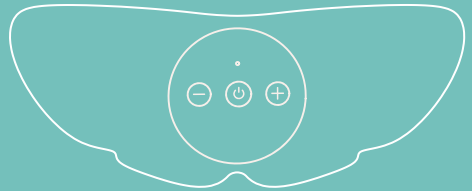


Femmely GO



USER MANUAL

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1. FORWARD

1.1 Device Instruction

Thank you for purchasing Femmely GO period pain relief.

The Femmely GO is designed to relieve menstrual pain and discomfort.

1.2 Intended Users

The Femmely GO should be used only by woman aged 16 and above.

1.3 Principle of Operation

Before using, please read all the instructions in the user manual carefully and keep it safe for future use.

The Femmely GO has 6 massage modes and applies electric currents in the low-frequency range for therapy. Each program was designed with specific pulses frequency, pulse length, intensity, that are suitable for its intended use.

The parameters for each modes are listed below.

Based on stimulation the body's natural pulses, the mechanism of electrical stimulation equipment is to create electric impulses that are transcutaneous

transmitted to nerves or muscle fibers through electrode. When these pain signals are halted, pain is not felt by the reactive area and the patient gets relief. Low frequency bursts of mild electrotherapy also help activate the natural pain control response, releasing beta endorphins that ease the pain felt by the patient.

1.4 Medical Background

1.4.1 About Pain

Menstrual colic for girls is an important signal in the human body warning system. If suffered for a long time, girls will be in pain.

Aside from its function in diagnosis, long-lasting persistent pain serves a useless purpose.

Pain does not occur until an encoded message travels to the brain where it is decoded, analyzed, and reacted to, from the injury area along the small nerves leading to the spinal cord. There the message is transmitted to different nerves that travel up the spinal cord to the brain. Then the pain message is interpreted, referred, and pain is felt.

1.4.2 What Is Femmely GO?

TENS (Transcutaneous Electrical Nerve Stimulation) is effective in relief of pain. It is daily used and clinically proven by physiotherapists, caregivers and top athletes around the world. High-frequency TENS currents activate the pain-inhibiting mechanisms of

the nervous system. Electrical impulses from electrodes, placed on the pain area, stimulate the nerves to block the pain signals to the brain, causing the pain go unperceived. Low-frequency TENS currents facilitate the release of endorphines, the body's natural painkillers.

2. SAFETY INFORMATION

2.1 Intended Use

It is used for temporary relief of pain associated with sore from menstrual colic.


2.2 Important Safety Precautions and Warnings



It is important that you read all the warnings and precautions included in this manual because they are intended to keep you safe, prevent risk of injury and avoid a situation that could result in damage to the device.

SAFETY SYMBOLS USED IN THIS MANUAL

2.2.1 Contraindication

1) Do not use this device if you are using a cardiac pacemaker, implanted defibrillator, Or other implanted metallic or electronic devices. Such use could cause Electric shock, electrical interference, or death. 

2) The device should not be used when cancerous lesions or other lesions are Present in the treatment area.

3) The device should not be applied over swollen, infected, inflamed areas or skin eruptions (e.g.phlebitis, thrombophlebitis, varicose veins, etc.)

4) Electrode placements must be avoided in the carotid sinus area (anterior neck) or transcerebrally(through the head).

5) This device should not be used in overly enervated areas.

6) Inguinal hernia.

7) Do not use on scarred area following a surgery for at least 10 months after the peration.

8) Do not use with serious arterial circulatory problems in the lower limbs.

2.2.2 Warning

1) If you have had medical or physical treatment for your pain, consult you're your physician before use.

2) If your pain is noy subdued, becomes more than mild, or lasts for more than five days, stop using the device and consult with your physician.

3) Do not apply stimulation over your neck because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.

4) Do not apply stimulation across your chest because the introduction of electrical current into the chest may

cause rhythm disturbances to your heart, which could be lethal.

