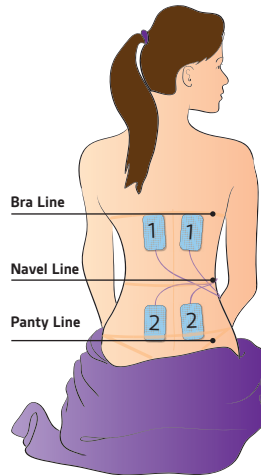


Suggested Electrode Placement Chart

The sticky electrode pads need to be placed in the correct position for maximum pain relief. It is preferable to obtain assistance from either your birthing partner or healthcare professional when positioning the pads. Please read the following instructions carefully:

1. Carefully peel all of the pads from the plastic backing using your forefinger and thumb. Do not pull on the lead wires.
2. Position the top pads (connected to the mauve coloured leads) approximately 4cm either side of the spine and 4-5cm above the imaginary navel line as seen in the diagram.
3. Position the bottom two pads (connected to the white coloured leads) approximately 4cm either side of the spine and 4-5cm below the imaginary navel line as seen in the diagram.



Reference: Cluett E. (1994) SRN RM ADM PGCEA. Analgesia in Labour: A review of the TENS method. Professional Care of Mother and Child. Mar;4 (2): 50-2.

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Useful Information

1. Continue stimulation for as long as necessary, unless you experience discomfort.
2. If you stimulate for a number of hours ensure the pads do not become dry. If this occurs, switch off the unit, disconnect the electrodes, and apply a small drop of water to them.
3. The pads can be used several times. Replace the pads when they stop sticking to the skin. For replacement electrodes please contact Babycare TENS: 108 George Lane, South Woodford, London, E18 1AD. Telephone (+44) (0)2085329595. www.babycaretens.com
4. Always ensure that the unit is switched off before you remove all the leads and pads. Do not pull the wires. ALWAYS remove the jack plug from its socket by holding the plug between the forefinger and thumb.
5. The Obi TENS can also be used as a standard TENS unit for relief of numerous conditions, including after pains and post operative pains. It is worth bearing this in mind if you have a

caesarean section. Please seek medical advice first.

Maintenance and Care

Guidelines for optimal performance

The life of pads depends on the frequency and time of usage as well as the skin types and storage conditions. You may use a wet cloth for the dried or dirty pads, but the pads with no adherence must be replaced.

The device requires neither routine maintenance nor calibration. When needed, for occasional cleaning/disinfecting of the plastic covers, wipe using clean wet cloth.

Change the battery regularly.

Remove the battery if the unit is not to be used for a long period of time.

Avoid damaging the device by dropping it, using it incorrectly or contrary to these instructions.

Do not immerse the device in any cleaning solution or water.

Keep this device and accessories out of the reach of children (below 11 year old) or people only with 5 years intensive reading experience.

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Before first use of the Obi TENS, please familiarise yourself with the precautions and contraindications contained on page 1.

Using Your Obi TENS

- a) You are now ready to start using your Obi TENS. Switch the unit on by pressing the on/off button. The Obi TENS will always start up in BURST mode.
- b) Begin by pressing the Intensity Up Key. Each time you press this key, the Intensity Indicator will increase numerically from 0-30. You will begin to feel a pulsating sensation in both sets of pads. When the Intensity Up Key is pressed 3 times, a solid power bar will appear at the bottom of the screen increasing in number and size as the intensity increases. There are 10 power bars in total. For example, if you press the Intensity Up Key 15 times, 5 power bars will be shown on the screen. See image bottom right.
- c) BURST (Use between contractions): This is the first mode that you will use. It feels like a bursting, tingling sensation i.e. the pulses are off and on periodically. This

mode will help to promote those all important natural pain-killing chemicals known as 'endorphins'. When in this mode, BURST will flash on your screen.

BOOST (Use during contractions): When experiencing a contraction, simply press the 'BOOST' key. The Obi TENS will then switch automatically into the BOOST mode for that extra surge of power required to combat the pain during contractions. This will feel like a continuous sensation.



