

mamaTM
tens

T.E.N.S. Unit for Labour Pain Relief



mamaTM
tens

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INSTRUCTION GUIDE



Model: XL-Y1M

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This sign indicates the presence of a hazard that can cause personal injury if the hazard is not avoided.



This sign indicates the presence of a hazard that might cause damage to the **mama tens**, or to the leads or electrodes attached to it, if the hazard is not avoided.



This sign indicates the provision of additional information.

1. INTRODUCTION

The **mama tens** is a TENS machine specially designed to help counter Labour Pain

The pain suffered during birth might start with the first contraction or when the cervix starts to dilate. The pain then increases progressively until the cervix is completely dilated. During this period you will experience pain of different types and intensities but due to the innovative technology which has been incorporated into your **mama tens**, you will be able to help counter this. The **mama tens** achieves this by delivering a variety of signals dependent upon the stage of your labour.

Please note that whilst some expectant mothers will achieve sufficient pain relief using just the **mama tens**, others may require additional pain relief.

2. WHAT IS TENS?

TENS stands for Transcutaneous Electrical Nerve Stimulation. Research, technology and quality engineering has made TENS a therapeutic, safe and highly effective pain relief system, recommended by midwives, doctors and obstetric physiotherapists throughout the world.

2-1. THE ADVANTAGES OF TENS

- No effect on the baby
- Non addictive
- Non invasive
- Safe to use at home
- User friendly
- Portable

2-2. ARE THERE ANY SIDE EFFECTS?

NO – there are NO known side effects from TENS use, and long term stimulation is NOT harmful.

3. HOW TENS WORKS

TENS is simply a means of stimulating your body's own natural defences against pain. The electrodes are normally placed on the source of the pain (in the case of labour pain, only on the back, never on the abdomen) and the **mamamens** transmits a gentle feeling through the skin, with a choice of specific therapeutic patterns. The correct positioning of the electrodes is important to achieve maximum relief. A Body map on page 11 shows these positions.

The **mamamens** causes a release of endorphins, the body's natural pain relievers. Fibres within the nervous system are also stimulated to block pain messages being sent to the brain.

The **mamamens** is the result of considerable research and represents the latest in TENS technology. The **mamamens** incorporates stimulation that has proven to be effective following clinical trials.

4. PRECAUTIONS



4-1. Do NOT use the **mamamens** under the following circumstances:

- During the first 26 weeks of pregnancy.
- On the abdomen at any time during pregnancy or labour.
- If you have a heart pacemaker.
- If you have, or have ever had, a heart rhythm problem.
- If you are suffering from acute feverish conditions.
- If you are suffering from infectious diseases or tumours.
- When driving, cycling or operating machinery.

If you have, or have had, epilepsy you **MUST** obtain the full approval of your doctor prior to using the **mamamens** unit.

4-2. Pads should **NOT** be placed:

- On the abdomen at any time during pregnancy.
- On the carotid sinuses located on the front of the neck.
- Over the eyes.
- Cross-cranially, i.e. across both temples at the same time.
- On broken skin.
- On areas where normal sensation is absent.

5. GENERAL PRECAUTIONS



- Do not immerse the **mama tens** in water.
- Do not place the **mama tens** close to excessive heat.
- Do not attempt to open the **mama tens**.
- Do not use anything other than the specified batteries.
- Keep the **mama tens** away from sources of high magnetic fields such as TVs, microwave ovens and hi-fi speakers as magnetic fields may affect the LCD display, but not the working of the unit.



If a leadwire becomes detached from its socket the unit must be switched off before re-inserting.



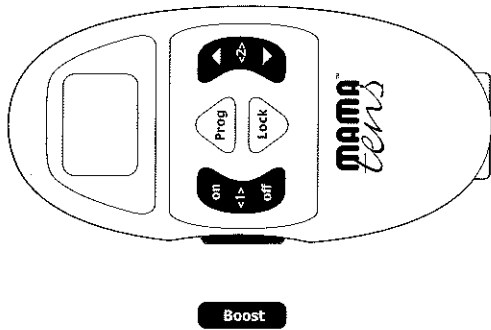
IF IN DOUBT CONSULT YOUR MEDICAL PRACTITIONER, MIDWIFE OR OBSTETRIC PHYSIOTHERAPIST

6. INSTRUCTIONS AND CONTROLS

Your **mama tens** is very simple to use and you should find it extremely effective. **However, before use, please read all of this Guide, taking specific notice of all the precautions.**

CONTROLS

The **mama tens** has four coloured buttons on the front and one on the side.



The left curved GREEN BUTTON marked "ON/OFF" is the ON and OFF Switch.



The right curved GREEN BUTTON marked ▲ & ▼ is the intensity control.

