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itouch
INTELLIGENT
CONTINENCE STIMULATOR

sure



Instructions for Use

TensCare™

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1. INTRODUCTION

The "itouch Sure" will help, if not cure, Stress, Urge or Mixed Incontinence.

The "itouch Sure" was developed in conjunction with professional continence advisers, taking into account feedback from users of our existing products. The "itouch Sure" offers the best results, is comfortable and easy to use.

"itouch Sure" features:

- **Comfortable Stimulation™**

The strength of the stimulation increases gradually, making the feeling very comfortable and in your control.

- **Easy Start - One Touch Memory**

The "itouch Sure" has intelligent memory that enables the unit to remember the last programme and the strength setting used. At the press of only one button the strength level returning to 75% of the last level used.

- **Clinically tested programmes**

The programmes which have been preset into the unit have been clinically tested and proven to be highly effective.

- **Safety Duration Override**

A safety duration override feature has been incorporated into the "itouch Sure" to ensure that the pelvic floor muscle is not overworked. This is set at twenty minutes after which time the unit will switch off. It is possible to alter the time in order to customise the unit to your needs.

- **Usage Memory**

The "itouch Sure" has a Usage Memory which shows the length of time that the unit has been in use and the average level of strength utilised.

2. TYPES OF INCONTINENCE

There are three types of incontinence: Stress, Urge, and Mixed.

- **Stress Incontinence**

Describes the involuntary leakage of urine when a person coughs, sneezes, strains or makes sudden movements. It is particularly common in women and occurs when the bladder neck and the other mechanisms that act to hold urine in the bladder are not working properly.

- **Urge Incontinence**

Describes an overactive bladder. A person may experience a strong and sudden urge to go to the toilet but are not always able to hold on, or have to go so frequently that it becomes inconvenient.

- **Mixed Incontinence**

Is a combination of both Stress and Urge Incontinence.

3. THE ADVANTAGES OF "itouch Sure":

- It is a **Cure** - not simply containment.
- It is **Drug Free** with no side effects.
- It is **Safe and Easy** to use.
- It is **Discreet**.
- It may help to **avoid surgery**.
- It will **improve sexual intimacy**.

4. HOW CONTINENCE STIMULATION WORKS

The "itouch Sure", through a vaginal probe or pads, sends a gentle stimulation to your pelvic floor muscles using clinically recognised programmes. The "itouch Sure" works the pelvic floor muscles for you and helps you to develop your own muscle control. It perfectly complements pelvic floor exercises. The "itouch Sure" is the result of considerable research and consultation with continence advisors.

It is also possible to treat faecal incontinence in both males and females using an anal probe.

Please note that we strongly recommend the Liberty vaginal probe (as supplied with the unit) and the Type X-AP anal probe.

In some instances, where a probe is not appropriate - particularly with Urge Incontinence - it is possible to treat incontinence by using electrode pads placed on the body.

If in doubt contact your continence adviser before using the "itouch Sure".

5. CONTINENCE PROGRAMMES

The "itouch Sure" has four preset programmes. One for each type of incontinence and a fourth for toning of the pelvic floor muscles.

STRESS INCONTINENCE:

Shown on the screen as: "STRESS"



The STRESS incontinence programme strengthens the muscles of the pelvic floor using gentle stimulation. Once muscular strength has been improved these muscles are better able to resist urinary leakage caused by external pressure being applied to the bladder such as with a cough, sneeze or physical exertion.

The stimulation causes the muscles to contract and work thereby building their strength. Successful treatment requires stimulation once a day for one to three months. Improvement starts becoming apparent after about four weeks. It helps to keep a record of leakage problems so that you have an objective measure of your progress.

The sensation is like a strong drawing in of the muscles of the vagina, pulling up of the pelvic floor. Your natural reaction will be to pull in and up your muscles, thereby exercising and strengthening them.

URGE INCONTINENCE:

Shown on the screen as: "URGE"



The URGE incontinence programme reduces the involuntary contractions of the pelvic floor muscle. This prevents the unwanted and unexpected emptying of the bladder. Successful treatment will require stimulation once a day and improvements can be seen in as little as two weeks.

The sensation is of a longer and softer pulling in of the pelvic floor than the Stress programme. Nevertheless when the programme finishes, and your pelvic floor relaxes, it will become apparent how much your pelvic floor has been exercised.