- 5) Do not apply stimulation over, or in proximity to, cancerous lesions.
- 6) Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when electrical stimulation device is in use.
- 7) Do not apply stimulation when in bath or shower.
- 8) Do not apply stimulation while sleeping.
- 9) Do not apply stimulation while driving, operating machinery, or during any activity when electrical stimulation can put you at risk of injury.
- 10) Apply stimulation only to normal, intact, clean, healthy skin.
- 11) The long-term effects of electrical stimulation are unknown. Electrical stimulation device cannot replace drugs.
- 12) Stimulation should not take place while the user is connected to high-frequency surgical equipment, which may cause burn injuries on the skin under the electrodes, as well as problems with stimulator.
- 13) Do not use the stimulator in the vicinity of shortwave or microwave therapy equipment, since this may affect the output power of the stimulator.
- 14) Never use it near the cardiac area. Stimulation electrodes should never be placed anywhere on the front of the thorax (marked by ribs and breastbone), but above all not on the two large pectoral muscles. There it can increase the risk of ventricular fibrillation and

lead to cardiac arrest.

- 15) Never use it on the eye, head and face area.
- 16) Never use it near the genitals.
- 17) Never use it on the areas of the skin which lack normal sensation.
- 18) Keep electrodes separate during treatment, it could result in improper stimulation or skin burns if electrodes are in contact with each other.
- 19) Keep the stimulator out of reach of children.
- 20) Consult your doctor if you are in any doubt whatsoever.
- 21) Discontinue it and do not increase the intensity level if you feel discomfort during use.

2.2.3 Precautions

- 1) Femmely GO is not effective for pain of central origin including headache.
- 2) Femmely GO is not a substitute for pain medications and other pain management therapies.
- 3) Femmely GO is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.
- 4) Effectiveness is highly dependent upon patient selection by a practitioner qualified in the management of pain patients.
- 5) Since the effects of stimulation of the brain are unknown, stimulation should not be applied across your head and electrodes should not be placed on opposite sides of your head.

- 6) The safety of electrical stimulation during pregnancy has not been established.
- 7) You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium(silica gel).
- 8) If you have suspected or diagnosed heart disease or epilepsy, you should follow precautions recommended by your physician.
- 9) Caution if you have a tendency to bleed internally, e.g. following an injury of fracture.
- 10) Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process.
- 11) Caution if stimulation is intended to be applied over the menstruation or pregnant uterus.
- 12) For single patient use only.
- 13) This stimulator should not be used by patients who is noncompliant and emotionally disturbed including whom with dementia or low IQ.
- 14) The instruction of use is listed and should be obeyed; any improper use may be dangerous.
- 15) Rare cases of skin irritation may occur at the site of the electrode placement following long-term application.
- 16) Do not use this device in the resence of other equipment which sends electrical pulse to your body.
- 17) Do not use sharp objects such as a pencil or ballpoint tip to operate the buttons on the control panel.
- 18) Check the electrode connections before each use.
- 19) Electrical stimulators should be used only with the

electrodes recommended for use by the manufacturer.

2.2.4 Adverse Reactions

- 1) Possible skin irritation or electrode burn under the electrodes may occur.
- 2) On very rare occasions, first-time user of Femmely Ultra report feeling light-headed or faint. We recommend that you use the product while seated until you become accustomed to the sensation.
- 3) If the stimulation makes you uncomfortable level and contact your physician if problems continue.

3. ADDITIONAL BENEFITS

- The Femmely GO relieves menstrual pain and discomfort.
- The Femmely GO increases feelings of well-being.
- The Femmely GO allows you to carry out your routine activities.
- The Femmely GO is easy to apply and to use.
- The Femmely GO is a compact,pocket-sized device that you can carry in your handbag

when not in use and wear comfortably under your clothes when needed.

- Simply attach Femmely GO to the area of your body where you have the most pain, switch it onto the desired amplitude and then go about your normal routine. You customize your level of treatment.

- The Femmely GO is not a medication and is non-invasive. It is the closest thing to a natural treatment for menstrual pain.

Note

- Use only as directed, and consult your doctor if pain or symptoms persist.

- The Femmely GO is a non-invasive treatment, and should be used only on uninjured skin.

- The Femmely GO is not medication.

