



# Self-Adhering Electrodes

Not made with  
natural rubber latex

Flexible

Tan Fabric Back  
Carbon Electrode

Reusable

For use with Transcutaneous Electrical Nerve  
Stimulators and Electrical Muscle Stimulators

1.6 in x 1.6 in  
(4 cm x 4 cm)

**Square**

## 4 Electrodes

Distributed by BodyMed®  
Hudson, OH 44236

1-866-528-2152

Made in Taiwan

# Important Warnings

1. The electrodes are intended for use by one patient only. Do not share electrodes. (See Figure 9)
2. Adjust stimulator according to stimulator and health professional instructions for your treatment.
3. Do not apply to broken skin. If rash or skin irritation occurs, discontinue use and contact your physician. Do not use while driving a motorized vehicle, or operating machinery. (See Figure 8)
4. This device is not manufactured with natural latex components.

## **Description and intended use:**

These electrodes are intended for use with transcutaneous neurostimulation devices as over the counter. Some common type of neurostimulation devices include, but are not limited to, TENS devices and EMS devices. Transcutaneous neurostimulation electrodes are passive devices serving as an interface between a patient's skin and a neurostimulation device.

## **Appropriateness of these electrodes:**

To determine whether these electrodes are appropriate for use to your specific application, please refer to the user manual of the electrical stimulator that includes any specific compatibility requirements for the electrodes. These electrodes are to be used strictly with over-the-counter electrical stimulators that accept electrodes/wire series. These electrodes provide a nominal impedance of 500 ohms. min. Do not exceed 0.1 watts/cm<sup>2</sup>. Maximum duration of use: 60 min.

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Please see other side for more instructions.

# Directions for Use

## Application

1. Clean skin thoroughly prior to each application of electrodes. Electrodes do not stick well if any lotion, oil, make-up, dirt, etc. is left on the skin. (See Figure 1)
2. Turn the stimulator off before you apply the electrodes to your skin.
3. Insert the pins of the lead wire from the stimulator into the electrode wire connectors. (See Figure 2)
4. To remove the electrodes from the protective liner, lift at the edge of the electrodes and peel from the liner; then apply firmly to the skin. Adhesion improves when electrodes reach skin temperature. Retain the protective liner in bag for storage after use. (See Figures 3 & 4)
5. To improve the life and adhesion of the electrodes, moisten the skin with a damp cloth prior to application.

## Removal

1. Turn the stimulator off before you remove the electrodes from the skin.
2. Lift at the edge of the electrodes and peel. Do not pull on the lead wires when removing electrodes from the protective liner or skin. You may damage the electrodes if you do so. (See Figure 7)
3. Place the electrodes on the liner and remove the lead wire by gently twisting and pulling at the same time. (See Figure 5)

## Care and Storage

1. Between uses, store the electrodes in the resealable bag in a cool, dry place. (See Figure 6)
2. The life of the electrodes varies depending on skin conditions, storage, climate, amount of use, type of stimulation and stimulation site. Electrode life may be extended by carefully following the application instructions.



Figure 1



Figure 2

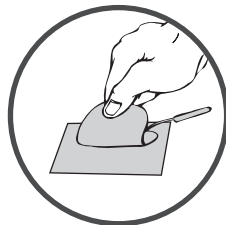


Figure 3



Figure 4

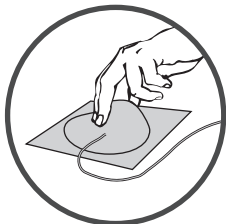


Figure 5

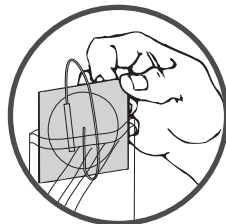


Figure 6



Figure 7



Figure 8

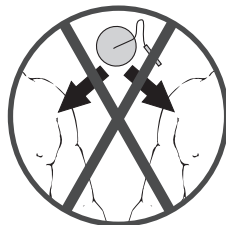


Figure 9