

Electrical Stimulation - Instructions

Contraindications

- Pacemaker
- Pregnancy
- Bleeding
- Reduced/lack of sensation
- Inflammation
- Pelvic malignancy
- Up to 12 weeks post Nataly
- Up 10 12 weeks post perineal/pelvic/abdominal surgery

Precautions

- Previous abnormal smear test results (need to have had three clear results since). Do not use electrical in water-bath/shower/swimming pool
- Mirena/copper coil
- Metal allergy
- Epilepsy

Do not fall asleep whilst using Electrical Stimulation

Do not operate machinery whilst using Electrical Stimulation

Discontinue use if you have any adverse effect/reaction and call your physiotherapist on the number provided below.

Instructions

- Insert the leads into the probe and then into the unit. It does not matter which way the round the leads go
- Insert the probe into your vagina or rectum (depending on what your physiotherapist has advised you) using a water based lubricant if you wish. The unit will not work if the probe has not been inserted
- Turn on the power button on
- Select the programme

Your programme:

- To start the programme, press the + button on the side that the lead is plugged into (this button also increases the intensity)

Take up the intensity (measured in milliamps-MA) as high as you can tolerate (not above 60 MA) as you want to stimulate a muscle contraction of the pelvic floor. It may feel a little uncomfortable but should **not** be painful. You may become accustomed to the sensation during the programme in which case you can increase the intensity by pressing the + button again at any point. You can also reduce the intensity. The programme will continue until it finishes at which point it will stop. If you would like to stop the machine at any point during the during the programme then just turn the power off using the same power button that you used to turn the unit on with.

During the programme try and contract when you feel the unit delivering the stimulation. You will not manage this for the entire programme but try and do up to 10 contractions 10 times throughout the session if you can.

If the battery runs out whilst you are using the electrical stimulation we ask that you kindly replace it please and continue to use as above once you have done so.

**If you have any concerns then please contact – Tel: 0300 131 4700
Or Email: esht.mskphsiohelp@nhs.net**

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
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