



Fig. 2: Please use pad placement as a guideline. Place two pads from the same lead diagonally opposite each other as shown above.

GUIDELINES FOR USE AS AN OBSTETRIC TENS UNIT

1. For effective relief from labour pain please follow the directions for pad placement as shown in fig. 2.
2. To begin treatment press (⏻) for 2 seconds. A raised tone will sound from the unit. After a few seconds "P1" - the program specially devised to control labour pain and "00:00" will appear on the screen as per Fig. 1.
3. To increase the stimulation to the required level, press and hold the left increase intensity button (▲). You should begin to feel a 'Tapping' sensation through two of the pads and the intensity reading on the screen will increase. Continue to press this button until a firm, comfortable sensation has been reached. If the stimulation becomes too uncomfortable, use the decrease intensity button (▼) to reduce the stimulation.
4. Repeat step 3 on the right until you feel a firm comfortable 'Tapping' sensation.
5. When you have reached the desired intensity level on both sides you can press (🔒) to lock the keypad. This prevents any accidentally pressing of the buttons. To unlock the keypad simply press (🔑) again.
6. As your labour progresses you can increase the stimulation further, by using the increase intensity buttons (▲).
7. As you move toward the end of the first stage of labour, contractions will become stronger, last longer and are more frequent. At this point we suggest that you use the Trigger facility (⚡) on your unit. This is an added feature to help you control labour pain during the most intense contractions.
8. As a contraction begins, press the Trigger button (⚡). You should feel a strong tingling sensation through the four pads. It may be necessary to increase the intensity of the stimulation as the labour progresses. When the contraction has passed, press the Trigger button again and the stimulation will return to a tapping sensation.
9. To switch off your MediTENS XP unit after use, press and hold (⏻) for three seconds until a raised tone sounds from the unit.

IMPORTANT!

We suggest that you familiarise yourself with your MediTENS XP unit by practicing on your leg or arm for 2 weeks prior to your labour to ensure greater management of your pain when you need it most.

Pain Relief for Labour with mediTENS XP



FREQUENTLY ASKED QUESTIONS

neurotech.

What is TENS?

TENS (Transcutaneous Electrical Nerve Stimulation) is an effective, clinically-proven method of blocking pain by applying a mild electrical stimulation via the skin. These signals interrupt the pain messages transmitted from the nerves to the brain. TENS also causes the release of endorphins, the body's own natural pain-relieving chemicals.

What is Endorphin release and how does the MediTENS XP help?

Endorphins are the body's own natural pain relieving hormones. When the human body experiences certain types of pain it automatically begins to release endorphins in order to combat the pain. To encourage the release of endorphins, from the Pituitary gland, located in the brain, MediTENS XP provides a comfortable 'Tapping' sensation. This 'Tapping' sensation actually encourages the release of endorphins throughout the body.

Stimulation is normally necessary for 20-40 minutes before the endorphins are released. After that, the body will continue to release the endorphins for as long as the unit is running. These endorphins will remain in the body for several hours after the stimulation has stopped offering residual pain relief after the treatment.

What is Pain Gate Control and how does MediTENS XP help?

This simply refers to the blocking of the pain pathways to the brain. When the pain pathways, which send information to the brain, are blocked it becomes more difficult for the brain to register the sensation of pain in that area.

MediTENS XP from neurotech blocks the pain pathways by delivering a strong, comfortable 'Tingling' sensation. This sensation blocks the pathways of information going to the brain, thereby masking the pain and offering immediate pain relief.

Can the MediTENS XP be used in conjunction with other forms of pain relief in Labour?

MediTENS XP may be used as the sole form of pain relief during labour. However, as TENS therapy is completely drug-free it may also be used in conjunction with other forms of pain relief. Therefore, at any point during labour you may decide to remove the unit and use other treatments such as Pethidine, Gas or Epidural, following consultation with your doctor.

Can I remain mobile when using the unit?

Yes, MediTENS XP offers a non-invasive, pain control therapy which allows for maximum mobility. It is one of the only forms of pain control which allows you to remain mobile for most of your labour, given that your labour progresses normally.

When should I start using MediTENS XP?

Once labour has commenced you should begin using MediTENS XP, following the simple step-by-step instructions supplied. We recommend that you allow yourself plenty of time to become fully familiar with using the unit before labour commences. We would advise that you practice using the unit on your arm or leg. Therefore it is recommended that the unit is rented or purchased at least 2 weeks prior to your due date.

Application of the MediTENS XP unit to the trunk, abdomen or hips before labour commences is NOT advised (Please refer to the manual).

What if I accidentally detach one of the pads?

If a pad becomes detached from your body, the stimulation will be paused and the unit will start to beep. When the pad is re-attached the unit will automatically build the stimulation over three seconds to the previously set level. This ensures maximum patient comfort and safety.

Are there other uses for the unit post labour?

Yes, the unit can be used for almost any type of diagnosed muscle and joint pain. MediTENS XP is frequently used to provide relief from the lower back pain commonly experienced after childbirth.

What if I accidentally change programs?

When your MediTENS XP unit is dispatched to you it will be pre-set to Program 1 ("P1") and the clock should read "00:00". Should you accidentally change the program, you can change it back as follows: Press and hold the program button (P) for at least 3 seconds until the program number changes on the display. Continue to do this until "P1" and "00:00" reappear on the display.

Why are the pads positioned on my back?

While the nerve endings, which transmit pain messages, may reach various areas of the body, they actually originate from the spinal cord. By placing the pads as shown in Fig. 2 (overleaf) they will block the pathways at their source, therefore targeting a larger area of pain.

Why use the trigger facility?

When the intensity is increased at the start of Program 1, the stimulation causes endorphins to be released throughout the body. As your labour progresses and the contractions become stronger we suggest that you use the trigger facility to maximise your pain management when your contractions occur. When the trigger button is pressed, it automatically changes the stimulation to continuous pain blocking and increases the output significantly, delivering maximum pain relief when you require it most. Once the contraction is over press the trigger button again to return to endorphin release stimulation.

Important:

This information is specific to the MediTENS XP and cannot be generalised for other devices.

If you have any queries regarding our products, services or the use of MediTENS XP in labour please contact us directly on:

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