Press ON and hold for 2 seconds to turn ON. (This delay avoids turning ON accidentally). The LCD display will appear as "A1 0" indicating that the unit has automatically set itself into Labour Pain Phase A and Mode 1 at Zero intensity (0). Press OFF to turn the unit off.

Each time the ▲ is pressed, and then released, the *mama tens* will increase in intensity by one level. The *mama tens* has fifteen levels of intensity. Each time the ▼ is pressed, the intensity will decrease by one level.

As you increase the intensity you will experience a gentle tingling feeling. You may feel little or no sensation from the *mama tens* at its lower levels, but keep pressing and releasing the ▲ until the sensation is strong but comfortable.

To maintain the effect as your body becomes accustomed to the signal you will probably need to steadily increase the stimulation by raising the intensity a level at a time; this is perfectly normal.

SAFETY FEATURE– If the *mama tens* is accidentally

switched on it will switch off automatically if the intensity level is not increased within 5 minutes.

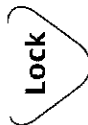


- The UPWARD POINTING TRIANGULAR YELLOW BUTTON marked "PROG" is used to select from three programmes, one for each stage of Labour.

Each time the PROG BUTTON is pressed the programme changes. The programme selected is displayed on the LCD screen.

- Programme A, for Stage 1 is shown as A 1
- Programme B, for Stage 2 is shown as B 1
- Programme C, for Stage 3 is shown as C 1

The programmes are explained in detail under the section "How to use your *mama tens*" on pages 16 to 20.



- The DOWNWARD POINTING TRIANGULAR BUTTON marked "LOCK" is the lock switch. Holding this button down for 3 seconds locks the controls. A key symbol appears in the LCD and none of the controls will operate. This function avoids accidental changes in programme & intensity. Hold down the LOCK BUTTON for 3 seconds to remove the lock.

Boost

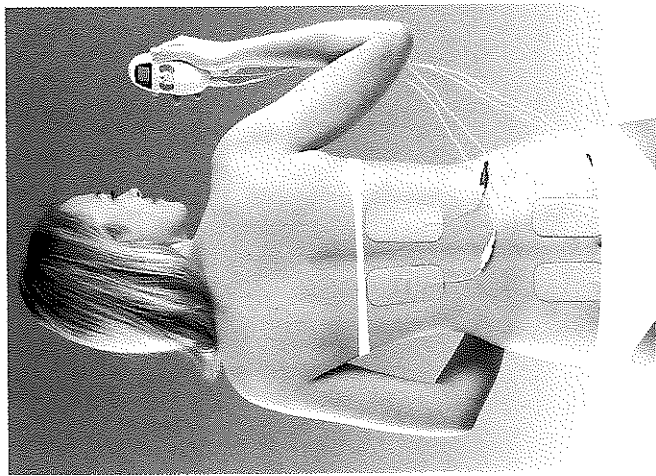
- On the SIDE of the unit is the BOOST BUTTON. Its action depends upon the programme selected, and is detailed within the section "How to use your *mama tens*."

7. POSITIONING OF PADS

The pads need to be placed over the junctions of the nerves joining the womb and birth canal to the spinal cord. Correct positioning of the pads will give maximum pain relief so please study the photograph on the right and then follow these instructions:

1. Carefully peel the pads off their plastic covers. Do not pull on the leadwire.
2. Place the top pair of pads (connected to CH1) either side of the spinal column 2 inches (50mm) apart from each other and about 3 inches (75mm) below the bottom of the shoulder blades (close to vertebrae T10, T11, T12 and L1). This is just below the bra line.
3. The lower pair of pads (connected to CH2) are placed either side of the spine about 4 inches (100mm) apart and about 1 inch (25mm) above the dimples at the base of the spine, just above the buttocks (close to vertebrae S2, S3 and S4).

Please check the photograph to be sure of the correct positioning of the pads.



8. HOW TO PREPARE YOUR *mamamens*

8-1. PACK CONTENTS

Your *mamamens* pack should comprise the following:

- 1 x Instruction Booklet (which you are reading now!)
- 1 x Pictorial Instruction card
- 1 x *mamamens* unit
- 1 x Safe-release Neck Cord
- 1 x Removable Belt Clip
- 2 x Pairs of 50mm x 100mm rectangular self-adhesive pads which include long leadwires
- 4 x 1.5volt AA (LR6) Alkaline Batteries (2 inserted into the unit and 2 spare)
- 1 x Carry Case

Having checked all the contents are correct, please proceed to assemble the unit. Please note that your *mamamens* is supplied with batteries inserted plus a spare pair.

8-2. ASSEMBLY and PREPARATION

Assembly of your *mamamens* is very simple and requires only three steps.

STEP 1: Unravel the leadwires to two of the pairs of pads and insert the plug at the end of each lead into the socket at the base of the unit. Please note which plug and leadwire is in CH1 and which is in CH2. The sockets are marked CH1 (Channel 1) and CH2 (Channel 2). The plugs can only be inserted one way.

