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MAMATM
tens

T.E.N.S Unit for Labour Pain Relief

INSTRUCTION GUIDE



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This sign indicates the presence of a hazard that can cause personal injury if the hazard is not avoided



This sign indicates the presence of a hazard that might cause damage to the **mama tENS** or to the leads or electrodes attached to it, if the hazard is not avoided.



This sign indicates the provision of additional information

1. INTRODUCTION

The **mama tENS** is a TENS machine specially designed to help counter Labour Pain.

The pain suffered during birth might start with the first contraction or when the cervix starts to dilate. The pain then increases progressively until the cervix is completely dilated. During this period you will experience pain of different types and intensities but due to the innovative technology which has been incorporated into your **mama tENS**, you will be able to help counter this. The **mama tENS** achieves this by delivering a variety of signals dependent upon the stage of your labour.

Please note that whilst some expectant mothers will achieve sufficient pain relief using just the **mama tENS**, others may require additional pain relief

2. WHAT IS TENS?

TENS stands for Transcutaneous Electrical Nerve Stimulation. Research, technology and quality engineering has made TENS a therapeutic, safe and highly effective pain relief system, recommended by midwives, doctors and obstetric physiotherapists throughout the world.

THE ADVANTAGES OF TENS

- No effect on the baby
- Non addictive
- Non invasive
- Safe to use at home
- User friendly
- Portable

ARE THERE ANY SIDE EFFECTS?

NO - there are NO known side effects from TENS use, and long term stimulation is NOT harmful.

3. HOW TENS WORKS

TENS is simply a means of stimulating your body's own natural defences against pain. The electrodes are normally placed on the source of the pain (in the case of labour pain, only on the back, never on the abdomen) and the **mama tens** transmits a gentle feeling through the skin, with a choice of specific therapeutic patterns. The correct positioning of the electrodes is important to achieve maximum relief. A body map on page 11 shows these positions.

The **mama tens** causes a release of endorphins, the body's natural pain relievers. Fibres within the nervous system are also stimulated to block pain messages being sent to the brain.

The **mama tens** is the result of considerable research and represents the latest in TENS technology. The **mama tens** incorporates stimulation that has been proven effective following clinical trials.

4. PRECAUTIONS



4.1 Do NOT use the **mama tens under the following circumstances:**

- During the first 26 weeks of pregnancy.
- On the abdomen at any time during pregnancy or labour.
- If you have a heart pacemaker.
- If you have, or have ever had, a heart rhythm problem.
- If you are suffering from acute feverish conditions.
- If you are suffering from infectious diseases or tumours.
- When driving, cycling or operating machinery.

If you have, or have had, epilepsy you **MUST** obtain the full approval of your doctor prior to using the **mama tens** unit.

4.2 Observe caution when using **mama tens** whilst connected to monitoring equipment with body-worn electrodes. Interference may occur with the monitoring signal.

4.3 Pads should NOT be placed:

- On the abdomen at any time during pregnancy.
- On the carotid sinuses located on the front of the neck.
- Over the eyes.
- Cross-cranially, i.e. Across both temples at the same time.
- On broken skin.
- On areas where normal sensation is absent.

5. GENERAL PRECAUTIONS



- Do not immerse the *mama tens* in water.
- Do not place the *mama tens* close to excessive heat.
- Do not attempt to open the *mama tens*.
- Do not use anything other than the specified batteries.
- Keep the *mama tens* away from sources of high magnetic fields such as TVs, microwave ovens and hi-fi speakers as magnetic fields may affect the LCD display, but not the working of the unit.



If a lead wire becomes detached from its socket the unit must be switched off before re-inserting.



IF IN DOUBT CONSULT YOUR MEDICAL PRACTITIONER, MIDWIFE OR OBSTETRIC PHYSIOTHERAPIST.

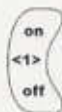
6. INSTRUCTIONS AND CONTROLS

Your *mama tens* is very simple to use and you should find it extremely effective. However, before use, please read all of this Guide, taking specific notice of all the precautions.

