



The 3-in-1

Femme Elite

Instructions for use

*Pelvic Floor Stimulator,
TENS Pain Reliever and
EMS Muscle Toner*

body clock

The Femme Elite can be used for pain relief (TENS), muscle toning (EMS) and pelvic floor stimulation (PFS).

It is designed for use by all women, in every stage of life.

The Femme Elite is completely drug free, meaning there are no nasty side effects, allowing you to live life to the full.

Before you use the Femme Elite, it is important that you read this manual carefully; it contains all the information you need to ensure you are using the unit safely and correctly.

Explanation of Symbols on Unit



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



Warning - refer to page 4 of these instructions.

Contents

<i>Precautions and contraindications</i>	4
<i>The Femme Elite controls</i>	5
<i>Display symbols and their meanings</i>	5
<i>Setting up your Femme Elite</i>	6
<i>Useful diagrams</i>	7

PFS - Pelvic Floor Stimulation

<i>Incontinence - the facts</i>	8
<i>When to use PFS</i>	9
<i>Using the Femme Elite for PFS</i>	9
<i>PFS FAQ's</i>	10

TENS - Pain Relief

<i>About TENS</i>	11
<i>What can TENS be used for?</i>	11
<i>Using the TENS mode</i>	12
<i>Electrode pad placement</i>	12
<i>FAQ's and troubleshooting</i>	13

EMS - Muscle Toning

<i>About EMS</i>	14
<i>What can EMS be used for?</i>	14
<i>Using the EMS mode</i>	15
<i>Electrode pad placement</i>	15
<i>EMS FAQ's</i>	16

<i>Technical data</i>	17
<i>Useful contacts</i>	18

Precautions and contraindications

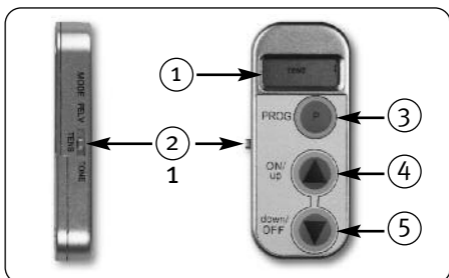
1. Do **NOT** use the Femme Elite if you have a cardiac pacemaker.
2. Check with your medical adviser before using if you suffer from a heart condition, undiagnosed pain, have any metal implants, or any doubts whatsoever.
3. TENS can **NOT** be used before the 37th week of pregnancy.
4. EMS and PFS can **NOT** be used during pregnancy. You are able to use them from 12 weeks after the birth.
5. Do **NOT** use the PFS internal probe if you suffering from any urinary or vaginal infection.
6. Do **NOT** use PFS at the same time as a barrier contraceptive device such as a diaphragm or cervical cap.

If you have any concerns regarding use of the Femme Elite please do not hesitate to contact Body Clock Health Care on 020 8532 9595.

General Precautions

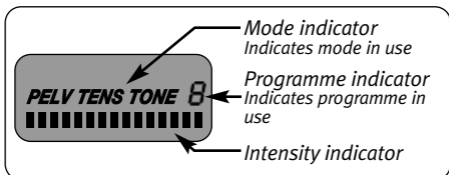
1. Do **NOT** use this unit without first reading these instructions.
2. Do **NOT** immerse the Femme Elite in any liquid.
3. Do **NOT** place it close to any source of excessive heat.
4. Do **NOT** operate this unit in the presence of flammable gas.
5. Do **NOT** attempt to open the Femme Elite.
6. Only use the specified batteries and electrodes.
7. If damaged as in general precautions 2-5 above, do **NOT** use. Contact supplier.
8. Remove the batteries when the Femme Elite is not in use.
9. Do **NOT** use while driving or operating potentially dangerous machinery.
10. Keep the Femme Elite out of the reach of children.

