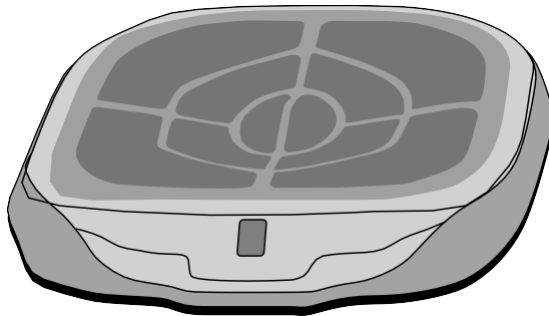


Non-implantable Kegel Muscle Electro stimulator

GN KEGEL User Manual



GN KEGEL

For safe and proper use of this product, please read the content of this manual before use. Use the product after fully familiarizing yourself on how to use the device. After reading the manual, always store it at a place where you can use it at all times.

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Chapter 1. Safety Precautions

1. Safety Precautions

Please read these "Safety Precautions" before using the product, and then use the product in a proper manner. Since the precautions given specifies the important contents regarding safety, please follow the precautions.

This manual classifies the degree of risk in case of improper handling into the following 3 grades.



Danger

It indicates that the user may incur a serious injury or die.



Warning

It indicates a possibility of an incident or a condition that may damage the product.



Caution

If you ignore these indications and handle the product improperly, you may be injured or incur property

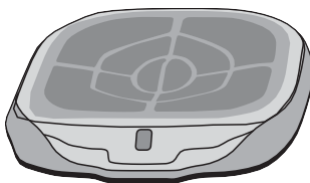
1.1. Warning



- ◆ A person other than an engineer with after service qualifications from the head office must never dismantle, repair or remodel the product. There may be a risk of an electric shock or abnormal operation.



- ◆ Do not conduct random repair or maintenance not described in this user manual. It may cause malfunction, electric shock or fire.



1.2. Warning

- ◆ Please follow this since the warning is for preventing an accident or danger beforehand by using the product safely and properly.
- It is a symbol for arousing the user about matters and operation that may cause danger.
- For the part where the following symbol is indicated, you must thoroughly read and follow the instructions to avoid an occurrence of danger.



The indication of "Danger of Explosion" describes the safety violations that may occur if this device is used in an environment where there are flammable anesthetics.



Non-ionized

"Non-ionized electromagnetic radiation" indication informs the user of the danger that may arise due to increased non-ionized radiation at a potentially dangerous level.



BIOHAZAR

"Biohazard" indication notifies the user of the danger that may arise from improper handling of components and parts in contact with the body.



"Dangerous Voltage" indication informs the user that there is electric danger transferred from the waveform of a certain program configuration.

1.3. Example of Symbols



Mandatory




This symbol represents Mandatory matters (Matters that must be complied with).
The meaning of this symbol is "Mandatory."



Prohibited

This symbol represents Prohibited matters (Matters that are prohibited).
The meaning of this symbol is "Prohibited."

2. Information on Danger, Warning, Caution

 Danger	Symbol
<p>Because the stimulation delivered by the waveform of this device, and the waveform of 25 micro colom (μC) or higher is transferred per pulse in a certain operation, it may be enough to cause death from electric shock. Therefore, since it may cause an irregular pulse of the heart if this amount of electric current flows through the chest, do not use this product near the heart.</p> <p>Do not use this product with the following medical electronic devices. (1) Implantable medical electronic devices such as cardiac pacemakers (2) Medical electronic devices for life support including pacemakers (3) Wearable medical electronic device such as electrocardiograph</p> <ul style="list-style-type: none">→ It may cause a life-threatening disorder by causing a malfunction of the medical electronic device.(4) Simultaneous connection of patients with high-frequency surgical ME devices may cause burns around the part where there is an electrode of the simulator, and may damage the simulator.(5) Operation at a location near (Ex.: 1 m) a short wave or microwave treatment ME device may cause instability in the stimulator output.(6) The operation of an electrode near the chest may increase the risk of cardiac defibrillation. If you apply the stimulation across or through the head, right above the eyes, over the mouth, in front of the neck (especially the carotid sinus) or place the electrode above the chest or upper part of the back or across the heart, it is extremely dangerous.<ul style="list-style-type: none">→ If the battery cell is ruptured or leaking, dispose of it while wearing neoprene gloves or natural rubber gloves.→ Do not open the battery under any circumstances.→ Do not dispose of the pack of batteries in a fire.→ Do not change the polarity of the battery electrode.→ You may incur a personal injury due to explosion, ignition, leakage, or heat due to the rise in temperature of the battery pack.	  Prohibited

This device is for stimulating healthy muscles to enhance or promote muscle functions. Only adults can use this device.

Warning

Symbol

If the following applies to you, use the device after consulting a physician.

