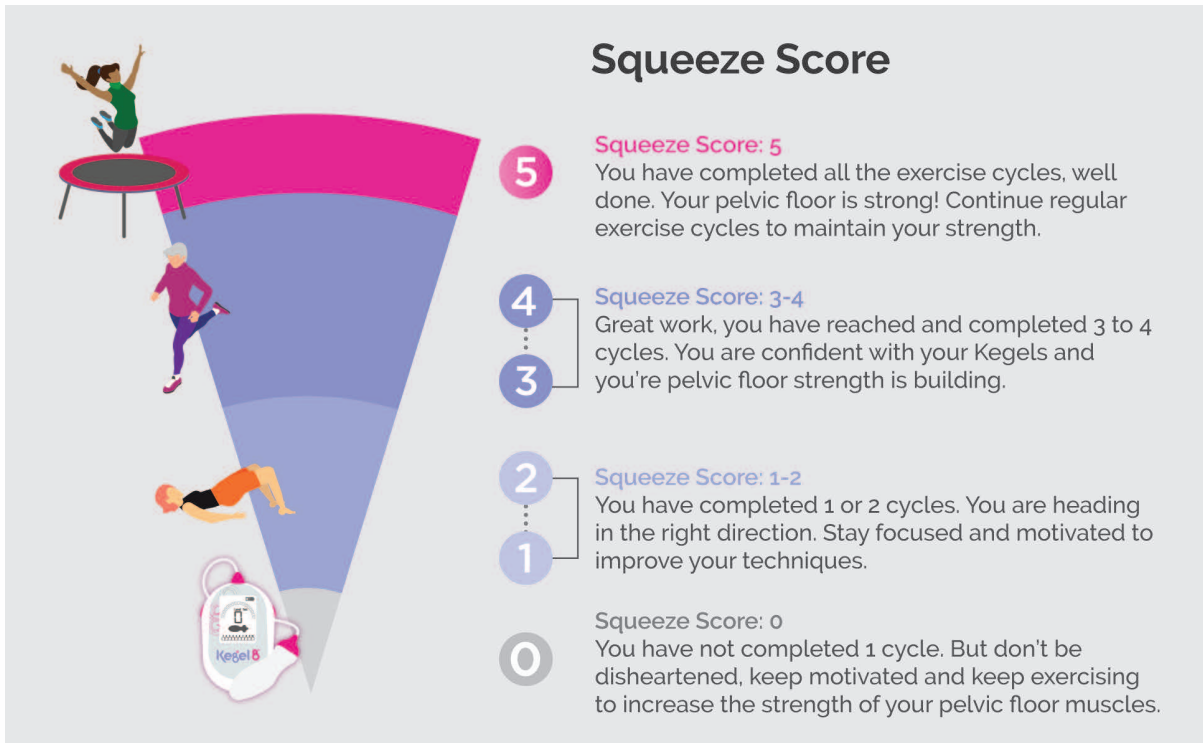
Step 5. Turn your Kegel8 Trainer off



When you have finished exercising, press and hold the power button until the screen goes blank to turn your Kegel8 Trainer off. The probe will automatically release a little air for easy removal. Carefully remove the probe, clean and store as per the instructions in this user guide (see page 20).

The Kegel8 Squeeze Scale™

The unique Squeeze Scale of the Kegel8® Trainer enables you to keep track of your strength and monitor your progress. It's a great way to keep motivated, setting yourself a target to climb the scale.



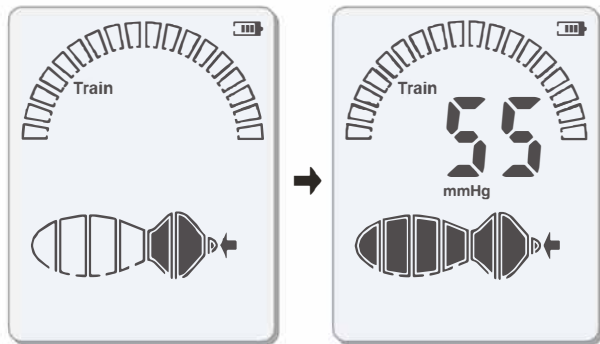
Squeeze Scale™ Diary

Why not keep a diary of your Squeeze Scale scores and set yourself weekly targets. It's a great way to keep motivated!

