

USING INF4160 PLUS FOR SLOW TRANSIT CONSTIPATION (STC)

Do not use IFT if you:

- Have an implanted pacemaker device
- Are pregnant or trying to become pregnant
- Lack sensation in the area to be treated (your health professional should do a sharp blunt sensation test to check)
- Have any identified contra- indications to using electrical stimulation. Please read contra-indications and precautions in the INF4160 manual before using.

Interferential must be used with the currents crossed.

The unit has two leads: one is black, one is white

Each lead has two pins which attach to an electrode (4 electrodes in total)

Black lead has a red pin and a black pin

White lead has a white pin and a black pin

The pins on each lead must be placed diagonally

For example:

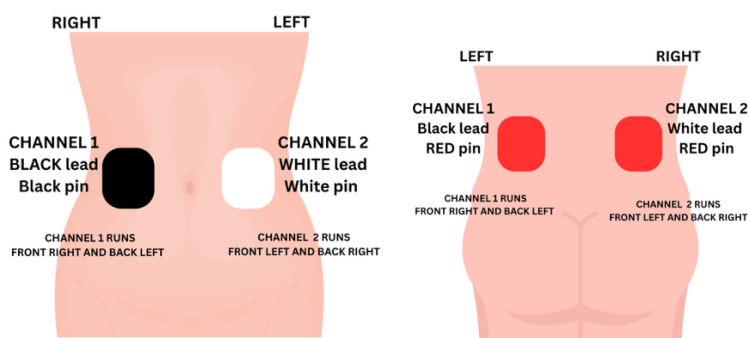
Black Lead plugged into channel one:

if **BLACK pin** is on right front then **RED pin** should be on back left

White Lead plugged into channel two:

if **WHITE pin** is left front then **RED pin** should be on right back

Electrodes are placed approximately 2 inches out from belly button each side on the front and approximately waist level 2 inches from spine at the back. Machine is supplied with a set of 40 x 40mm and a set of 50 x 50mm electrodes. Larger electrodes can be used depending on patient size.



If you get replacement leads and they are both white with a black and a red pin then follow the same principle – they need to be crossed.

In the diagram example they would be:

Channel 1 white lead black pin front right

white lead red pin back left

Channel 2 white lead black pin front left

white lead red pin back right

These can be swapped however must always be diagonal in order to be effective

- Follow set up instructions in the manual (see below for directions to use for STC)
- The sensation should be ‘definite but comfortable’ each time, not just keeping the same number on the machine. The numbers can change depending on several things (temperature, humidity etc) so please rely on the sensation you feel.
- If there is any pain or burning sensation, turn machine off and remove the electrodes.
- Follow any instructions given by your treating health professional but general aim is 60 minutes in total on most days. You can build up to this gradually, starting with 15 minutes. Don’t worry if you miss a day.
- You can use the AC connector to plug in to the wall if you do not need to move during the treatment time or if you wish to save batteries.

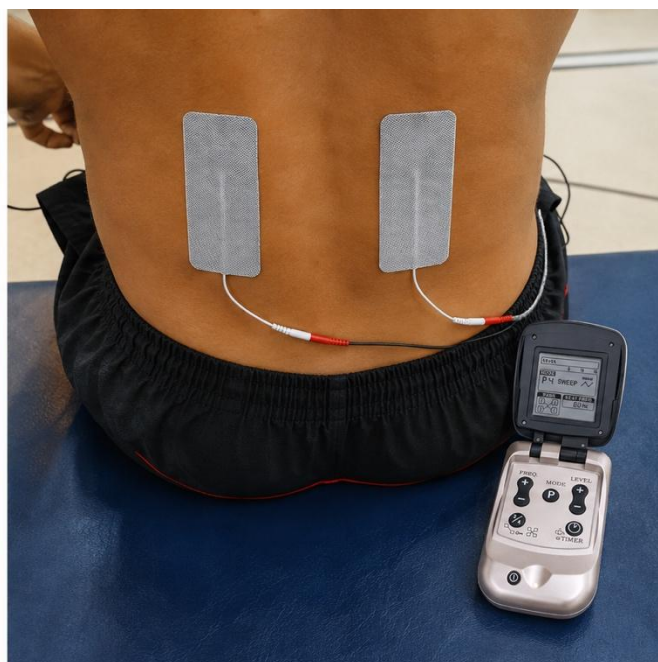
Troubleshooting:

If the sensation is not as strong as usual:

- Check the electrodes – are they still sticky? If not, replace them.
- Ensure skin is clean and dry.
- Do you need a new battery? Have you tried using the AC adaptor?

Setting Up for STC

1. Set up leads and electrodes, attach to clean, dry skin.
2. Turn machine on.
3. Ensure 4 pad use is chosen by pressing 2/4 button to show 4 pads on bottom left of screen.
4. Press MODE (P) button repeatedly until 'P4 SWEEP manual' shows on MODE screen.
5. Press FREQ (+) or (-) until beat frequency screen (bottom right) says 80Hz.
6. Press timer button to set treatment time: this will show on bottom right of screen below BEAT FREQ screen.
7. Press LEVEL button (+) until first sensation. Once used to this you can increase by pressing (+) until it feels definite but comfortable. At any time throughout treatment session you can press (-) to reduce sensation or (+) to increase it. You may find you need to increase it to keep the same definite sensation.
8. The frequency seen in Beat Freq screen will fluctuate between 80 and 160 Hz throughout session.
9. Machine will automatically turn off at end of set treatment time.
If you wish to finish earlier, reduce intensity to zero using LEVEL (-) then turn off and remove electrodes.
10. See photo below for what screen should look like on set up (this shows adult using larger electrodes)



Developed in conjunction with Allison Bryant Physiotherapist ©Allison Bryant and Pelvic Floor Exercise