(1) A person being treated by a physician or a person who especially feels something abnormal in one's body (2) A person with malignant tumor (3) A person with an abnormal heart or cranial nerve (4) A pregnant woman or a woman who just gave birth

(5) A person with a body temperature above 38°C → Ex. 1: A person going through a period with severe acute symptoms (Fatigue, chills, blood pressure fluctuation, etc.) Ex. 2: If the body has weakened (6) A person with an infectious disease

(7) A person with dermal sensation disorder or abnormal skin (8) A person with acute (painful) disease such as spinal fracture, sprain, muscle strain, etc. (9) A person needing complete rest (10) A person with abnormal blood pressure (11) A physically challenged person (12) A person with perceptual disorder due to peripheral circulatory disturbance (13) A person with low body temperature (14) A person with circulatory disorder (15) A person not gaining any effect from using the device for a certain period (16) A person with skin disease and a person sensitive to skin stimulation (17) A person with an implantable medical product (Ex.: Cardiac pacemaker ,etc.)

→ It may become the cause of an accident or health disorder.

Do not use the device to relieve the pain near the heart, the upper neck, head, eyes, oral cavity or reproductive organs, region where there is a skin disease, and the left and right soles. In addition, do not use the device in between internal organs.

→ It may cause an accident or physical disorder.

Do not use the device on a person who cannot express their intention on their own or a person who cannot operate the device on their own.

→ It may cause an accident or physical abnormality.

Do not use another stimulator and more than 2 of these devices at the same time or with ointment (including spray-type).

An epileptic must not use this device.

Do not use after you have an acute trauma or fracture. Do not use after a recent surgical procedure.

Do not use it if you have an abdominal hernia or groin hernia.

Do not use on a region with cancerous lesion. Do not use during pregnancy (Do not use on an abdominal region).

A person with a serious coronary circulation disorder in the lower extremity. For a person with sensitive skin, please consult with a physician before using the device. Do not use for purposes other than Kegel muscle exercise .

→ It may cause an accident or physical disorder.

Do not use the device if there is a scratch or damage to the surface of the electrode.

→ Do not connect the adaptor to a device other than the connector of the designated device body. It may cause an electric shock and accident. Do not dismantle, repair or remodel the device.

→ It may burn, malfunction, or cause an accident.



Mandatory



Prohibited



No

dismantling



Caution

Symbol

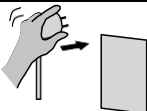



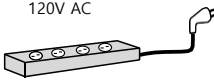


- Immediately stop using the device if you experience a physical disorder or something abnormal on the skin such as eczema, rash, itchiness, etc.
→ Consult a physician and follow directions.
- Do not use the device while wearing an electronic device (watch or passometer).
→ The time and numbers may become out of sync.
- If the device does not work properly, immediately turn off the power to prevent an accident and request a repair to the customer service center.
→ There is a risk of an accident or a malfunction due to overheating or short circuit.
- In case of an elderly who has difficulty in operating the device, use the device while a guardian is present.
- If something abnormal is discovered in a patient, leave the patient in a safe condition and take appropriate measures such as turning off the device.
- Do not give a shock to the device during use. It may cause a malfunction.
- Do not use the device longer than the recommended time. (Recommended for 30 minutes once a day)
- Kegel Exercise can be conducted on both men and women, but the device was designed to fit the body structure of an adult women. If there is an abnormal reaction or the body condition is not normal when using the device, prohibit its use.
- When Kegel exercising, if you have a wound on the affected area, prohibit the use of the device.
- If you activate the device without using a wet gauze or wet tissue on the electrode, your skin may sting or the stimulation from the device may be unpleasant. So please place a wet gauze or wet tissue on the electrode when using the device.
- If a wet tissue or a wet gauze comes in contact with the different electrodes of the mounting part of this device, there is a risk of an electric shock. Thus, you must separate the wet tissue or wet gauze so it does not come in contact with the other electrode (If you use only one wet tissue or wet gauze, it may be the cause of an electric shock. Therefore, separate them with more than two tissues or gauzes so the wet tissue or wet gauze on one side does not come in contact with the other electrode.)
- Do not use the device in a place with high humidity like a bathroom or while taking a bath. You may receive a powerful shock.
- Keep out of reach of children and do not use the device on children.
- Use the device body under an appropriate lighting.
- Do not touch the mounting part with wet hands during operation. It may cause an electric shock.
- Use the device by placing a wet gauze or wet tissue on the mounting part. If the device is covered with water by a spray, you may get an electric shock.
- After using the mounting part (Kegel exercising), you must remove the moisture on the device and store it in a dry place.
- When a man uses the device, make sure the testicles do not come in contact with the electrode. (If the testicles come in contact with the electrode, use the device so no electricity flows through it by placing a wet cloth or dry tissue on the electrode for safe use.)