Date	dd/mm	Date	Date	Date	Date	Date	Date	Target
Score	1	Score	Score	Score	Score	Score	Score	
Date	Date	Date	Date	Date	Date	Date	Date	Target
Score	Score	Score	Score	Score	Score	Score	Score	
Date	Date	Date	Date	Date	Date	Date	Date	Target
Score	Score	Score	Score	Score	Score	Score	Score	
Date	Date	Date	Date	Date	Date	Date	Date	Target
Score	Score	Score	Score	Score	Score	Score	Score	
Date	Date	Date	Date	Date	Date	Date	Date	Target
Score	Score	Score	Score	Score	Score	Score	Score	

Using Mode 2: Train Mode

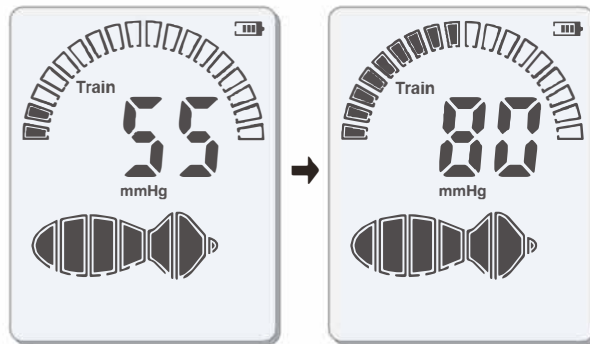
Step 1. Inflate the probe



Following steps 1-3 on pages 9 & 10; press and hold the power button until the unit powers on and the display screen appears. The Kegel8® Trainer will automatically start in Test Mode. Press the Mode Select button once to show Train Mode (see page 6).

After a few seconds the probe will begin to automatically inflate. When the probe inflation indicator on the screen is full, the Kegel8 Trainer will sound one long beep and is ready to use.

Step 2. Train

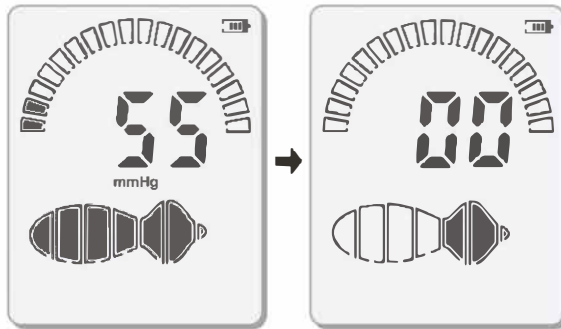


Note: If the probe will not inflate past 40mmHg please check all connections.

You are using the Train Mode which means you can exercise as you wish. If you find you leak when you cough or sneeze, you may want to practice some fast pelvic floor exercises; or if you find you can't go very long between toilet visits, you need to focus on your slow pelvic floor exercise.

There is no time limit to this session but it is important you do not over-work your muscles. We recommend 10 - 12 minutes.

Step 3. Turn your Kegel8 Trainer off



When you have finished exercising, press and hold the power button until the screen goes blank to turn your Kegel8® Trainer off. The probe will automatically release a little air for easy removal. Carefully remove the probe, clean and store as per the instructions in this user guide (see page 20).

Troubleshooting

Problem	Solution
My Kegel8® Trainer won't switch on.	Ensure the batteries are inserted correctly and have power.
The probe will not inflate past 40mmHg.	Check the tubes and connectors for proper connection.
'Disconnect' screen appears.	Disconnect the probe and deflate. Then reconnect and start the programme again.
My Kegel8 Trainer isn't giving me audible beeps.	Your Kegel8 Trainer may be muted - press the Power/Mute button once (see page 12)

Frequently Asked Questions

How often should I use my Kegel8® Trainer?