6.1 CONTROLS

The *mama tens* has four coloured buttons on the front and one on the side.





The left curved GREEN BUTTON marked "ON/OFF" <1> is the ON and OFF Switch.



The right curved GREEN BUTTON marked ▼ & ▲ <2> is the intensity control.

Press ON and hold for 2 seconds to turn ON. (This delay avoids turning ON accidentally) The LCD display will appear as "A1 0" indicating that the unit has automatically set itself into Labour Pain Phase A and Mode 1 at Zero intensity (0). Press OFF to turn the unit off.

Each time the ▲ is pressed, and then released, the *mama tens* will increase in intensity by one level. The *mama tens* has fifteen levels of intensity. Each time the ▼ is pressed, the intensity will decrease by one level.

As you increase the intensity you will experience a gentle tingling feeling. You may feel little or no sensation from the *mama tens* at its lower levels, but keep pressing and releasing the green button until the sensation is strong but comfortable. To maintain the effect as your body becomes accustomed to the signal you will probably need to steadily increase the stimulation by raising the intensity a level at a time: this is perfectly normal.



SAFETY FEATURE - If the *mama tens* is accidentally switched on it will switch off automatically if the intensity is not pressed within 5 minutes.



The UPWARD POINTING TRIANGULAR YELLOW BUTTON marked "PROG" is used to select from three programmes, one for each phase of Labour.

Each time the PROG BUTTON is pressed the programme changes. The programme selected is displayed on the LCD screen.

Programme A, for Phase 1 is shown as A 1

Programme B, for Phase 2 is shown as B 1

Programme C, for Phase 3 is shown as C 1

The Programmes are explained in detail under the section "How To Use *mama tens*", on pages 15 to 19.



- The DOWNWARD POINTING TRIANGULAR BUTTON marked "LOCK" is the lock switch. Holding this button down for 3 seconds locks the controls. A key symbol appears in the LCD and none of the controls will operate. This function avoids accidental changes in programme and intensity. Hold down the LOCK BUTTON for 3 seconds to remove the lock.



- On the SIDE of the unit is a BOOST button. Its action depends upon the programme selected and is detailed within the section "How to use your *mama tens*".

7. POSITIONING OF PADS

The pads need to be placed over the junctions of the nerves joining the womb and birth canal to the spinal cord. Correct positioning of the pads will give maximum pain relief so please study the photograph and then follow these instructions:

1. Carefully peel the pads off their plastic covers. Do not pull on the lead wire.
2. Place the top pair of pads (connected to CH1) either side of the spinal column 2 inches (50mm) apart from each other and about 3 inches (75mm) below the bottom of the shoulder blades (close to vertebrae T10, T11, T12 and L1). This is just below the bra line.
3. The lower pair of pads (connected to CH2) are placed either side of the spine about 4 inches (100mm) apart and about 1 inch (25mm) above the dimples at the base of the spine, just above the buttocks (close to vertebrae S2, S3 and S4).

Please check the photograph to be sure of the correct positioning of the pads.



8. HOW TO PREPARE YOUR *mama tens*

8.1 PACK CONTENTS

Your *mama tens* pack should comprise the following:

- 1 x Instruction Booklet (which you are reading now!)
- 1 x Pictorial Instruction card
- 1 x *mama tens* unit
- 1 x Safe-release Neck Cord
- 1 x Removable Belt Clip
- 2 x Pairs of 50mm x 100mm rectangular self-adhesive pads which include long Leadwires
- 4 x 1.5volt AA (LR6) Alkaline Batteries (2 inserted into the unit and 2 spare)
- 1 x Carry Case

Having checked all the contents are correct, please proceed to assemble the unit. Please note that your *mama tens* is supplied with new batteries inserted plus a spare pair.

8.2 ASSEMBLY and PREPARATION

Assembly of your *mama tens* is very simple and requires only three steps.