MIXED INCONTINENCE:

Shown on the screen as: "MIXED"



This programme is perfect if you are suffering from both Stress and Urge incontinence or are not sure which form of incontinence is the problem. Both the forms of stimulation which occur in the previous two programmes occur simultaneously in this programme.

The sensation, as you might expect, is like a combination of both the Stress and Urge programmes. The overall effect is not such a strong feeling as the Stress programme plus a slight pleasurable throbbing sensation.

TONE:

Shown on the screen as: "TONE"



Having restored your pelvic floor muscles to an excellent condition you will want to keep them toned and strong. Regular use of this programme, about twice a week, will ensure that your muscles remains fit and toned. The sensation when using the Tone programme is a mixture of a strong drawing in of the muscles and then releasing. The programme repeats the sensation.

A strong and fit pelvic floor muscle will increase sexual health and enjoyment.

GENERAL POINTS

- i) The programmes for urge and mixed incontinence exercise the pelvic floor muscles. Increase the strength as high as is comfortable, and then take it back down one step. Early on, the muscles may start to ache due to the unaccustomed exercise at which time stop the unit. As the pelvic floor begins to improve, it will be possible to maintain the stimulation for longer.
- ii) For best results in the stress and mixed programmes try to contract the pelvic floor muscles along with the "itouch Sure", and to sustain the contraction into the rest interval. If possible, link the contraction to your breathing in order to get into a gentle rhythm.
- iii) Once the pelvic floor has been strengthened using the "itouch Sure", continue to exercise the pelvic floor muscles. The pelvic floor needs to be worked and reacts very well to such exercises.
- iv) The length of each session for muscle strengthening will also depend on your ability to contract and your resistance to fatigue.
- v) All programmes cycle between "work" and "rest" to allow your muscles to recover in between contractions. During the "rest" period, the strength display flashes "000".
- vi) When you change the strength setting, this cycle stays on "work" until you stop pressing the buttons for more than 5 seconds.
- vii) The usages mentioned for each programme are guidelines only, and may be altered depending on your personal needs.

6. CAUTIONS AND WARNINGS

Do NOT use the "itouch Sure" under the following circumstances:

- If you have a heart pacemaker or a heart rhythm problem
- If you are pregnant
- If you have been diagnosed or treated for cervical cancer
- If you have, or have had epilepsy
- Whilst driving, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

If any discomfort occurs when inserting the probe, consult your physician.

BEFORE USE, PLEASE READ THE FOLLOWING WARNING:

- Incontinence can have many causes. You should try to identify the type of incontinence and the cause before using the "itouch Sure".
- If you have a urinary infection or any skin irritations within the vagina, it is recommended not to use the "itouch Sure".
- Care must be taken if you are not experiencing normal sensation or feeling in your vagina. Please see the section about inserting the probe.

NB: You may safely use the stimulator during menstruation, although it may be a little less comfortable.

7. CONTROLS





ON Button

To switch unit on:

Press and hold down for 3 seconds.

When the unit is switched ON an audible "Beep" will be heard.

One Touch Memory Start

When switched on the unit will automatically start in the programme which was being used when it was switched off. The strength returns to about 75% of the level that was being used when the unit was switched off. This simplifies start up dramatically.

During start up to stop the increase in strength at any time, press any key once.



OFF Button

To switch unit off: Press and hold down the button for 3 seconds and the unit will switch off. Alternatively, press and release the OFF button until the LCD screen displays 0, any further press will switch the unit off.

When the unit switches OFF an audible double "Beep" will be heard.

NOTE: Always check unit is OFF before removing probe or pads.



Strength UP Button

To increase strength: Press and hold down until required strength is achieved. No sensation will be felt through the pads until the strength reaches at least the 2.5mA level.

Press and release to increase in soft and gentle 0.5mA steps. The unit will remain in the WORK part of the cycle for 5 seconds while intensity is being adjusted.



Strength DOWN Button

To decrease strength:

Hold down button and strength will decrease steadily in 0.5mA steps



Programme Button

The "itouch Sure" has specifically selected programmes. When you FIRST switch on the unit automatically goes to programme STRES. Next time it is switched on it will default to the programme last used.

Each time the "P" button is pressed and released the programme changes. The screen will show the programme selected.



Lock button

The LOCK BUTTON can be used to lock all controls except for the strength down and OFF buttons. To activate, press and hold down the button for 3 seconds until LOCK is displayed on the screen. Repeat to deactivate.



