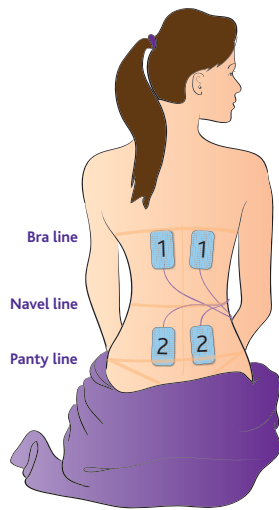


## Suggested Electrode Placement Chart

The sticky electrode pads need to be placed in the correct position for maximum pain relief. It is preferable to obtain assistance from either your birthing partner or medical adviser when positioning the pads. Please read the following instructions carefully:

1. Ensure unit remains switched off. Carefully peel the pads from the plastic backing using your forefinger and thumb. Do not pull on the lead wires.
2. Position the top two pads (connected to the left socket CH1) approximately 4cm either side of the spine and 4-5cm above the imaginary navel line as seen in the diagram.
3. Position the bottom two pads (connected to the right socket CH2) approximately 4cm either side of the spine and 4-5cm below the imaginary navel line as seen in the diagram.



Reference: Cluett E. (1994) SRN RMADM PGCEA. Analgesia in Labour: A review of the TENS method. Professional Care of Mother and Child. Mar;4 (2): 50-2.

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## Frequently Asked Questions

### Q When shall I start using my Elle TENS?

A Use as early as you can after the onset of labour to allow time for your body's pain-killing chemicals to rise.

### Q Can I try the Elle TENS before going into labour?

A Yes, place 2 pads attached to one leadwire on your forearm to feel the different pulse sensations following the instructions on page 6.

### Q Can I combine the Elle TENS with other medication?

A Yes, you can still use analgesics such as gas and air (entinox) or pethidine.

### Q Can the Elle TENS be used in hospital?

A Yes. However, a midwife may ask you to switch it off temporarily.

### Q Can I use the Elle TENS if I am considering a water birth?

A Yes, but not in the water itself.

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## Using Your Elle TENS

- a) You are now ready to start using your Elle TENS. Switch the unit on by pressing the **ON/OFF** button. Ensure that the 'boost' button located at the top right of the unit is **NOT** pressed in. The Elle TENS will always start up in BURST 1 mode.
- b) Begin by pressing the **CH1+** key. Each time you press this key, a small 'half-moon' shape will appear on the screen increasing in number and size as the intensity is increased. You will begin to feel a pulsating sensation which will burst in time with the small arrow flashing on the screen. **Ensure that you increase the intensity slowly.**
- c) Repeat the previous step with the **CH2+** key. You will now feel a sensation in both sets of pads.

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## Useful Information

1. Continue stimulation for as long as necessary, unless you experience discomfort.
2. If you stimulate for a number of hours ensure the pads do not become dry. If this occurs, switch off the unit, disconnect the electrodes, and apply a small drop of water to them.
3. The pads can be used several times. Replace the pads when they stop sticking to the skin. Replacement pads are available from [www.babycaretens.com](http://www.babycaretens.com)
4. Always ensure that the unit is switched off before you remove all the leads and pads. Do not pull the wires. ALWAYS remove the jack plug from its socket by holding the plug between the forefinger and thumb and pulling gently.
5. The Elle TENS can also be used as a standard TENS unit for relief of numerous conditions, including after pains and post operative pains. It is worth bearing this in mind if you have a caesarean section. Please seek medical advice first.

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d) **BURST 1 (use between contractions):** This is the first mode that you will use. It feels like a bursting, tingling sensation i.e. the pulses are off and on periodically. This mode will help to promote those all-important natural pain-killing chemicals known as 'endorphins' and 'encephalins'.