STEP 1:

Unravel the Leadwires to two of the pairs of pads and insert the plug at the end of each lead into the socket at the base of the unit. Please note which plug and lead wire is in CH1 and which is in CH2. The sockets are marked CH1 (Channel 1) and CH2 (Channel 2). The plug(s) can only be inserted one way.

STEP 2: Attachment of Pads.

Peel off the clear plastic covers and attach the pads to your back as shown in section 7. Please keep the clear film liners for preserving the pads after use.

*The **mama tens** is now ready for use; it may be comfortably held in the hand or it can also be hung from the neck or clipped to a belt or waistband. If you wish to wear the **mama tens** in either of these ways, refer to the next Step.*

STEP 3 (optional):

- (a) Safe-Release Neck Cord - To hang the *mama tens* from your neck, slide the supplied safe-release neck cord under the recessed clip on the back of the *mama tens*. This neck cord will pull apart if you snag it or the machine and is therefore intrinsically safe.



Warning: Do not substitute string or a regular necklace for the safe-release neck cord as such items will not necessarily break in the event of a snagging.

- (b) Removable Belt Clip - Alternatively, to wear the **mama tens** at the waist, insert the supplied belt clip into the recess on the back of the **mama tens** and then slide into position until the clip locks into place. The clip is primarily intended for use with a belt but it can also be used on a waistband if it is sufficiently tight. The belt clip is designed to fit in either direction.

8.3 AFTER USE

Always ensure that the **mama tens** is switched OFF before removing the electrodes. After use, return the electrodes onto the clear plastic covers and store in the resealable bag(s).

8.4 TRIAL RUN

It is recommended that, if you have not previously used a Tens unit, you try the unit for a few minutes using one pair of the pads supplied. Position these on your lower back below your waist either side of your spine. Increase the intensity slowly until you feel the tingling sensation. Change programmes (see section 9) so that you are fully aware of the different feelings and understand the controls.



Please release the Boost button when in C1 mode before the intensity becomes too strong.

9 HOW TO USE YOUR **mama tens**

9.1 DURING PHASE 1 LABOUR

Your first contraction is not necessarily the start of your labour. The first stage of labour is when your cervix starts to dilate. First signs of the cervix dilating are normally when the contractions become stronger. When this occurs:

- (1) ask your partner or midwife to carefully apply the four rectangular electrodes to your back (after referring to "Positioning the pads" on page 10); and
- (2) select the **mama tens**'s Labour Programme A by pressing the ON BUTTON. The screen will display "A1 0".



NOTE: When applying the pads, you must ensure that the lead wire serving the upper pair of electrodes (i.e. Those applied to the middle of your back) is plugged into the left hand socket marked "CH1". The lead wire serving the lower pair of electrodes must be plugged into the right hand socket marked "CH2".

The LABOUR Phase 1 Programme A is set at a frequency pulse that will trigger the release of endorphins. This will relax you and relieve your pain.

In this setting there are two Modes, A1 and A2. Mode A1 is for use in between contractions; Mode A2 is for use during contractions. You can switch between the two modes at any time by pressing the BOOST BUTTON, located on the side of the unit.

The *mama lens* will start in Mode A1 at zero intensity. Once the intensity is increased sufficiently you will experience a pulsing on-off-on-off sensation. When the next contraction starts press the BOOST BUTTON once and the mode will change to Mode A2, at the same intensity level as it was when in Mode 1. The LCD screen will, for example, go from "A1 5" to "A2 5". Mode 2 will be experienced as a constant tingling sensation. When the contraction passes, press the BOOST BUTTON once and the *mama lens* will change back to Mode A1 at the same level of intensity as it was when in Mode A2. Repeat this each time a contraction starts. As the contractions become stronger simply increase the intensity.

9.2 DURING PHASE 2 LABOUR

As your labour progresses your contractions will intensify and become more frequent. If you feel the need for a different form of pain relief you should press the PROG BUTTON once. This will move the *mama lens* into Programme B for Labour Phase 2, and the LCD screen will show "B1 0".

