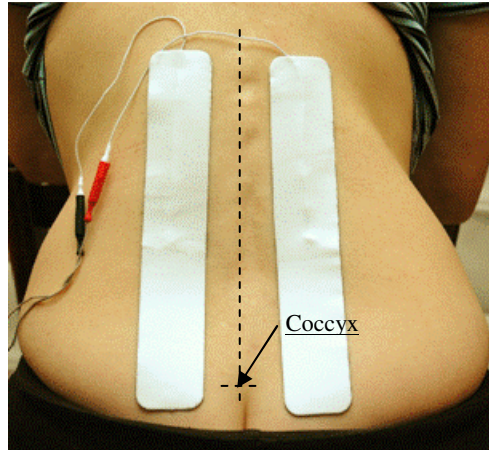


Instructions



Labour Electrodes shown are applied either side of the spine, just below the Coccyx with the cables at the top

Step 1 Prepare the skin

- Open the 'Clean-Cote' Sachet.

Wipe the skin either side of the spine where the electrodes are to be placed. Allow the Skin to dry (approx. 15 Sec.) – creating a protective barrier over the skin.

*[Important: Please **do not** leave the Clean Cote wipe or sachet on any furniture as it may damage the polish]*

Step 2 Apply the electrodes

- Peel the electrodes off the Teflon backing sheet with care.

Please do not pull the electrodes by the cables.

Apply the electrodes on either side of the spine as shown above.

The electrode cable sockets should be positioned at the top.

Ensure the electrodes are placed approx. 1 finger apart on either side of the spine (total spacing is approx. any 2 fingers).

[Important: Before taking a shower or bath remove the electrodes from the skin and place the electrodes onto the Teflon backing sheet]

Step 3 Removing the electrodes

- 'Twist' (backward and forwards) the cable plug out of the electrode cable socket.

- When removing the electrodes from the skin use one hand to support the skin above the electrode, while the other hand removes the electrode(s).

Peel the electrode, starting from a corner and 'slowly' off the skin (like peeling the skin off a banana).

[Important: Do not pull the electrode off by the electrode cable socket.]

Place the electrodes back onto their Teflon backing sheet when not in use and store in the original sealed bag to extend the life of the electrode.

Step 4 Re-applying the electrodes

- To re-apply the electrodes, refer to Step (2).

Step 5 Preparation for Induction (If applicable)

Please refer to the 'FreeMOM TENS Preparation for Induction' instructions

Step 6 Stage 1 of Labour - The Contraction phase

Please refer to the 'FreeMOM TENS Stage 1 of Labour - The contraction phase' instructions

ADDITIONAL INFORMATION

Showers and baths

- Do not allow the electrodes or FreeMOM TENS to get wet.
- The skin protection supplied by the 'Clean-Cote' wipe will not disappear after showering and will gradually wear off over a period of 24 hours.
- It is important that after you have a shower or bath, ask for assistance to dab dry your back with a towel.

Rubbing your back may aggravate (and redden) your skin.

- Electrodes are reusable up to 30 applications.

FreeMom TENS Labor Pain Management System is endorsed by the National Association of Childbirth Educators Incorporated (NACE (Inc).