STEP 2: Attachment of Pads Peel off the clear plastic covers and attach the pads to your back as shown in Section 7 "Positioning of pads". Please keep the clear film liners for preserving the pads after use.

The *mamamens* is now ready for use; it may be comfortably held in the hand or it can be hung from the neck or clipped to a belt or waistband. If you wish to wear the *mamamens* in any of these ways, refer to the next Step.

STEP 3 (optional):

- (a) Safe-Release Neck Cord – To hang the *mamamens* from your neck, slide the supplied safe-release neck cord under the recessed clip on the back of the *mamamens*. This neck cord will pull apart if you snag it or the machine and is therefore intrinsically safe.

Do not substitute string or a regular necklace for the safe-release neck cord as such items will not necessarily break in the event of a snagging.



- (b) Removable Belt Clip – Alternatively, to wear the **mamamens** at the waist, insert the supplied belt clip into the recess on the back of the **mamamens** and then slide into position until the clip locks into place. The clip is primarily intended for use with a belt but it can also be used on a waistband if it is sufficiently tight. The belt clip is designed to fit in either direction.

8-3. AFTER USE

Always ensure that the **mamamens** is switched OFF before removing the electrodes. After use, place the electrodes onto the clear plastic covers and store in the resealable bag(s).

8-4. TRIAL RUN:

It is recommended that if you have not previously used a Tens unit, you try the unit for a few minutes using one pair of the pads supplied. Position these on your lower back below your waist either side of your spine. Increase the intensity slowly until you feel the tingling sensation. Change programmes (See Section 9) so that you are fully aware of the different feelings and understand the controls.



Please release the Boost button when in C1 mode before the intensity becomes too strong.

9. HOW TO USE YOUR *mama tens*

9-1. During Stage 1 Labour

Your first contraction is not necessarily the start of your labour. The first stage of labour is when your cervix starts to dilate. First signs of the cervix dilating are normally when the contractions become stronger. When this occurs:

1. Ask your partner or midwife to carefully apply the four rectangular electrodes to your back (after referring to "Positioning the pads" on page 10; and
2. Select the *mama tens*'s Labour Programme A by pressing the ON BUTTON. The screen will display "A1 0".



When applying the pads, you must ensure that the lead wire serving the upper pair of electrodes (ie those applied to the middle of your back) is plugged into the left hand socket marked "CH1". The lead wire serving the lower pair of electrodes must be plugged into the right hand socket marked "CH2".

The LABOUR Stage 1 Programme A is set at a frequency pulse that will trigger the release of endorphins. This will relax you and relieve your pain.

In this setting there are two Modes, A1 and A2. Mode A1 is for use in between contractions; Mode A2 is for use during contractions. You can switch between the two modes at any time by pressing the BOOST BUTTON, located on the side of the unit.

The *mama tens* will start in Mode A1 at zero intensity. Once the intensity is increased sufficiently you will experience a pulsing on-off-on-off sensation. When the next contraction starts press the BOOST BUTTON once and the mode will change to Mode A2, at the same intensity level as it was when in Mode 1. The LCD screen will, for example, go from "A1 5" to "A2 5". Mode 2 will be experienced as a constant tingling sensation.

When the contraction passes, press the BOOST BUTTON once and the *mama tens* will change back to Mode A1 at the same level of intensity as it was when in Mode A2. Repeat this each time a contraction starts. As the contractions become stronger simply increase the intensity.

9-2. During Stage 2 Labour

As your labour progresses your contractions will intensify and become more frequent.

If you feel the need for a different form of pain relief you should press the PROG BUTTON once. This will move the *mama tens* into Programme B for Labour Stage 2, and the LCD screen will show "B1 0".

The timing of this move from Prog A to Prog B varies from one mother to another but you should rely upon Prog A as long as possible. There may however come a time when the contractions become particularly strong and switching to Prog B for Labour Stage 2 will provide you with a stimulation pattern which is set to block the heightened pain which you may suffer.

Press and release the INTENSITY BUTTON until you reach a comfortable intensity setting which will seem a lot less "thumpy" than Programme A1.

You will possibly be aware that the intensity of the stimulation derived from the higher set of pads (which have been placed just below your bra line) is greater than the lower set of pads (at the bottom of your back): this is intentional and part of the therapy.



In Programme B there are again two modes, 1 and 2. When the next contraction starts, press the BOOST BUTTON once. The mode will change to Mode B2, at the same intensity level as it was when in Mode B1 and the LCD screen will, for example, go from "B1 5" to "B2 5". Mode B2 will be experienced as a constant tingling sensation.

When the contraction passes, press the BOOST BUTTON once more and the *mama tens* will change back to Mode B1 at the same level of intensity as it was when in Mode B2. Repeat this each time a contraction starts. As the contractions become more intense and closer together, increase the intensity.