The timing of this move from Prog A to Prog B varies from one mother to another but you should rely upon Prog A as long as possible. There may however come a time when the contractions become particularly strong and switching to Prog B for Labour Phase 2 will provide you with a stimulation pattern which is set to block the heightened pain which you may suffer.

Press and release the INTENSITY ▲ BUTTON until you reach a comfortable intensity setting which will seem a lot less "thumpy" than Programme A1.



You will possibly be aware that the intensity of the stimulation derived from the higher set of pads (which have been placed just below your bra line) is greater than the lower set of pads (at the bottom of your back): this is intentional and part of the therapy.

In Programme B there are again two modes, 1 and 2. When the next contraction starts, press the BOOST BUTTON once. The mode will change to Mode B2, at the same intensity level as it was when in Mode B1 and the LCD screen will, for example, go from "B1 5" to "B2 5". Mode B2 will be experienced as a constant tingling sensation.

When the contraction passes, press the BOOST BUTTON once more and the *mama tens* will change back to Mode B1 at the same level of intensity as it was when in Mode B2. Repeat this each time a contraction starts. As the contractions become more intense and closer together, increase the intensity.



If greater intensity is felt from the lower electrodes instead of the upper ones then the leads have probably been incorrectly inserted into the *mama tens*. To correct this, switch off the *mama tens*, change over the leads, and then switch back on.

9.3 DURING PHASE 3 LABOUR

Immediately Before Starting to "Push"

Just before the cervix is fully dilated and you start to push, you may find the *mama tens* is not blocking out the pain sufficiently: press the PROG BUTTON once more. The *mama tens* will go into Programme C for Labour Phase 3, which is shown on the LCD screen as "C1 0". This special function "ramps" the power (level of intensity) during final contractions.

In between contractions press and release the INTENSITY ▲ or ▼ (+/-) button until you reach a comfortable intensity setting (for example: C1 5). As the next contraction begins and the pain becomes very intense, press the BOOST BUTTON and HOLD IT DOWN. The intensity will ramp up (increase) from its background setting, and will continue to ramp up until you release the BOOST BUTTON because the intensity became too much to bear. Releasing the BOOST BUTTON allows the intensity to drop rapidly and return to the background setting you pre selected.

The LCD will display the ramping status. For example if background setting is "C1 5" and the Boost button is held until "C1 9" happens to be displayed, the actual display will read from C1 5 through C1 6-7-8-9 and then back down through 8-7-6 to 5.

As the next contraction intensifies, once again press and hold down the BOOST BUTTON and the intensity will quickly ramp up. Keep repeating this procedure.

When instructed to start "pushing" use the PROG BUTTON to switch the *mama tens* back to Programme A.

10. GENERAL INFORMATION

10.1 PADS AND LEADWIRES

The pads that are supplied with the *mama tens* are superior self-adhesive pads. The condition of the pads does affect the conductivity and, therefore, the performance of the *mama tens*. Before placing the pads please ensure that your skin is wiped clean and dry.



Ensure that all times the leadwires are slack, rather than taut. If undue force is applied to leadwire it could break or even detach from the electrode pad.

10.2 COMPLICATIONS

These can arise but are very rare. Please note the following:

1. Allergic reactions to the self-adhesive pads can occur, even though they are hypo-allergenic.
2. Do not apply pads to broken skin, or to skin which does not have normal sensation as, if the skin is numb, stimulation will not be felt and too great an intensity might then be used accidentally.

10.3 LOW BATTERY DISPLAY

If the batteries begin to lose their power a battery symbol will appear on the LCD. Change both batteries at this stage using spare batteries supplied. See instructions below as to how to change the batteries.

10.4 CHANGING THE BATTERIES

Unlock the battery holder by sliding the knob downwards. Pull out the battery holder. Remove the existing batteries. Using the diagram on the battery holder as a guide, insert the new AA (LR6) batteries. The *mama tens* will not function if the batteries are inserted incorrectly and damage to the unit could occur. With the batteries uppermost, slide the battery holder back into place. If the battery holder cannot be fully inserted it is upside down. Do not force the battery holder into place. Lock the battery holder by sliding the knob up. To check that the batteries have been correctly fitted, press and hold the ON for 2 seconds and the LCD screen will display "A1 0".