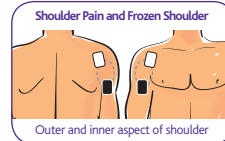
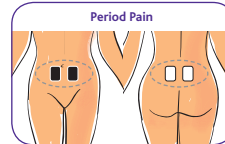
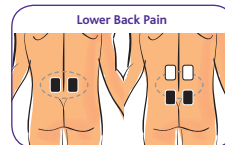
e) **BOOST 1 (use during contractions):** When experiencing a contraction, simply press the 'boost' button located at the top right of the unit. The Elle TENS will then switch automatically into the BOOST 1 mode for that extra surge of power required to combat the pain during contractions. This will feel like a continuous sensation.

f) Once the contraction has passed, simply release the 'boost' button. The Elle TENS will return to the original BURST 1 mode. Continue this cycle during your early stages of labour.

## Post-Natal Pad Placement Diagrams

KEY:  

 N.B. Electrodes supplied with this unit are all the same colour - the black and white squares show suggested electrode placement only.



## The Mode Button

There are two modes available on the Elle TENS, each with a Burst and Boost function.

**Mode 1 (Burst 1 and Boost 1),** which has been described above, is primarily used for the earlier stages of labour.

**Mode 2 (Burst 2 and Boost 2)** can be used when your labour advances and your contractions become more frequent.

Press the **Mode** button to switch between modes. You will see from the User Display, that the number in the small circle next to the BURST or BOOST will change from 1 to 2 and vice-versa.

**NB. Both modes are interchangeable and can be used according to your preference, not necessarily for the stage of labour you are in. Mode 2 can be operated in the same way as mode 1.**

## The Opti-max Key

This provides extra versatility to your Elle TENS. Increasing or decreasing the Opti-max key will allow you to either heighten or lessen the level of pulse power transmitted to the electrode pads.

Pressing the **Opti-max** key either + or - will increase or decrease Opti-max sensation, this is extremely useful for the final stages of labour when you need an extra surge of power.

There are 5 Opti-max levels indicated by 5 dots, enlarging in size as the Opti-max power is increased. The unit will always start up at Opti-max 3, which is exactly half way between the highest and lowest setting.

**NB. The Opti-max key can be used according to your preference and not necessarily for the stage of labour you are in.**

## Elle TENS Technical Data

Display	TN type LCD		
<b>Operation Mode</b>	4 treatment modes: Burst 1, Burst 2, Boost 1, Boost 2		
	Pulse (Hz) Frequency	Pulse Width (µs)	Description
<b>Burst 1</b>	16	150*	1 Burst/sec and 8 pulses per burst
<b>Burst 2</b>	32	150*	2 Burst/sec and 8 pulses per burst
<b>Boost 1</b>	80	150*	Constant
<b>Boost 2</b>	100	150*	Constant
	- Output Voltage: 0 – 55V zero to peak at 500Ω load - Output Waveform: Symmetrical biphasic rectangular		
<b>Automatic Power Off</b>	5 Minutes		
<b>Output Channel</b>	Two Channel		
<b>Output Voltage</b>	0 – 55V (zero-to-peak) across a 500Ω load; adjustable in 14 steps		
<b>Output Intensity</b>	0 – 110 mA (max.) into a 500Ω load		
<b>Output Waveform</b>	Symmetrical bi-phasic rectangle		
<b>Output Jacks</b>	CE Touch-proof jacks		
<b>Load Detector</b>	Contact detection between the device and human skin (This feature is activated from Level 2 and up)		
<b>Battery</b>	2 x 1.5V AAA Battery		
<b>Battery Low Detect</b>	2.2V ±0.2V		
<b>Tolerances</b>	All output parameters are subjected to a ±20% tolerance unless other specified.		
<b>Weight</b>	75g		
<b>Size</b>	55 x 115 x 30mm		

\* Default pulse width after mode changed (pulse width is **NOT** changed when switched between BURST and BOOST mode) 5 selectable pulse widths in all modes: 50, 100, 150, 200, 250.

**Classification** This unit is fully compliant with EEC Directive 93/42/EEC, classified as internally powered equipment type BF. It is intended for continuous operation.

Instructions for use



ELLE TENS

Babycare TENS

## Guarantee

Your ElleTENS machine is guaranteed for a period of 2 years against manufacturer's defects. Please record purchase details in the space provided below for your record purposes. The guarantee does not include leads, electrodes or battery. Applies to purchases only.