Controls on the Femme Elite



- 1 User display (also see diagram below).
- 2 **MODE** selector - Found on the side of the Femme Elite. It enables you to switch between the **PELV** (Pelvic Floor Stimulation), **TENS** and **EMS** modes.
- 3 **PROG** key - Press the 'PROG' key to alter the programmes in the 'PFS', 'TENS' or 'EMS' modes.
- 4 **ON/UP** key - Press the 'ON/Up' key to either turn on the Femme Elite or increase the intensity of the pulses.
- 5 **down/OFF** key - Press the 'down/OFF' key to either turn off the Femme Elite or decrease the intensity of the pulses. In order to switch the Femme Elite off, either turn the intensity down all the way until the unit switches off, or press 'PROG' key once and then the 'down/OFF' key.

Display symbols and their meanings



For further assistance contact the
helpline on 0845 230 9737

Setting up your Femme Elite

Check the following contents:

- 1 x Femme Elite unit
- 1 x Pack of 4 self adhesive electrodes
- 1 x Leadwire adaptor
- 1 x Elite vaginal probe
- 1 x Lithium battery
- 1 x Lubricant gel sachet
- 1 x Carrying Pouch

The assembly stage

- a) Slide open the battery cover on the back of the unit and insert the battery, ensuring the positive (+) side is visible and facing upward. Replace the cover (see fig. 1, page 7).
- b) Connect the leadwire adaptor to the Femme Elite unit by inserting the protruding pin on the adaptor into the holes on the back of the Femme Elite. Slide upwards to ensure it is fixed securely (see fig. 2, page 7).

When using the Pelvic Floor Stimulation mode.

- Connect the Elite vaginal probe according to the instructions found in probe packaging.
- Switch the Mode Selector to 'PELV'.

When using the TENS and EMS modes.

- Connect the pin ends of the leadwire adaptor into the electrodes (see fig. 2, page 7).
- Switch the Mode Selector to 'TENS' or 'EMS'.

Useful Diagrams

Fig 1.

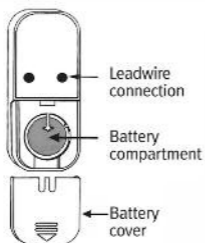
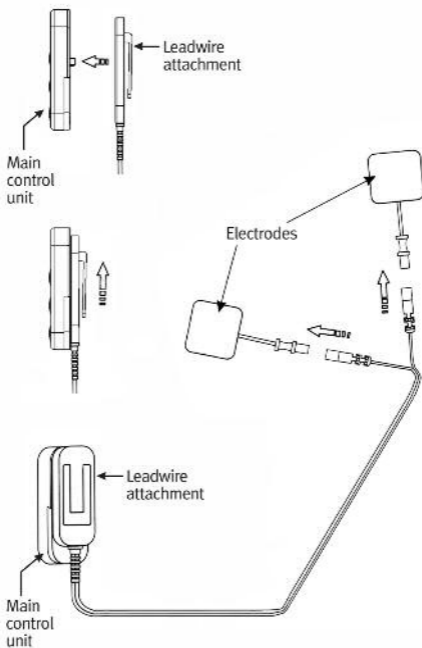


Fig 2.





Before first use of the Femme Elite, please familiarise yourself with the warnings and contraindications contained on page 4.

PFS -Pelvic Floor Stimulation

PFS helps to strengthen the Pelvic Floor muscles. Like all other muscles in your body, the more you stimulate them, the stronger they become. Women with strong pelvic floor muscles enjoy greater control over their bladder, increased vaginal tone and greater sensation during intercourse.

One in three women suffer from some form of incontinence during their lives. It can occur at any time, most commonly after childbirth. The severity of incontinence can vary.

There are three types of incontinence, all of which can be treated with the Femme Elite;

- 1. Stress incontinence** - occurs when sneezing, coughing, laughing, lifting or during exercise and causes a small amount of urine to leak.
- 2. Urge incontinence** - occurs with a strong, sudden and uncontrollable urge to urinate.
- 3. Mixed incontinence** - a combination of urge and stress incontinence.

The Femme Elite is designed to stimulate and strengthen your pelvic floor muscles for you. It has 3 PFS programmes; each treats a different type of incontinence.