If you can use your Kegel8 Trainer twice per day, in the morning then again at night, you will see optimum results. However, if your time permits just once per day you will be pleased with what can achieve.

What is the importance of doing fast and slow pelvic floor exercises?

Fast pelvic floor exercises work on the fast twitch muscle fibres in your pelvic floor - these control your fast response to coughing or sneezing. Slow pelvic floor exercises work the slow twitch muscle fibres in your pelvic floor - these control your urgency and the number of times you need to visit the toilet

Can I use my Kegel8 Trainer after pelvic surgery?

Please consult with your health care specialist. Using Kegel8 could help speed your recovery as an effective way of strengthening your pelvic floor.

Can I use my Kegel8 Trainer whilst pregnant?

No, please consult your doctor. Generally women start using their Kegel8 after a successful six week check-up.

I have an IUD or Mirena coil - can I use Kegel8?

Yes.

Can I use my Kegel8® during my period?

It is not recommended you use your Kegel8 Trainer during your period as your muscle strength can be weaker at this time due to hormone changes

How long will my probe last?

With normal use your probe should last around six weeks. It is a measuring device and care should be taken when using it.

Please contact Kegel8 for replacement probes - only the Kegel8 Trainer Probe from Kegel8 can be used with your Kegel8 Trainer.

Caring For My Kegel8 Trainer

Only use CE approved Kegel8 accessories, such as probes, with your Kegel8 device. All genuine 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 Trainer 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 Trainer probe care

Each Kegel8 Trainer probe is designed for exercise and muscle evaluation, please treat it with 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 air tube as this could cause damage.
- Do not remove the latex cover from the probe, keep it in tact.
- The clean, spray lightly with Kegel8 Klean antibacterial cleanser and wipe with a soft cloth.

Warranty & Guarantee

The Kegel8® 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 Probe:

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 6 weeks 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.

Kegel8® Trainer Specifications

Product Name:	Kegel8 Trainer
Model:	XFT-0010CK
Input Voltage:	DC4.5V (3*AAA battery)
Classification:	Type BF Equipment 
Water prevention:	Sensor: IPX7 rating
Class of Pollution:	Class 2
Dimensions:	130 mm * 82mm * 35mm
Weight:	141 g
Working conditions:	Temperature: 5°C~40°C, Humidity: ≅80% Air pressure: 86kPa~106kPa
Storage conditions:	Temperature: -20°C~55°C Humidity: ≅93% Air pressure: 70kPa~106kPa
Altitude:	≅2000m
Component:	Probe: 1 pc Size: Ø33*105mm Weight: 35g

EMC illustrations

The trainer has passed EMC IEC60601-1-2 Test

Product contents

Kegel8 Trainer	1
Probe storage case	1
Instructions for use	1

Caution: do not use any device that might send out RF signals, including cell phone, radio transceiver and radio control products, which might cause operation parameters beyond the standards. Please shutdown these devices when you are near the equipment. Operator has the responsibility to warn user or any others to comply with this rule. Caution: manufacturer will not be responsible for any unauthorized actions that cause interference.