Date of purchase:

\_\_\_\_\_

Invoice number:

\_\_\_\_\_

Babycare TENS

**Body Clock Health Care Ltd**  
 108 George Lane, South Woodford,  
 London E18 1AD

Tel (+44) (0)20 8532 9595

Fax (+44) (0)20 8532 9551

[www.babycaretens.com](http://www.babycaretens.com)

e-mail [customercare@babycaretens.com](mailto:customercare@babycaretens.com)

Babycare TENS is part of the  
 Body Clock group of companies



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Oct 2017 (5)



This manual is recyclable

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Quick Reference Guide

If you are in labour, please use the quick reference guide set out below. It is however recommended that you read the section entitled "Setting Up Your Elle TENS" found on page 5 to obtain the best performance from your unit.

Before using the Elle TENS, please read the contraindications and warnings on pages 1 and 2.

1. Ensure the Elle TENS unit is switched off.
2. Insert 2 x AA batteries in the compartment at the back of the unit (see figs 1 and 2, page 6).
3. Insert the leadwire plugs into the top of the unit (see fig 3, page 6).
4. Insert the pins at the other end of the leadwires into the sockets attached to the electrode pads. Do not remove the electrodes from their backing at this stage (see fig 4, page 6).
5. Position the electrode pads on the body as indicated on page. A pair of electrodes must be connected to each lead wire in order for you to feel any sensation. The electrode pads must be peeled away from their backing and placed directly on your body for you to feel any sensation.
6. Make sure that the 'boost' button at the side of the unit is NOT pressed in. This ensures that the unit will start in the BURST 1 mode (see page 3).
7. Press the (on/off) to turn the unit on.
8. Now push the (CH1 +) key until you feel a pulsating sensation.
9. Repeat the same with the (CH2+) key.
10. At the onset of a contraction press the 'boost' button for the additional surge of power needed to combat the pain.
11. Release the 'boost' button once the contraction has passed and continue in the BURST 1 mode as before.

Controls For The Elle TENS

The Elle TENS is very simple to use. However, it is advisable to read these instructions to obtain the most out of the unit. Please ensure that all of the precautions have been read thoroughly. See page 2.



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Explanation of Symbols on Unit

Equipment providing a particular degree of protection against electric shock particularly regarding allowable leakage currents having an F type (floating) applied part.

Please keep device away from sprays of water or rain.

**IP22** The first number 2: Protected against access to hazardous parts with a finger, and the jointed test finger of 12 mmΦ, 80 mm length, shall have adequate clearance from hazardous parts, and protected against solid foreign objects of 12.5 mmΦ and greater.

The second number 2: Protected against vertically falling water drops when enclosure tilted up to 15°. Vertically falling drops shall have no harmful effects when the enclosure is tilted at any angle up to 15° on either side of the vertical.

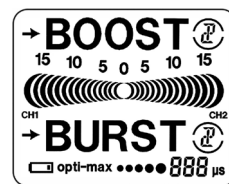
Denotes a product which must be disposed of safely.

**SN** This symbol indicates the serial number of the device and includes the year of manufacture. The serial number can be found in the battery compartment of this device.

Warning - refer to pages 1-2 of these instructions.

This unit needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENT.

Display Symbols And Their Meanings



**Power Bar:** This shows the output from 0 to 15 for both left and right channels. Each segment represents approximately 7% of the total output.

**BOOST:** Pressing the 'Boost' button at the top right of the unit activates the Boost mode. This function is used during contractions. The small arrow to the left of the word Boost will remain on, indicating the unit is in a continuous mode. There are two Boost modes available indicated by a 1 or 2 in a small circle next to the word BOOST. You can switch between them by pressing the Mode key.

**BURST:** This function is used at the onset of labour and in-between contractions. The small arrow to the left of the word BURST will flash in time with the bursting rhythm you feel from the Elle TENS. There are two Burst modes available indicated by a 1 or 2 in a small circle next to the word BURST. You can switch between them by pressing the Mode Key.

**Low Battery Indicator:** This sign will start flashing when the batteries are running low. If this is the case, change both batteries. Please refer to page 5 for instructions.