Time Selector button

Each time you switch on the "itouch Sure" the length of time of your programme will automatically revert to 20 minutes. During use the unit counts down the minutes which are shown on the screen. On reaching zero the unit will switch off.

By repeatedly pressing and releasing the Timer button you can manually override and select 10, 30, 45, 60, 90 minutes or continuous time. The length of time that you have selected will be shown on the screen. The minutes will start to count down once you start the programme.

If you hold down this key for 3 seconds, you can PAUSE the timer, allowing you to interrupt the treatment session, and resume it later. Return to main screen by pressing any other key.

8. SCREEN INFORMATION



Illuminated screen:

The screen is illuminated whenever a button is pressed.

9. USAGE MEMORY

The "itouch Sure" has a usage memory which remembers the length of time and average strength that has been used.

To activate hold down the Time Selector and strength UP buttons together for 3 seconds.

The screen will show the time in hours (to the nearest hour) and strength in mA.

Hold down Time Selector and strength DOWN button together for 3 seconds to reset the memory to zero.



10. LEADS ALARM



The “itouch Sure” monitors the connection and the contact between you and probe, or pads.

If either of these goes outside of a standard range while the strength is above 5.0 mA, the unit will flash “LEADS”, bleep three times, and return strength to zero.

Check the lead and if necessary, lubricate the probe.

11. CONTENTS

- “itouch Sure” continence stimulator
- Liberty vaginal probe (for single patient use) (item code: XVP)
- Belt Cradle
- Connecting Lead wire
- 2 x 1.5v AA batteries
- Instruction booklet
- Transit pouch

12. INSTALLATION OF BATTERIES



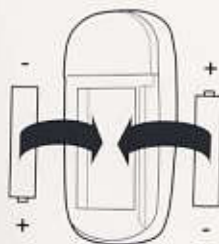
Remove Battery Cover

Press down in centre of battery cover and slide backwards in direction of raised arrows.

Insert batteries

Ensure that the ribbon goes behind the batteries to aid removal.

Ensure that the batteries are inserted the right way as shown in battery compartment



When the batteries are running low a low battery indicator will show on the screen (battery symbol).

Although the display fades as the batteries run down, the strength of the output does not change until the warning is shown.

NB: Remove batteries from your itouchSURE if the unit is unlikely to be used for a long period.

13. USING THE "itouch Sure"

Setting up and using the "itouch Sure" is very simple

Step 1: Insert batteries into unit. To test that the batteries have been fitted correctly and that the unit is working press and release the "ON" button once. The screen will light up and the sounder will bleep. Press and release the OFF button once to turn off the unit.

Step 2: Plug the connecting lead wire into the "itouch Sure" as shown right.

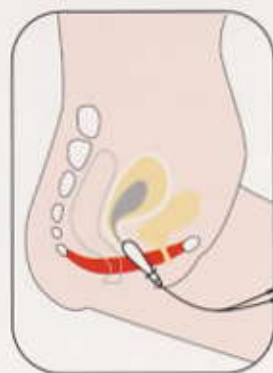
Step 3: Connect the other end of the connecting lead wire to the probe.



Step 4: Insert the probe.

Please note:

- Before inserting the probe go to the toilet
- Ensure the "itouch Sure" is switched OFF before insertion.
- Lubricate the probe with a proprietary jelly, such as KY, or water.
- Insert the probe into the vagina, in the same way as a tampon, until only the flange at the end is visible. The probe will naturally position itself with the widest part of the flange vertically.
- Initially the sensation through the probe may be limited but will improve during treatment. Take care not to use too much strength and thereby over stimulate the muscles until normal sensation is restored. The sensation may not be even as it may vary depending on the sensitivity of the nerves.
- If using optional pads for Urge, place the pads either side of the spine, as low as possible.



14. PROBE HYGIENE

The Liberty vaginal probe that is supplied with the “itouch Sure” is intended strictly for single patient use. It is important that the probe is cleaned after each use. Clean with either an antibacterial wipe or by washing in warm soapy water, rinse and dry thoroughly. The vaginal probe should be replaced every six months.

15. ANAL PROBE

An anal probe (L-BPT) can be purchased as an accessory.

This probe can be used for faecal incontinence in both males and females.

16. THE BELT CRADLE

In order to be able to wear the “itouch Sure” around the waist a belt cradle is supplied.

Attaching the belt cradle

To attach the belt cradle push the “itouch Sure” upwards into the cradle so that it slides between the two sides of the cradle and slots into it with the two notches on the inside of the cradle going into the two holes in the top of the unit.

