

USING THE NEEN® PERICALM

Do not use electrical stimulation if you have an IUD (including Mirena) or pessary - check first with your doctor or physiotherapist. There is a risk that the IUD or pessary may concentrate the current and cause tissue damage.

1. To operate the unit, insert the battery supplied.
2. Attach the electrode to the Channel A **OR** B on the top of the unit, using one of the wires supplied with the PERICALM.
3. Use the ON button on the top of the unit (has icon showing circle with line in it) to switch on the PERICALM
4. Use the PRG button to move through the available programs. For a list of program options, see the instruction booklet supplied with the device. Programs 1-6 are already pre-set in the unit and cover the needs of most users. However your health professional may create a program specifically for you in one of the customisable programs PC 1,2 or 3. Instructions on how to do this are in the instruction book.
5. Once you've chosen your program, use the + and – buttons **on the same side as the electrode is plugged into** to control intensity. If the electrode is plugged into channel A then you can only increase/decrease intensity with the +/- control under the A channel. Likewise with the B. If using both (as with external stick- on electrodes) then A-side controls the electrodes plugged into channel A and B-side controls those plugged into channel B. The program you have selected will determine the timing, duration and cycle of the stimulation, leaving you to control only the intensity through the + or – buttons. As you increase or decrease intensity , the mA will register on the screen on the same side as the electrode is plugged in.
6. To check that the PERICALM is working correctly before you use the electrode vaginally (or anally with an anal electrode as advised by your health professional) follow steps 1-4 above, then hold electrode between thumb and forefinger and increase intensity using the + button under the channel the electrode is plugged into, until you can feel the tingle from the electrode in your hand. Observe the increasing reading of the mA indicator immediately above the + button you are pressing. You will only be able to take it up to about 5-6 mA . This is only to confirm it is working. Once placed internally, you will be able to increase the mA to a level that gives you a pelvic floor contraction. In very denervated muscle this can be up in the vicinity of 60- 80 mA.

Please note that if the Pericalm unit detects an "open" circuit, it will automatically reset the mA level to zero as soon as it reaches 5mA. If you experience this cut-out when using a vaginal electrode, it means that the electrode plates are not maintaining contact with vaginal tissue. You may be able to overcome this problem by adjusting your position (eg sitting up a bit propped on pillows, rather than lying down). Ensure that the electrode remains inserted and is not slipping out. You may need to gently hold the end of the electrode to stop it sliding out. Too much lubricant can also cause this to happen.

If at any stage you think your device or electrode are not working – attach the electrode to machine , place the electrode in a glass of water (DO NOT place the machine in water) and turn up the intensity – the water will complete the circuit conducting the current. This is particularly useful when you are only feeling the current on one side and think the machine or electrode may be faulty when in fact it means you are not getting good enough contact to complete the circuit internally. If it works in the glass of water then it is working and you may need to adjust your position when using , it may mean that your sensation is reduced on one side or that the muscle is avulsed (no longer attached to the pubic bone at the front) and hence can't generate any force to contract. If you are concerned please speak to the health professional treating you .

7. Once you have practised setting up the PERICALM following the steps above, and are satisfied with how it works, the electrode can be used vaginally (or anally with an anal electrode if that is what your health professional has advised) Your health professional can assist you with guidance on the correct program and intensity level.
8. **VAGINAL ELECTRODE** Lay comfortably on the bed with you knees bent. You may even feel more comfortable with a small pillow under you bottom. Apply a *small* amount of lubricant to the tip of the electrode and gently insert into the vagina until the electrode plates are fully inserted. The connection leads should be facing your clitoris not your anus. No matter which brand of electrode you have, the end of the electrode should remain at the opening to the

vagina. It sometimes helps to hold it there with two fingers to stop it sliding out and to feel the slight movement of the electrode downwards towards the tailbone when you contract. This indicates the correct action.

9. **ANAL ELECTRODE** It is more comfortable to use your device anally if your rectum is not full. Lay on your side with knees drawn towards chest. Apply a generous amount of lubricant to the electrode. The connection leads should be facing your vagina or penis. Gently insert the electrode into the anus. It can help to gently bear down as you do, as if you are starting a bowel motion. Once you have inserted the electrode you will feel how easily it does go in. The first time can be a little daunting. If you are concerned, in your head compare the size of a bowel motion to the size of the electrode and you will see that what comes out is in fact larger than what you are trying to insert. Once the electrode is in place you can stay in this position or roll onto your back with knees bent.
10. Commence your treatment as instructed by your health professional. Whilst the pre-set programs run for a minimum of 20 mins it is quite alright to start with a shorter session and build yourself up. If you feel you have had enough after 5 mins simply turn the intensity down to zero and remove the electrode. The pelvic floor workout setting is the only one where doing this means you miss part of the program as it cycles through different frequencies.
11. Once the program has finished, turn off the device and remove the electrode. Wash electrode in warm soapy water and allow to air dry thoroughly before storing.

HELPFUL HINTS

- You may be a bit nervous about turning up the intensity at first. Make your first session a learning one to get the feel for the device and the sensation. Slowly press the + button as the program cycle starts it's work phase. You may not get the intensity up high enough in the first few cycles for you to feel something. Continue taking the intensity higher with each work cycle until you can feel a comfortable tingling/buzzing sensation. Stay at that level for a few cycles then if you are not aware of an actual contraction of the pelvic floor muscles, try taking the intensity a bit higher in the next few work cycles. The aim is to get it strong enough but comfortable whilst causing a muscle contraction.
- In your first few sessions just allow the device to do the work. Once you feel comfortable with it, you can then start trying to "go with" the contraction and see if you can actively help the device to contract your muscles.
- Practise the sensation of contracting when not using the device in order to teach your brain to re-activate the nerve pathways to the muscles.
- The programs cycle between work and rest phases so you will feel the tingling/buzzing/contraction then it will stop - *your machine is not malfunctioning!* This is the rest phase. Relax during this time.
- When starting out, it can be helpful to use your device at the end of the day when you go to bed as initial sessions are likely to fatigue weak muscles. This way they can recover overnight. If you use it early in the day and the muscles fatigue, you may notice an initial increase in your symptoms as your pelvic floor muscles may not be able to effectively work when tired from their work-out!

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