4. PACKAGE CONTENTS

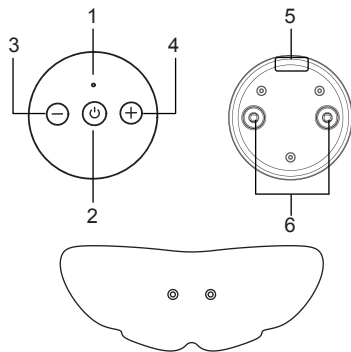
Your Femmely GO set contains:

- Femmely GO device* 1pc
- PU electrode pad* 2pcs
- User manual* 1pc
- USB charging cable* 1pc
- Color box* 1pc

5. GETTING TO KNOW FEMMELY ULTRA

5.1 Accessories

| No. | Description | QTY |
|-----|------------------|-------|
| 1 | Femmely GO | 1 pc |
| 2 | PU electrode pad | 2 pcs |
| 3 | User manual | 1 pc |
| 4 | Charger | 1 pc |
| 5 | Color box | 1 pc |



| No. | Description |
|-----|---|
| 1 | [ON/OFF]button: Short press the [ON/OFF] button to turn on the device; At treating mode, short press the [ON/OFF] button to select the treating modes; At treating mode, long press the [ON/OFF] button at 3 seconds to turn off the device. |
| 2 | Indicator light: Red light corresponding low power, Green light corresponding operation normal or charging finish. |
| 3 | “+” button: at standby mode or treating mode, press “+”button to increase the intensity |
| 4 | “-” button: at treating mode, press“-”button to decrease the intensity |
| 5 | Charge interface |
| 6 | Snap: connect the button type electrode pad |

6. SPECIFICATION

6.1 Technical Information

| | |
|-------------------|--|
| Device name | Femmely GO |
| Model/type | SM9023 |
| Power supply | 3.7V, 180mAh |
| Device Intensity | 20 levels |
| Battery | 3.7V/180mAh Polymer rechargeable battery |
| Battery Duration | About 10-12 cycles |
| Weight | 24g |
| Stimulation modes | 6 |
| Charging Voltage | 5V |
| Fully Charged | Approx. 40min |
| Duration | Approx. 300min |
| Max.output | 2.5w |
| Material | ABS |
| Size | Length & Width 58mm,Height 12.5mm |

6.2 TENS 6 modes

| Modes | Frequency | Pulse Width | Operation time |
|-----------------|-----------|-------------|----------------|
| 1. Scraping | 60Hz | 191us | 30 min |
| 2. Tapping | 11Hz | 191us | 30 min |
| 3. Cupping | 1Hz | 191us | 30 min |
| 4. Accupuncture | 51Hz | 191us | 30 min |
| 5. Kneading | 84Hz | 191us | 30 min |
| 6. Taichi | 34Hz | 191us | 30 min |

7. OPERATION INSTRUCTION

7.1 Connect the Electrode Pad

Before proceeding to this step, be sure the device is completely switched OFF. Connect the electrode pad on the device directly by the snaps. Make sure they are properly connected to ensure the good performance.

Caution

Always use the electrode pads which comply with the requirements of the IEC/EN60601-1, ISO10933-1/-5/-10 and IEC/EN60601-1-2, as well as CE and FDA510(k) regulation.

7.2 Electrode

7.2.1 Electrode Options

The electrodes are disposable and should be routinely replaced when they start to lose their adhesiveness. If you are unsure of your electrode adhesive property, please order new replacement electrodes. Replacement electrodes should be re-ordered under the advice of your physician or the device manufacturer to ensure proper quality. Follow application procedures outlined on electrode packings when using the new replacement electrodes to maintain optimal stimulation and to prevent skin irritation.

Caution

1. Always remove the electrodes from the skin with a moderate pull in order to avoid injury in the event of highly sensitive skin.
2. Before applying the self-adhesive electrodes, it is recommended to wash and degrease the skin, and then dry it.
3. Do not turn on the device when the self-adhesive electrodes are not positioned on the body.
4. To remove or move the electrodes, switch off the device or the appropriate channel first in order to avoid unwanted irritation.
5. Never remove the self-adhesive electrodes from the skin while the device is still on.

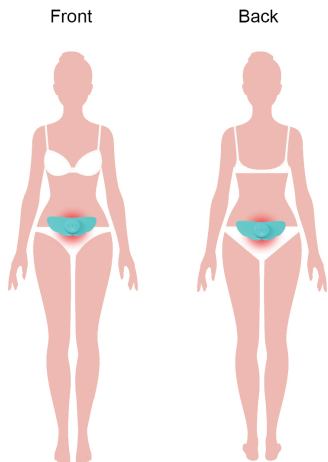
7.2.2 Electrode Placement

The Femmely GO is a OTC stimulator, suitable for home use. You only have to use according to the user manual, please the electrode on the position where you feel pain. Conduction exercise, treatment and adjustment based on your own feeling.