Table 1

Guidance and manufacture's declaration – electromagnetic emission		
This equipment is intended for use in the electromagnetic environment specified below. The customer or the user of the equipment should assure that it is used in such an environment.		
Emission test	Compliance	Electromagnetic environment – guidance
RF emissions CISPR 11	Group 1	This equipment uses RF energy only for its internal function. Its RF emissions are very low and are not likely to cause any interference in nearby electronic.
RF emission CISPR 11	Class B	This equipment is suitable for domestic establishments and those directly connected to the public low-voltage power supply network.
Harmonic emissions IEC 61000-3-2	N/A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	N/A	

Table 2

Guidance and manufacture's declaration – electromagnetic immunity			
This equipment is intended for use in the electromagnetic environment specified below. The customer or the user of the equipment should assure that it is used in such an environment.			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2kV, ±4kV, ±8kV, ±15 kV air	±8 kV contact ±2kV, ±4kV, ±8kV, ±15 kV air	Floors should be wood, concrete or ceramic tile. Humidity should be at least 30% if it is synthetic materials.
Electrical fast transients/ bursts (EFT) IEC 61000-4-4	±2kV 100kHz repetition frequency	±2kV 100kHz repetition frequency	Main power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±0.5kV, ±1kV line-to-line ±0.5kV, ±1kV, ±2kV line-to-ground	±0.5kV, ±1kV line-to-line ±0.5kV, ±1kV, ±2kV line-to-ground	
Voltage dips IEC 61000-4-11	0% UT; 0.5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°	0% UT; 0.5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°	Mains power quality should be typical commercial or hospital environment. UPS power is recommended if this device needs to be used continuously.
	0 % UT; 1 cycle and 70 % UT; 25/30 cycles Single phase: at 0°	0 % UT; 1 cycle and 70 % UT; 25/30 cycles Single phase: at 0°	
Voltage interruptions IEC 61000-4-11	0% UT; 250/300 cycle	0% UT; 250/300 cycle	

About The Kegel8 Range

Have you visited us at www.kegel8.co.uk? We're all about pelvic floor health and finding the best way for you to maintain a strong and healthy pelvic floor.

Keeping your pelvic floor muscles strong keeps you in control. If you allow your muscles to weaken, you are likely to experience laughter leaks, loss of control of wind, lack of intimate sensation... these are all signs that your pelvic floor is crying out for help. Ignore them, and these signs will only get worse and could develop into incontinence, faecal incontinence and even prolapse.

Kegel8 is your solution

At Kegel8 we have the UK's No.1 electronic pelvic floor toners. A clinical device with medically approved programmes to target and exercise your pelvic floor muscles for you, using neuromuscular electrical stimulation (NMES).

Kegel8 uses NMES to work 90% of the pelvic floor muscles, unlike manual pelvic floor exercises which only reach 40%

Our electronic pelvic floor toners are designed to suit your needs with programmes to strengthen your muscles, stop pesky leaks, treat prolapse and assist in recovery from hysterectomy.

We want you to have the solution that suits you! We offer extensive information on pelvic floor health and how our products can help so you can make the right choice for you. **Visit us today at www.kegel.co.uk**



Contact information

We're here to help! If you have questions or simply need some advice, please get in touch and our advisors will be on hand to help.

T: +44 (0) 1482 496 932

E: info@Kegel8.co.uk

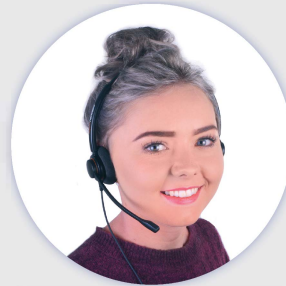
W: www.Kegel8.co.uk

Our opening hours are:

8am-4pm Monday to Friday*

*Closed bank holidays

Savantini House, Foster Street,
Hull, HU8 8BT, United Kingdom





If you would like more information about pelvic floor health and bladder control, you can visit our website where we offer a wide range of informative articles

www.kegel8.co.uk

If you suffer with bladder leaks or other signs of pelvic floor weakness you can also contact your GP or local NHS Continence Advisory Service for help and advice.

Address: Savantini Limited, Savantini House, Foster Street,
Kingston upon Hull, HU8 8BT, United Kingdom

 Shenzhen XFT Medical Limited
Room 203, Building 1, Biomedicine Innovations Industrial Park,
#14 Jinhui Road, Pingshan New District, Shenzhen, China

Date: 05/2023

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