**opti-max 888 μs**

Opti-max: Indicates the Opti-max output. Each segment represents 20% of total Opti-max power. Please refer to page 8 for more details.

How Will The Elle TENS Help Your Pain?

TENS (Transcutaneous Electrical Nerve Stimulation) works by passing mild electrical impulses through the skin, via electrode pads, into the nerve fibres which lie below. The TENS impulses help your body produce its own pain killing chemicals, such as 'endorphins' and 'encephalins'.

The level of pain relief obtained varies from person to person. Some find that the Elle TENS provides all the pain relief required during the whole of labour, whereas others find that other analgesics are also needed during the later stages of labour.

Introduction To The Elle TENS

The Elle TENS uses a state-of-the-art, efficient method of drug-free pain relief with no known side effects. In order to obtain maximum benefit, it is advised that you seek guidance from your medical adviser as well as reading this instruction guide.

Setting Up Your Elle TENS

Check the following contents:

- 1 x Elle TENS unit
- 1 x Pack of 4 self adhesive electrodes (40mm x 100mm)
- 2 x Leadwires
- 2 x AA batteries
- 1 x Carrying pouch
- 1 x Easy-release neck cord
- 1 x Instruction manual
- 1 x EMC documentation

The Assembly Stage

- Press and rotate the belt clip at the back of the Elle TENS in either direction to reveal the battery compartment (see fig 1, page 6).
- Release the battery compartment cover and insert 2 x AA batteries (see fig 2, page 6), ensuring the positive (+) and negative (-) terminals are correctly positioned as marked in the battery compartment. Replace the cover. **Ensure the unit is switched off.**

Precautions and Contraindications

1. TENS must **NOT** be used before the 37th week of pregnancy.
2. If you are pregnant, do **NOT** place the electrodes over your abdomen.
3. Do **NOT** use if you have a pacemaker or any other implanted electrical device.
4. Check with your healthcare professional before using if you suffer from a heart condition, epilepsy, undiagnosed pain, have any metal implants, or any doubts whatsoever.
5. Do **NOT** use if you experience an allergic reaction to the electrodes.
6. Never use TENS to mask undiagnosed pain since this could require urgent treatment.

General Precautions

1. Do **NOT** use this unit without first reading these instructions.
2. Do **NOT** immerse the Elle TENS in any liquid. Do not use in the bath or the shower.
3. Do **NOT** place it close to any source of excessive heat or operate it in the presence of flammable gas.
4. Do **NOT** drop this unit onto a hard surface.
5. Do **NOT** attempt to dismantle the Elle TENS.
6. Only use specified batteries and electrodes.
7. If damaged, do not use. Return to supplier.
8. Remove the batteries when not in use.
9. Do **NOT** use while driving or operating potentially dangerous machinery or while using a microwave.

10. Keep out of the reach of children.

11. Do **NOT** place electrodes on or near the eyes, in the mouth, over the front or sides of the neck or across the head or the heart.
12. Do **NOT** place the electrodes on varicose veins or recent scarring or on any area of broken, inflamed, infected or numb skin. Electrodes should generally only be applied to skin with normal sensation unless under medical supervision.
13. Do **NOT** use in the presence of tuberculosis, malignant tumours, very high or very low blood pressure, high fever or acute inflammatory disease unless under medical supervision.
14. A mild shock may be caused if one electrode is accidentally removed. In the event of this happening the unit should be turned off immediately.

Useful Diagrams



**Inserting the battery**  
Press and rotate the belt clip to reveal the battery compartment.



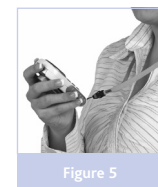
Release the battery compartment and insert the batteries.



**Connecting the leads**  
Insert both black jack plugs into the sockets.



**Connecting the Electrode Pads**  
Insert a red and black pin (at the end of each lead wire) into each pair of electrodes.



**Using the Neck Cord for mobility during labour**  
Thread the loop of the neck cord through the space at the base of the unit. Slip the other end of the neck cord through the loop and pull into position.