Caution:

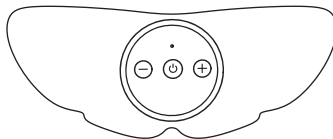
Use only the electrodes supplied with the device.

8. INSTRUCTIONS FOR USE



8.1 Device to Pad Installation

Warning: Please make sure device is off first before attaching to pad. Do not turn on until device is adhered to skin. Attach the device to the gel pad by snapping them on.



Skin Preparation-Device is still turned off: Trim, do not shave, excessive hair on treatment area. Wssh the skin the dry completely. (Treatment area should be void of any lotions/oils.)

Peel off the protective film on the gel pad and attach the pad to the center of the lower back or belly. A friend or family member may assist. (Save the protective film as you will reuse this). It is recommended to lay down on stomach or stand straight up during treatment.

8.2 How to Use Femmely GO

8.2.1 Short press[ON/OFF] button to turn on the device, device always starts on Model 1 TENS mode, the red indicate light will be on.

8.2.2 Short press[ON/OFF] button to switch the modes to mode otehr TENS modes.

8.2.3 Press“+”or“-”button to increase or decrease the intensity.

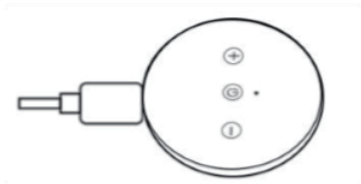
8.2.4 Device Charging

Step 1: Connect the USB cable with the Domas massager.

Step 2: Connect the USB cable with suitable adapters. (Smart phone adapters and computer USB ports are suitable)

Step 3: It takes about 40min to fully chrgre device. When finished, the light will bein blue.

Step 4: When the light is blue, disconnect the USB cable and store it for further use.



8.3 Storage and Maintenance

8.3.1 Fully charge the battery before long-term storage and charge it every two or three months to extend the life of the battery.

8.3.2 Use baby wipes to clean any stains or dust on device.

8.3.3 Use a wet towel to clean the gel pad and allow it to air dry to maintain pad adhesiveness.

8.3.4 The gel pad needs to be replaced when it no longer adheres to the skin. (approximately 25-30 applications)

8.3.5 Store device in original packaging.

Please DO NOT USE or STORE this device under the following circumstances:

In the sun

- In dusty environment
- Near fire or heat
- In humid environment
- Electromagnetic environment
-

8.4 Gel Pad Usage

Make sure the skin is clean and does not contain any lotion before applying pad. The gel pad is a consumable and will last about 30 applications depending on your skin type, oils, and PH levels.

9. BASIC TROUBLESHOOTING GUIDE

9.1 Troubleshooting Guide

| Problem | Cause | Solution |
|--------------------------------------|---|--|
| Can't feel any stimulation | The intensity level is not properly adjusted. | Press the "+" button until stimulation is felt |
| | Gel pads are not firmly attached to the skin. | Attach the gel pads firmly to the skin. |
| | The adhesive surface of the gel-pad is damaged. | Replace it with a new gel pad. |
| | The adhesive surface of the gel-pad is dirty or dusty. | See storage & maintenance and clean the gel pads |
| Electrical stimulation is too weak | The battery is very low. | Charge the device |
| | The adhesive surface of the gel pad is damaged. | Replace with a new pad |
| | The adhesive surface of the gel-pad is dirty or dusty. | See storage,& maintenance clean the gel pad |
| Electrical stimulation is too strong | The intensity level is too high or pads are not attached correctly. | Press the "-" button to decrease intensity |
| Stimulation stopped unexpectedly | The battery is low | Charge the device |

| | | |
|---|--|---|
| Gel pad won't stay firmly attached to the skin. | The adhesive surface of the gel sheet is dirty or dusty. | See storage& maintenance Clean gel pad |
| | The adhesive surface of the gel pad is damaged. | Replace it with a new pad |
| The skin turns red or becomes irritated | The gel pads are not firmly attached to the skin | Make sure skin is clean and attach gel pad firmly to skin. (no lotion/oils) |
| | Adhesive surface of gel pad is dirty or dried out. | See storage& maintenance |
| | The adhesive surface of the gel pad is damaged. | Replace it with a new pad |

Stop using the device if any problem remains unsolved after trying the solutions we suggest.