PELV 1	<i>Urge Incontinence</i>
PELV 2	<i>Stress Incontinence</i>
PELV 3	<i>Mixed Incontinence</i>

The internal probe supplied will ensure you are stimulating the correct area. The Femme Elite works like an internal muscle toner to strengthen the pelvic floor muscles.

When to use PFS

Below is a guide showing how often to use the PFS mode on your Femme Elite. If your muscles start to ache, or you have any problems using the Femme Elite, please contact your medical adviser.

<i>Programme</i>	<i>Length</i>	<i>How often</i>
PELV 1	30 min	1-2 times a day.
PELV 2	30 mins	Once a day or every other day depending of severity.
PELV 3	60 mins	Complete the programme once a day.

DO NOT EXCEED RECOMMENDED TREATMENT TIMES UNLESS ADVISED BY A MEDICAL PROFESSIONAL.

Do **NOT** commence treatment until you have read and understood the instruction manual provided with the internal vaginal probe.

Using the Femme Elite for PFS.

- a) Ensure that the Mode Selector is switched to 'PELV'.
- b) Insert the vaginal probe as illustrated in the instruction manual, found in the probe packaging.
- c) Switch the unit on.
- d) Select the Programme, designed for your type of incontinence by using the 'PROG' key.
- e) Gradually increase the intensity until you can comfortably feel the muscles contacting.
- f) At the end of the programme, the Femme Elite will automatically switch off.
- g) After you have finished remove and thoroughly clean the vaginal probe in accordance with the vaginal probe instruction manual.



The Femme Elite should NOT be used:

- During the menstrual period
- If you suffer a urinary or vaginal infection
- At the same time as a barrier contraceptive device such as a diaphragm or cervical cap

PFS -Frequently Asked Questions

Q What does it feel like?

A All three PFS programmes feel slightly different. In general, the feeling is that of a pleasant tingly squeezing sensation that contracts and relaxes the pelvic floor muscles.

Q Is it suitable for use by all women?

A Yes, all women can use it provided none of the contraindications apply.

Q Can I use it whilst I'm pregnant?

A No, not until 12 weeks after the birth.

Q Are there any side effects?

A No, it is totally drug free. There are no known side effects.

Q How long will it take to see results?

A The amount of time varies from woman to woman; it is also dependent on the type of incontinence from which you are suffering.

STRESS Incontinence - improvement comes slowly with the building of muscle fibre and nerve sensitivity. This can take up to 2 months.

URGE Incontinence - improvements are made by reducing the false signals sent by the bladder to the brain. Results can be seen in as little as 14 days.

MIXED Incontinence - improvements are made by building the muscle fibre and nerve sensitivity as well as reducing the false signals being sent to the brain. This can take slightly longer, but you should be able to notice a difference within 21 days.

If you have any further questions on incontinence or need some advice, contact The Continence Foundation on:

Helpline: 0845 345 0165

e-mail: continence-help@dial.pipex.com

web: www.continence-foundation.org.uk

Registered Charity No. 1014429





Before first use of the Femme Elite, please familiarise yourself with the warnings and contraindications contained on page 4.

TENS - for pain

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

What can TENS be used for?

TENS can be used for many chronic and acute pain conditions such as period pain, back pain, shoulder pain, arthritis, sciatica, sports injuries, migraine and post operative pain.

If this is the first time you are using your Femme Elite, you need to set up the unit - see page 6.

Ensure that the mode selector is switched to 'TENS' before commencing treatment.

The Femme Elite has 4 TENS programmes, each treats a different type of pain.

TENS 1	Back Pain
TENS 2	Migraine
TENS 3	Period Pain
TENS 4	Shoulder Pain

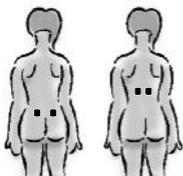
If you prefer, you can use any of the TENS programmes to treat your pain. The above table shows which pain areas the programmes are commonly used for.

For more information on which conditions TENS can treat, or for alternative electrode placement advice please call Body Clock Health Care on 0208 532 9595 or visit www.bodyclock.co.uk.