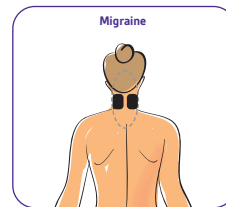
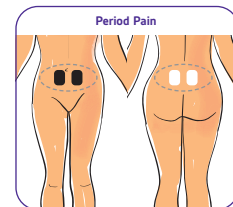
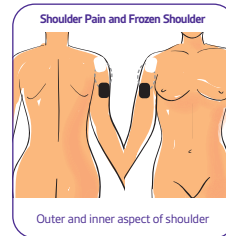
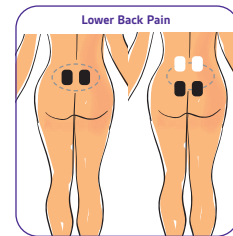
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Post-Natal Pad Placement Diagrams

Key:

■ = first pair of electrodes □ = second pair of electrodes.

N.B. Electrodes supplied with this unit are all the same colour. The black and white rectangles show suggested electrode placement only.



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Troubleshooting Questions

- Q Why does the stimulation not appear to be a strong after you have used the Obi TENS for a while?
A Increase the intensity, you may have become used to a lower setting.
- Q Why does the stimulation feel strong but ineffective?
A You may need to switch off and reposition the electrode pads.
- Q Why does the stimulation not feel sufficiently strong even on a high setting?
A The batteries may need replacing.
- Q What do I do if there is weak, intermittent or no stimulation felt even with new batteries?
A (i) Check electrodes are connected to the leadwire pins. (ii) Check electrodes have been removed from the plastic backing and are attached to the skin. (iii) Check leadwire is inserted into unit properly. (iv) Check batteries are inserted correctly.

Frequently Asked Questions

- Q When shall I start using my Obi TENS?
A Use as early as you can after the onset of labour to allow time for your body's pain-killing chemicals to rise.
- Q Can I try the Obi TENS before going into labour?
A Yes, place 2 pads on your forearm to feel the different pulse sensations following the instructions on page 6.
- Q Can I combine the Obi TENS with another medication?
A Yes, you can still use analgesics such as gas and air (entinox) or pethidine.
- Q Can the Obi TENS be used in hospital?
A Yes. However, a midwife may ask you to switch it off temporarily.
- Q Can I use the Obi TENS if I am considering a water birth?
A Yes, but not in the water itself.

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Obi TENS Technical Data

Display	The LCD TN Type has a total of 29 display segments. 2 digital counter 1 intensity and 1 load detect symbol. The array of Level Bars consists of 10 LCD Level Bar. In addition, 2 individual LCD segments respectively indicate the Modes (i.e. Burst and Boost). The last LCD segment is used to illuminate the Low Battery Symbol.		
Operation Mode	2 continuous operation modes		
Burst	Pulse (Hz) Frequency	Pulse Width (µs)	Description
	32	200	2 bursts per second and 8 pulses per burst
Boost	80	100	Constant pulse
Output Channel	ONE Channel		
Automatic Power Off	5 Minutes		
Output Voltage	0-55V adjustable in 30 steps (500Ω load, zero to peak) with 10% tolerance		
Output Intensity	0-110mA. Max output 110mA zero to peak (10.98mA r.m.s.) into 500 Ω load.		
Output Waveform	Symmetrical Bi-phasic rectangular		
Output Jacks	CE Touch-proof jacks		
Battery	2 X 1.5V AAA Battery (Type LR03)		
Battery Low Detect	2.2V±0.1V		
Battery Life	Approximately 9 hr. at Boost mode by Alkaline Battery		
Operating Environment	Temperature 0-40°C, Air humidity 30-75% Air pressure 700hPa-1060hPa		
Storage & Transport Environment	Temperature 0-40°C, Air humidity 30-90% Air pressure 700hPa-1060hPa		
Tolerances	All output parameters are subjected to a ±10% tolerance unless other specified		
Expected Service Life	Device - Approximately 5 years Lead wire - Depends on the frequency of use, handling and storage state, etc. Electrodes - Depends on the frequency of use, skin condition and storage state, etc.		

Helpline: 03331 219737 (Mon-Thurs 9am-5pm; Fri 9am-3.30pm) or visit www.babycaretens.com/troubleshooting

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Instructions for use



OBITENS™

Babycare TENS

Guarantee

Your Obi TENS machine is guaranteed for a 1 year period against manufacturer's defects. Please record purchase details in the space provided below for your record purposes. The guarantee does not include leads, electrodes or battery.

Date of purchase:.....