If greater intensity is felt from the lower electrodes instead of the upper ones then the leads have probably been incorrectly inserted into the *mama tens*. To correct this, switch off the *mama tens*, change over the leads, and then switch back on.

9-3. During Stage 3 Labour

Immediately Before Starting to "Push"

Just before the cervix is fully dilated and you start to push, you may find the *mama tens* is not blocking out the pain sufficiently: press the PROG BUTTON once more. The *mama tens* will go into Programme C for Labour Stage 3, which is shown on the LCD screen as "C1 0". This special function "ramps" the power (level of intensity) during final contractions.

In between contractions press and release the INTENSITY ▲ or ▼ button until you reach a comfortable intensity setting (for example: C1 5). As the next contraction begins and the pain becomes very intense, press the BOOST BUTTON and HOLD IT DOWN. The intensity will ramp up (increase) from its background setting, and will continue to ramp up until you release the BOOST BUTTON because the intensity became too much to bear. Releasing the BOOST BUTTON allows the intensity to drop rapidly and return to the background setting you preselected.

The LCD will display the ramping status. For example if background setting is "C1 5" and the Boost button is held until "C1 5" happens to be displayed, the actual display will read from C1 5 through C1 6-7-8-9 and then back down through 8-7-6 to 5.

As the next contraction intensifies, once again press and hold down the BOOST BUTTON and the intensity will quickly ramp up. Keep repeating this procedure.

When instructed to start "pushing" use the PROG BUTTON to switch the *mamameters* back to Programme A.

10. GENERAL INFORMATION

10-1. PADS AND LEADWIRES

The pads that are supplied with the *mamameters* are superior self-adhesive pads. The condition of the pads does affect the conductivity and, therefore, the performance of the *mamameters*. Before placing the pads please ensure that your skin is wiped clean and dry.



Ensure that at all times the leadwires are slack, rather than taut. If undue force is applied to a leadwire it could break or even detach from the electrode pad.

10-2. COMPLICATIONS

These can arise but are very rare. Please note the following:

1. Allergic reactions to the self-adhesive pads can occur, even though they are hypo-allergenic.
2. Do not apply pads to broken skin, or to skin which does not have normal sensation as, if the skin is numb, stimulation will not be felt and too great an intensity might then be used accidentally.

10-3. LOW BATTERY DISPLAY

If the batteries begin to lose their power a battery symbol will appear on the LCD. Change both batteries at this stage using the spare batteries supplied. See instructions below as to how to change the batteries.

10-4. CHANGING THE BATTERIES

Unlock the battery holder by sliding the knob downwards. Pull out the battery holder. Remove the existing batteries.

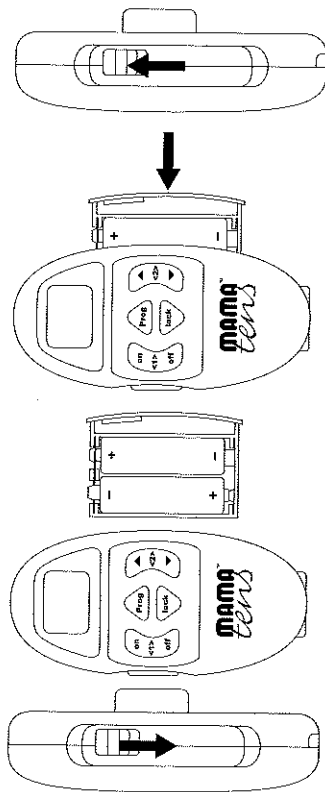
Using the diagram on the battery holder as a guide, insert new AA(LR6) batteries. The *mama tens* will not function if the batteries are inserted incorrectly and damage to the unit could occur. With the batteries uppermost, slide the battery holder back into place. If the battery holder cannot be fully inserted it is upside down. Do not force the battery holder into place.

Lock the battery holder by sliding the knob up.

To check that the batteries have been correctly fitted, press and hold the ON for 2 seconds and the LCD screen will display "A1 0".



Replace only with the AA(LR6) battery type indicated.
Replace both batteries at the same time. Do not dispose of the batteries in a fire. Keep batteries out of the reach of children.



11. WARRANTY

In addition to your statutory rights we agree that if any defect in materials or workmanship appears in the product we will replace the unit in question free of charge. This applies only to a product that has been used correctly and has not been damaged through misuse, accident or neglect.

If a defect appears, please check that the **mamam tens** is being used in accordance with the instructions. If the unit is defective please call **mamam tens** and the unit will be replaced free of charge.

12. Decal Label Symbols



This symbol on the unit means 'refer to instruction guide'.



This symbol on the unit indicates that it is classified as type BF which provides a degree of protection against electric shock with isolated applied parts.