Using the Femme Elite TENS mode

To commence treatment carefully peel the electrodes from the plastic backing, using your forefinger and thumb. Place them on you body as shown in the diagrams below. The 'black squares' represent where to place the electrodes.

TENS Programme 1 - Back Pain



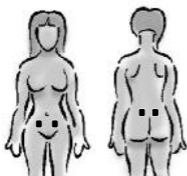
Lower
Back Pain

Upper
Back Pain

TENS Programme 2 - Migraine



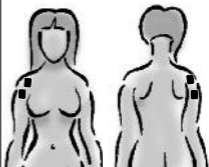
TENS Programme 3 - Period Pain



Period
Pain

Period and
Back Pain

TENS Programme 4 - Shoulder Pain



Can be used with both pads
on the same side or 1 pad on
either side.

Once the electrodes are positioned correctly, switch the unit on. 'TENS' should then appear on the screen. If it does not, switch the unit off and adjust the mode selector to 'TENS' and switch the unit on again.

You can then choose your programme using the 'PROG' key. Once you have selected your programme gradually increase the intensity, using the 'ON/Up' key, until the pulsing sensation is comfortable.

TENS - Frequently Asked Questions

Q Is it safe?

Yes, TENS is used widely for pain relief and is recommended by medical professionals.

Q Can I use it with other medications?

A Yes. TENS is drug free so you can use it with any other medication including paracetamol.

Q What conditions can TENS be used to treat?

A TENS can be used to treat numerous pain conditions. To find out whether you are able to use TENS please consult your medical adviser or contact Body Clock Health Care on 020 8532 9595.

Q Can I use this TENS for labour?

A It is not recommended. It does not feature the booster button required for use during contractions. For information on TENS for use during labour, please visit www.BabycareTENS.com or call 0845 230 9737.

Troubleshooting Questions.

Q Why does the pulse sensation not appear to be as strong after you have used the Femme Elite for a while?

A Increase the intensity, you may have become used to a lower setting.

Q Why does the pulse sensation feel strong but ineffective?

A You may need to reposition the electrode pads.

Q Why does the sensation not feel sufficiently strong even on a high setting?

A The batteries may need replacing.



Before first use of the Femme Elite, please familiarise yourself with the warnings and contraindications contained on page 4.

EMS - For Muscle Toning

EMS (Electro Muscle Stimulation) is a method of passing electrical impulses through the skin to the muscles which lie beneath, causing them to contract and relax, thereby improving muscle tone. Most women feel that there is some part of their body that they would like to be more toned. Using the Femme Elite is the easy way to help get rid of those problem areas.

What can EMS be used for?

Toning and building all muscle groups. Apart from its many cosmetic uses it can be used to treat sports injuries or to treat muscle wastage. The Femme Elite is commonly used after childbirth to recover and build the abdominal muscles. It has 3 different EMS modes, each is a specifically designed exercise programme for the muscle groups women tend to want to treat e.g. abdominal and thigh muscles.

If this is the first time you are using your Femme Elite, you need to set up the unit - see page 6.

Ensure that the mode selector is switched to 'EMS' before commencing treatment.

The Femme Elite has 3 EMS programmes, each designed to tone a specific muscle group.

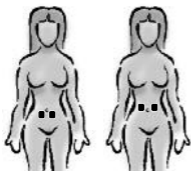
EMS 1	Abdominal muscles
EMS 2	Thighs / waist
EMS 3	Buttocks / arms

For further information on what areas of the body, you can tone with the Femme Elite, please call Body Clock Health Care on 020 8532 9595 or visit www.bodyclock.co.uk

Using the Femme Elite in EMS Mode

To commence treatment carefully peel the electrodes from the plastic backing, using your forefinger and thumb. Place them on your body as shown on diagrams below. The 'black squares' represent where to place the electrodes.