Replace only with the AA(LR6)battery type indicated.
Replace both batteries at the same time. Do not dispose
of the batteries in a fire. Keep batteries out of the reach
of children.



11. DECAL, LABEL AND SYMBOLS



This symbol on the unit means refer to 'instruction guide'.



This symbol on the unit indicates that it is classified as
type BF which provides a degree of protection against
electric shock with isolated applied parts.

12 GUARANTEE

(Refers only to **mama tens** units that have been purchased).
Your unit is guaranteed for two years from the date of purchase.
If a fault develops, return the unit to **mama tens** at the address
on the back cover, together with a copy of your invoice and details
of the problem. The guarantee does not cover the batteries,
electrode pads or lead wire.

Please note that the Guarantee is invalidated if :

- i) incorrect batteries have been fitted.
- ii) the unit has been immersed in water, maltreated or tampered with.
- iii) the unit has not been used with genuine **mama tens** or Tenscare electrode pads.

13. CONSUMABLES AND SERVICING

(Refers only to MamaTENS that have been purchased)

To ensure reliability and hygiene, use only genuine **mamaTENS** rectangular electrodes with integral leads, part no: E-CM50100-MT. These are available from either from your supplier or by contacting **mamaTENS** on 01372 723434 or by going to www.tenscare.co.uk. Please ensure that you order the correct pads. Batteries can also be purchased in the same way or on the high street. They are AA 1.5v alkaline batteries. For servicing please return the unit to **mamaTENS**, 9 Blenheim Road, Longmead Business Park, Epsom, Surrey KT19 9BE. Please ensure that you enclose your name, address and contact telephone number so that you can be contacted and informed about any problem and any costs involved.

14. DISPOSAL OF WASTE ELECTRICAL AND ELECTRONIC PRODUCTS (WEEE)



(Refers only to **mamaTENS** that have been purchased) One of the provisions of the European Directive 2002/96/CE is that anything electrical or electronic should not be treated as domestic waste and simply thrown away. To remind you of this Directive all affected products are now being marked with a crossed-out wheeled bin symbol, as depicted below. To comply with the Directive you can return your old electro-therapy unit to us for disposal. Simply print a postage-paid PACKETPOST RETURNS label from our websites www.mama-tens.info or www.tenscare.co.uk, attach this to an envelope or padded bag with the unit enclosed, and post it back to us. Upon receipt we will send your old device for components recovery and recycling to help to conserve the world's resources and minimise any adverse effects on the environment.

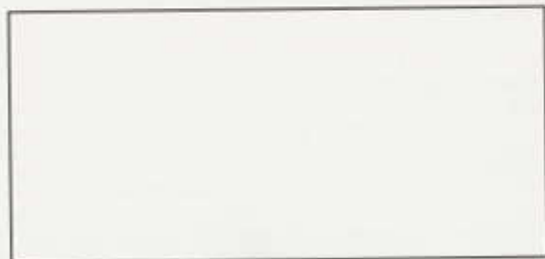
15 TECHNICAL SPECIFICATIONS

Waveform	Symmetrical Bi-Phasic Rectangular
Amplitude(over 500 Ohm)	55-75 mA zero to peak
Channels	Dual channel
Weight	96 grams
Dimensions	120 x 52 x 22 mm
Batteries	2 x 1.5V AA Alkaline LR6



Safety classification Internal power source, Type BF. Designed for continuous use. No special moisture protection.

Display	Mode	Pulse Width	
A1	Burst	80Hz	150us
A1 Boost	Continuous	80Hz	150us
B2	Burst	150Hz	150us
B2 Boost	Continuous	150Hz	150us
C3	Ramp	80Hz	250us



MAMA
tens

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