Removing the belt cradle

To remove the cradle push a finger through the hole at the back of the cradle while holding onto it.

NB: Do not attach the mono leadwire before attaching the belt cradle to the unit and it is necessary to detach the mono leadwire before removing the cradle.

17. BATTERY REMOVAL AND REPLACEMENT

When the batteries need to be changed the low battery sign, "BATT", will be displayed on the screen. To remove batteries pull gently on ribbon that goes around the back of the batteries.

Battery type:

ONLY use either 1.5v AA alkaline batteries or NiMH AA rechargeable batteries. **NEVER** attempt to recharge an alkaline battery - There is a risk of explosion. DO NOT mix batteries of different types.

Disposal:

Always dispose of batteries as per government guidelines, see section 20.

Never put batteries in a fire nor try to disassemble them

Warning:

- Keep batteries out of the reach of small children
- If battery leakage occurs and comes in contact with the skin or eyes, wash thoroughly with lots of water.
- Do not attempt to revive alkaline batteries by heating, charging or other means.

18. HELPLINE

A helpline is available, Monday to Friday.

Call: 01372 72 34 34

Or Email: jane@tenscare.co.uk

19. TROUBLESHOOTING

If the unit does not work:

No display - change batteries and ensure that they are inserted correctly

Controls won't work - **LOCK** on display. Hold Lock button on side for three secs.

No LOCK showing. Remove and replace batteries.

No sensation - **LEADS** alarm. Check lead and probe lubrication.

No LEADS alarm - Dampen your hand with water and a little table salt. Hold on to the probe and carefully increase strength. If you can't feel anything, unit is faulty. If you can, you may have damaged pudendal nerves.

20. CONSUMABLES AND SERVICING

PART NUMBER

X-VP	Vaginal Probe
L-IT1	Replacement lead
X-AP	Anal Probe
E-CM5050	Electrode pads 50x50mm for external use.Pack of 4.
B-AA	1.5V Alkaline Batteries (these batteries can be purchased on the High Street)

These consumables can be purchased either from your supplier or by contacting TensCare on 01372 723434 or by going online to www.tenscare.co.uk. Please ensure that you order the correct part number.

For servicing please call Tenscare on 01372 72 34 34 to discuss the problem.

If your unit needs to be returned please send it to the Service Department, TensCare Ltd, 9, Blenheim Road, Epsom 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.

21. GUARANTEE

Your "itouch Sure" is guaranteed for two years from the date of purchase. If a fault develops contact your dealer or Tenscare. The guarantee does not cover probe, pads (optional extra), batteries, or the mono lead wire.

Please note that the Guarantee is invalidated if:

- i) incorrect batteries have been fitted
- ii) if the unit has been immersed in water, maltreated or tampered with.

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

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 wheelee 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 website 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.

23. TECHNICAL SPECIFICATION

GENERAL SPECIFICATION

Max Intensity	100mA zero to peak +ve in steps of 0.5mA*	Constant current over 500-1500 Ohm
Channels	single	
Waveform	Asymmetrical rectangular	
Max Pulse energy	* Total output limited to 25uC per pulse	
Power	2xAA Alkaline OR 2 x AA NiMH	
Battery life	At least 15 hours at 50mA 300uS 50Hz	
Adjustable Timer-	10, 20, 30 45, 60, 90 min Defaults to 20 min	
Pause button	"Clock" key when running	
Output plug	Fully shielded: touch proof mini USB	
Weight	90 gms without batteries	
Dimensions	110 x 53 x 30mm Safety Classification Internal power source. Type BF Designed for continuous use. No special moisture protection.	
Environmental Specifications:	Operating: Humidity: 20 to 65% RH Temperature range: 0 to 35C	
Storage: Humidity:	10 to 90% RH Temperature range: 0 to 55C	



TYPE BF EQUIPMENT Equipment providing a degree of protection against electric shock, with isolated applied part.

This symbol on the unit means "Refer to Instruction Manual"

NB: The electrical specifications are nominal and subject to variation from the listed values due to normal production tolerances

PROGRAM SETTINGS

Prog	Hz	Pulse Width (uS)	Ramp Up & Down (Sec)	Plateau (Sec)	Off (Sec)	Default Program Duration (Min)
STRES	50	300	1	5	10	20
URGE	10	200	1	5	10	20
MIXED	20	250	2	5	10	20
TONE	35	250	2	3	6	20

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