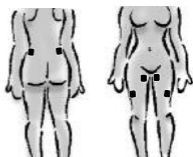
EMS Programme 1 - Abdominal



Lower
Abdominal

Upper
Abdominal

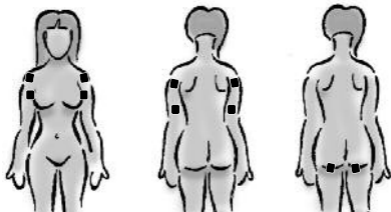
EMS Programme 2 - Thighs and Waist



Waist

Inner & Upper
Thighs

EMS Programme 3 - Buttocks and Arms



Front Upper Arms

Back Upper Arms

Buttocks

Once the electrodes are positioned correctly, switch the unit on. 'EMS' should then appear on the screen. If it does not switch the unit off and adjust the mode selector to 'EMS'. Then switch the unit on again.

You can then choose your programme using the 'PROG key'. Select the programme suitable for the muscle group you wish to tone. Gradually increase the intensity, using the 'ON/Up' key, until the tensing sensation is comfortable. The intensity level appears as blocks on the bottom of the screen (see page 5).

EMS - Frequently Asked Questions

Q *Is it effective?*

A EMS (Electrical Muscle Stimulation) is highly effective for both cosmetic toning and medical usage. However, for best results EMS should be accompanied with a sensible exercise programme so that muscles are correctly worked.

Q *Are there any precautions I should take?*

A Yes, revert to precaution on page 4.

Q *How long will it take to see results?*

A Results vary from woman to woman. Some women may see results very quickly; for others it may take several weeks.

Q *Can I use it after giving birth?*

A You can do, but not until about 12 weeks after the birth. Consult your health visitor if you wish to use it before then.

Q *What is the difference between the EMS on the Femme Elite and the muscles toners you can buy on the high street?*

A Technologically, there is much similarity. However, the Femme Elite is manufactured to be fully compliant with strict medical device regulations, ensuring high quality. The Femme Elite is also designed specially to tone the muscles women generally wish to tone.

Technical Data

Equipment type	Single Channel Digital TENS
Display	Digital LCD
Output Waveform	Bi-phasic rectangular
Auto Power - Off	5 Minutes

Programme Specifications

TENS 1	Freq. /Pulse Width : 80Hz /125 μ s.
TENS 2	Freq. /Pulse Width : 2 Hz /200 μ s.
TENS 3	Burst 2pps; Freq. /Pulse Width : 80 Hz /150 μ s.
TENS 4	(Dense Disperse) 3 secs @ 80Hz with 100 μ s. 3 secs @ 2 HZ with 200 μ s.

Programme	Freq. (Hz)	P.W. (μ s)	On Time(s) (Plus Ramp On)	Off Time(s)	Ramp On(s)	Ramp Off (s)
EMS 1	50	125	4	3	1	N/A
EMS 2	50	150	5	5	1	N/A
EMS 3	30	200	N/A	N/A	3	3

Programme Output Frequency / Duration

PELV 1	PELV 3
5Hz /3mins	MIXED
10Hz /5mins	10Hz /10mins
15Hz /5mins	20Hz /5mins
20Hz /5mins	30Hz /5mins
15Hz /5mins	40Hz /5mins
10Hz /5mins	50Hz /10mins
5Hz /2mins	40Hz /5mins
Total time = 30mins	30Hz /5mins
	20Hz /5mins
PELV 2	10Hz /10mins
10Hz /5mins	Total time = 60mins
35Hz /5mins	
50Hz /10mins	
35Hz /5mins	
10Hz /5mins	
Total time = 30mins	

Useful Contacts:

Body Clock Health Care Ltd

Suppliers of TENS and EMS units.

www.bodyclock.co.uk

020 8532 9595

Babycare TENS

Leading suppliers of TENS machines for labour and beyond.

www.babycaretens.co.uk

0845 230 9737

The Continence Foundation

Confidential Information and advice about bladder problems from specialist nurses.

www.continence-foundation.org.uk

0845 345 0165

Promocon

Independent and impartial information on continence products and services.

www.promocon2001.co.uk

0161 834 2001

Incontact

National charity for people affected by bladder and bowel problems.

www.incontact.org

0870 770 3246



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EC DIRECTIVE 93/42/EEC Annex V

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