



## NICS BABY CONSULTANCY

"It's the small things"

### BabyCare Elle Tens Machine Rental

TENS is fast becoming the preferred natural choice for pain relief during childbirth. The Elle TENS will assist you to have a natural birth by providing effective and long-lasting drug free pain relief. Using TENS in childbirth will help you stay calm and comfortable which reduces the possibility of medical intervention and further complications.

#### More about the TENS Machines:

- Easy to use
- Small and portable
- Completely safe
- It is a digital unit so there are no knobs to turn, simply buttons to press

**Cost:** R400 includes 3-week rental with new electrodes and spare batteries.

#### How to use a TENS Machine


YouTube: <https://www.youtube.com/watch?v=GwixAyRvCKY>




See the **printed** user manual included for programmes and instructions on how to use the unit.

#### Elle TENS

##### Quick Reference Guide

If you are in labour, please use the quick reference guide set out below. It is however recommended that you read the section entitled "Setting Up Your Elle TENS" found on page 5 to obtain the best performance from your unit.

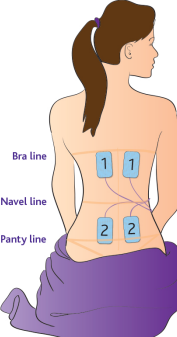
 Before using the Elle TENS, please read the contraindications and warnings on pages 1 and 2.

1. Ensure the Elle TENS unit is switched off.
2. Insert 2 x AA batteries in the compartment at the back of the unit (see figs 1 and 2, page 6).
3. Insert the leadwire plugs into the top of the unit (see fig 3, page 6).
4. Insert the pins at the other end of the leadwires into the sockets attached to the electrode pads. Do not remove the electrodes from their backing at this stage (see fig 4, page 6).
5. Position the electrode pads on the body as indicated on page. A pair of electrodes must be connected to each lead wire in order for you to feel any sensation. The electrode pads must be peeled away from their backing and placed directly on your body for you to feel any sensation.
6. Make sure that the 'boost' button at the side of the unit is NOT pressed in. This ensures that the unit will start in the BURST 1 mode (see page 3).
7. Press the  (on/off) to turn the unit on.
8. Now push the  (CH1+) key until you feel a pulsating sensation.
9. Repeat the same with the  (CH2+) key.
10. At the onset of a contraction press the 'boost' button for the additional surge of power needed to combat the pain.
11. Release the 'boost' button once the contraction has passed and continue in the BURST 1 mode as before.

#### Suggested Electrode Placement Chart

The sticky electrode pads need to be placed in the correct position for maximum pain relief. It is preferable to obtain assistance from either your birthing partner or medical adviser when positioning the pads. Please read the following instructions carefully:

1. Ensure unit remains switched off. Carefully peel the pads from the plastic backing using your forefinger and thumb. Do not pull on the lead wires.
2. Position the top two pads (connected to the left socket CH1) approximately 4cm either side of the spine and 4-5cm above the imaginary navel line as seen in the diagram.
3. Position the bottom two pads (connected to the right socket CH2) approximately 4cm either side of the spine and 4-5cm below the imaginary navel line as seen in the diagram.



Reference: Cluett E. (1994) SRN RMADM PGCEA. Analgesia in Labour: A review of the TENS method. Professional Care of Mother and Child. Mar;4 (2): 50-2.

**Rental Terms & Conditions** 1. Babycare TENS should only be used in accordance with the instructions provided and only by the Customer named. 2. The success of Babycare TENS in labour is neither guaranteed nor warranted by Babycare TENS or NBC (Nics Baby Consultancy). 3. Babycare TENS must not be used by anyone fitted with a cardiac pacemaker, who has a heart disease or suffers from epilepsy. If you have any concern whatsoever consult your medical advisor prior to use. 4. Babycare TENS must not be used until the pregnancy has reached full term (37 weeks onwards). 5. In the event of damage to, or loss of the Babycare TENS by the Customer, the full retail value less the hire charge is payable to NBC by the Customer. 6. Non-use of the hired Babycare TENS is entirely at the discretion of the customer and no refund will apply. 7. The Customer should check the contents of the hire pack upon receipt and familiarise herself with the Babycare TENS and the instructions. The Customer must advise NBC of any problems whatsoever immediately. NBC accepts no responsibility where the Customer fails to do so and renders it impossible for NBC to take any corrective action.