Invoice number:

Babycare TENS

Body Clock Health Care Ltd.
108 George Lane, South Woodford,
London E18 1AD

Tel (+44) (0)20 8532 9595

Fax (+44) (0)20 8532 9551

www.babycaretens.com

e-mail customer@babycaretens.com

EC REP Saverine Medical Ltd

North Point House
North Point Business Park
Old Mallow Road,
Cork, Ireland.



In order to minimize hazards to health and the environment and ensure that materials can be recycled, this product should be disposed of at a separate collection facility for waste electrical and electronic equipment. Contact our free helpline 0800 915 9023 (UK) or 1 890 708 091 (ROI) or see www.recycle-more.co.uk or www.recyclemore.ie for further details. The Wheelie Bin symbol marked on products, batteries or their packaging is there to remind you.

CE
1639

December 2021 (S)
Model: D-8C06TC

Obi TENS uses TENS technology to provide drug-free pain relief for women during the early stages of labour.

TENS is recognised as a safe and highly effective method of pain relief and is regularly recommended by medical professionals. TENS is a drug free method of pain relief, with no known side effects, which can also be used in conjunction with any additional medication if required.

Intended Use

This unit is intended for home use for mothers to be for the relief and management of pain during labour and beyond, helping with the relief of a range of pain conditions such as post labour (caesarean, contractions), back pain, period pain, shoulder pain, arthritis, sciatica, sports injury and post-operative pain.

Explanation Of Symbols On Unit



Equipment providing a particular degree of protection against electric shock particularly regarding allowable leakage currents having a BF type (floating) applied part.



Warning—refer to accompanying documents i.e. these instructions.



Please keep device away from sprays of water or rain.



Denotes a product which must be disposed of safely.



Indicates the device serial number found in the battery compartment and outer packaging. It includes the year

of manufacture (YOM) which appears as two digits after the letters FD e.g. FDXX. The digits following the YOM identify each individual device.

EC REP EU Representative.

IP22

The first number 2: Protected against solid foreign objects of 12.5 mm diameter and greater. The second number 2: Protection against vertically falling water drops when enclosure tilted up to 15° on either side of the vertical.

Indicates the medical device manufacturer.

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Helpline: 03331 219737 (Mon-Thurs 9am-5pm; Fri 9am-3.30pm) or visit www.babycaretens.com/troubleshooting

Warning

This unit needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the Accompanying Electromagnetic Information document.

How Will The Obi TENS Help Your Pain?

TENS (Transcutaneous Electrical Nerve Stimulation) works by passing mild electrical impulses through the skin, via electrode pads, into the nerve fibres which lie below. The TENS impulses help your body produce its own pain killing chemicals, such as 'endorphins' and 'encephalins'.

The Obi TENS can provide temporary drug-free pain relief in the early stages of labour. The level of pain relief obtained from the Obi TENS varies from person to person.

Precautions and Contraindications

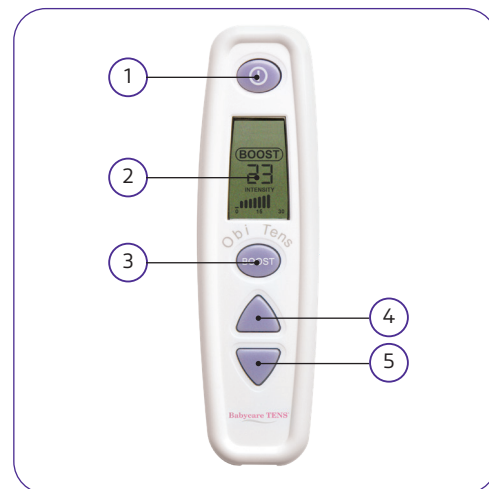
1. TENS must NOT be used before the 37th week of pregnancy.
2. If you are pregnant, do NOT place the electrodes over your abdomen.
3. Do NOT use if you have a pacemaker or any other implanted electrical device.
4. Check with your healthcare professional before using if you suffer from a heart condition, epilepsy, undiagnosed pain, have any metal implants, or any doubts whatsoever.
5. Do NOT use if you experience an allergic reaction to the electrodes.
6. Never use TENS to mask undiagnosed pain since this could require urgent treatment.

