

## Preparation of the FreeMOM TENS Stimulator

### Step 1

Always use a fresh 9V Alkaline battery  
Open the battery compartment lid by sliding it down.  
Insert one of the batteries into the battery compartment.  
*(2 fresh batteries are supplied with the kit)*

### Step 2

Insert the supplied cable plug into the socket in the base of the FreeMOM TENS Stimulator. Close the battery compartment lid by sliding it into place.

### Step 3

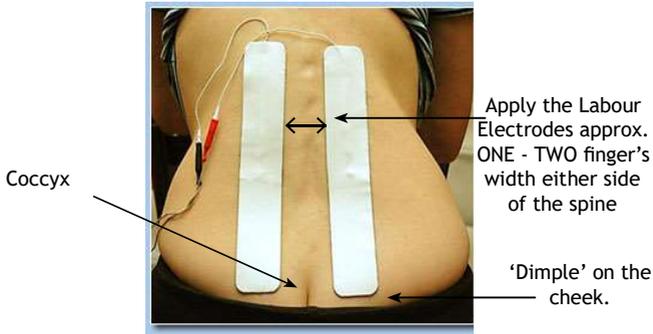
Important the FreeMOM TENS kit is turned OFF (no lights on) before you connect the cables.

Connect the red and black plugs into the electrode sockets by pushing and twisting the plugs into the labour electrode sockets.  
(the cable plug colour is NOT important)

### (Helpful hints)

- Please dispose of the Pre TENS skin wipe after use.
- The alcohol in the Pre TENS skin wipe cleans the skin and the silicon in the Pre TENS skin wipe leaves a thin barrier on your skin. This silicon barrier remains on your skin for 24hrs, it is waterproof so you can have a shower or bath and the silicon barrier will remain on your skin.
- The FreeMOM TENS device and electrodes are NOT waterproof.
- If you are planning to have a shower or bath please store the electrodes on their original backing sheet and store this in the foil packaging.
- After your shower or bath, gently dab dry your back with a towel to absorb excess moisture before reapplying electrodes.
- Store the FreeMOM TENS kit in a cool dark place out of direct sunlight.
- The Labour electrodes can be removed and replaced many times during your 'birthing experience' however they must be disposed of after the birth of your baby.

## STAGE 1 - Contraction phase



Once contractions have started

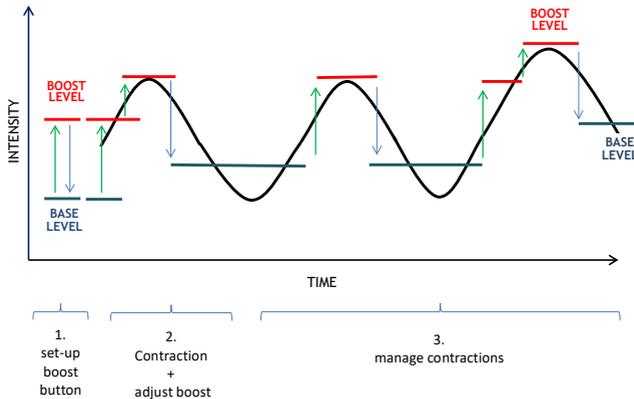
**STEP 1 - Prepare the skin**, wipe the lower back (the Labour electrode placement site) with a Pre-TENS skin preparation wipe and wait approx. 10-15 seconds to allow the wiped skin to dry. Please dispose of the wipe safely.

### **STEP 2 - Apply the labour electrodes to the prepared skin**

Make sure the FreeMOM TENS is turned OFF (green light is off) before you proceed.

- Start applying the electrodes from the bottom up. Start below the intergluteal cleft/crease (butt crack) and move up the back.
- Leave a gap between the spine and each electrode of approx. 1-2 finger's width either side of the spine.
- While the battery lid is open, fit the battery and connect the cable plug into the socket at the base of the FreeMOM TENS stimulator. Wrap the battery lid around the cable and slide and close the lid. The fitted cable will now be secure. The cables red and black plug is taken up and under the clothing and through your collar. Connect the cables red and black plugs (The plug color is not important) into the Labour electrodes sockets by using a pushing and twisting action. Place the lanyard around your neck so your hands are free when you do not have to push the boost button.

**STEP 3 - Set the boost button.** Hold down the boost button and slowly turn up the amplitude dial to reach a comfortable level (see 1 below). Release your thumb from the boost button, you should feel the sensation on your back drop away/subside. Now you wait for the next contraction. Once you experience another contraction, press down on the boost button with a 'flat' thumb of one hand, use the pointer finger from your other hand to slowly turn the Amplitude control in the direction of the arrow (clockwise) until the "tingling ion" is strong but comfortable. Once the contraction subsides release your thumb from the booster button.



**STEP 4** - At the start of each contraction, press down on the boost button with your 'flat' thumb and hold the boost button down for the duration of the contraction. Once the contraction subsides release your thumb from the Booster Button.

**STEP 5** - When contractions become stronger or more intense, you may need to adjust by turning the Amplitude control in the direction of the arrow to make the 'tingling' sensation stronger than the contraction pain. This adjustment is only made while pressing down on the Booster Button

Repeat STEP 3

## **STAGE 2 - Pushing phase**

(Please DO NOT PRESS or USE the Boost button for this application)

**STEP 6** - Once you are fully dilated you will no longer push the **boost button**. Prior to commencement of 'stage 2', simply increase the Amplitude Control (in the direction of the arrow) to a stronger and continuous comfortable 'tingling sensation' level.

**STEP 7** - If internal Fetal monitoring is required during this phase, you may be requested by the midwife to pull out the cable plug from the base of the FreeMOM TENS stimulator. The FreeMOM TENS can be reconnected by plugging in the cable once monitoring is complete.

**STEP 8** - If labour is induced, you experience 'after birth pains' or you feel pain associated with contraction of the uterus, refer to the additional application pages.