General Precautions

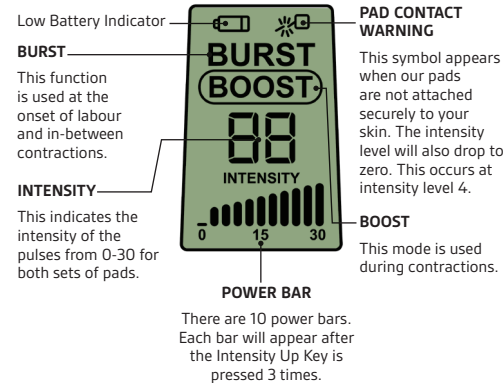
1. Do NOT use this unit without first reading these instructions.
2. Do NOT immerse the Obi TENS in any liquid. Do not use in the bath or the shower.
3. Do NOT place it close to any source of excessive heat or operate it in the presence of flammable gas.
4. Do NOT drop this unit onto a hard surface.
5. Only use specified batteries and electrodes.
6. The operator should NOT attempt to dismantle, open up or repair this device but should return it to the manufacturer for assistance. Only the manufacturer is entitled to repair this device.
7. Remove the batteries when not in use.
8. Do NOT use while driving or operating potentially dangerous machinery or while using a microwave.
9. Keep out of the reach of children.
10. Do NOT place electrodes on or near the eyes, in the mouth, over the front or sides of the neck or across the head or the heart.
11. Do NOT place the electrodes on varicose veins or recent scarring or on any area of broken, inflamed, infected or numb skin. Electrodes should generally only be applied to skin with normal sensation unless under medical supervision.
12. Do NOT use in the presence of tuberculosis, malignant tumours, very high or very low blood pressure, high fever or acute inflammatory disease unless under medical supervision.
13. A mild shock may be caused if one electrode is accidentally removed. In the event of this happening the unit should be turned off immediately.
14. Be aware of the risk of strangulation and asphyxiation from leadwire. Do not use this device while asleep.
15. The operator may maintain the device and its accessories only according to these instructions.
16. Keep this device away from lint and dust. Long term exposure may affect the connection with the sockets or battery connectors.

Controls on the Obi TENS

1. **Power Key** – Turns the Obi TENS On and Off.
2. **User Display** – Indicates the mode in use and the intensity level. (also see diagram below).
3. **BOOST Key** – Used for extra surge during contractions.
4. **Intensity Up** – Increases the intensity of the pulses.
5. **Intensity Down** – Decreases the intensity of the pulses.



User Display



Additional Functions

Low Battery Indicator
A flashing battery symbol will be shown on the display.

Automatic Power Off
When the unit intensity levels are zero, and the Obi TENS has not been in use for about 5 minutes, the unit will shut off automatically.

Setting Up Your Obi TENS

Check the following contents:

- 1 x Obi TENS
- 1 x Pack of 4 self adhesive electrodes (40mm x 100mm)
- 1 x Leadwire
- 2 x AAA batteries
- 1 x Carrying pouch
- 1 x Easy-release neck cord
- 1 x Instruction manual

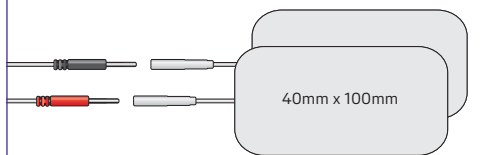
The Assembly Stage

1. Slide open the battery cover on the back of the unit to expose the battery compartment.
2. Insert 2 x AAA batteries according to the diagram found in the battery compartment. Replace the cover. Please ensure your unit is switched off.
 - a) Take one of the mauve and white leadwires and insert the white jack plug at the end of the lead into the socket at the bottom of the Obi TENS.
 - b) Now insert the red and white pins (at the other end of the leadwire) into the sockets attached to all of the sticky electrodes. You will see that the lead wire is made up of 4 wires; 2 mauve and 2 white. Do not remove the electrodes from the backing at this stage (see figure right).

NB. Each leadwire has a red and white pin at the end. It makes NO difference whatsoever which electrode they are attached to!

c) If you wish, attach the easy-release neck cord which enables you to hang the Obi TENS from your neck whilst in labour.

Insert a red and white pin (at the end of the lead wire) into each pair of electrodes.



Helpline: 03331219737 (Mon-Thurs 9am-5pm; Fri 9am-3.30pm) or visit www.babycaretens.com/troubleshooting