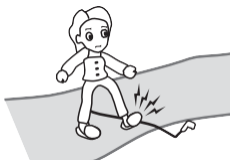
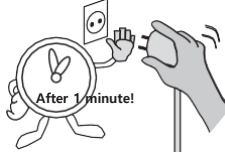



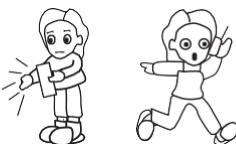


Prohibited

 Caution	Symbol
<p>Please use the device after checking if the adaptor and components of the device body is firmly and properly connected.</p> <ul style="list-style-type: none"> → It may cause an electric shock or malfunction. Make sure to use it properly on the device body. → It may cause an accident or physical disorder. <p>When disconnecting the adaptor from the device body, you must not hold the cord but hold the connector of the adaptor to disconnect it.</p> <ul style="list-style-type: none"> → It may cause an electric shock or malfunction. → The specification of the replaceable internal power is as follows. 3.7V 5000mAh Do not charge it at a location where it is difficult to connect the adaptor behind the device. → If the connecting cable of the adaptor is bent, it may cause a short circuit or damage the product. 	 Prohibited

3. Power Supply & Precautions upon installation (Precautions viewed with pictures)

 120V / 60Hz		
<p>The rated power supply is 120V/60Hz. Please use a plug for a 220V outlet. There is a concern for electric shock when the device malfunctions or leaks electricity.</p>	<p>Please plug the power plug firmly so as to ensure good connection.</p>	<p>Do not use the product by plugging it in the same power outlet where other electronic products are plugged in. It may cause a fire due to the overheating of the outlet.</p>
	120V AC 	
<p>Do not unplug it by pulling the power cord. If the cord part is damaged, it may cause a fire or electric shock.</p>	<p>If you need an extension cord, please use the ones meeting the following requirements. We recommend 250V AC, over 15A, and a length over 5m.</p>	<p>Please maintain the clean condition of the power plug so there is no foreign substances on it. When using the device while it is damaged or has foreign substances on it, it becomes the cause of a fire and electric shock.</p>
	<p>Please do not plug or unplug the power plug with wet hands. There is a risk of an electric shock accident.</p>	

		
<p>Do not place the power cord on the path where people pass by.</p>	<p>If you have unplugged the power cord of the device, plug the power cord of the device after at least 1 minute. It can strain the system and cause a device failure.</p>	<p>If children play while having the adaptor power cable around their neck, it poses a serious risk.</p>
		
<p>If children or other animals (dog, cat, etc.) bites the cable or if scraped with a knife, it leads to a risk of electric shock and fire.</p>	<p>Please use the device under the prescription and guidance of a physician. The following person must decide to use the device after consulting with a physician.</p> <p>(1) A person with an acute disease (2) a person with a malignant tumor (3) a person with a fever (4) a person with a heart disorder (Especially a person with a pacemaker) (5) a person with a perceptual disturbance (6) a pregnant woman (7) A person with an abnormality on the skin where the device is used (8) A person using an artificial organ or artificial skeleton</p>	<p>If there is something not specified in the user manual, please use the device after checking the details from the product dealer or manufacturer.</p>

Please follow the safety precautions above.

4. A Sincere Request to Our Customers

A Sincere Request to Our Customers

The non-implantable Kegel muscle electro stimulator was produced for Kegel Muscle exercise. We prohibit the use of the device for purposes other than its intended use.

Please use the device after checking if the buttons and the timer are working properly.

If you have purchased and is using the device for the first time or if the device has not been used for a long time, activate the device according to the user manual and check if it is working properly.

Do not use the product on areas of the body where deodorant sheet or spray was used to control sweat.

→ The function of the electrode surface may decline.

Do not use or store the device at the following places.

→ A place where there is direct sunlight, a place with a powerful magnetic field, a place with a lot of dust, a place where there is water, a hot and humid place, and a place that is easily impacted.

This device is designed for adult women, and use by children is prohibited.

※ Please read the request to our customers. We ask our customers to be extra careful according to the information specified above.

Chapter 2. Principle of Operation & Components

1. Principle of Operation

- Please use the device after familiarizing yourself with how it is accurately used and how it is operated. If you have any questions, please make an inquiry to the place of purchase (dealer or seller) or manufacturer.
- This device consists of a device body and an adaptor.
The controller sends out a signal to the display according to the entered value of the control board or delivers the programmed output waveform and frequency, and pulse width to the output section.
- You can adjust the strength of the output depending on the pressed value of the button which adjusts the output strength.
- If you turn on the power of the device and set the strength of the output, it applies stimulation to the body as power is supplied to the electrode through the output port.
- The program saved in the CPU is activated once you turn on the power. If you press the strength adjustment button, a low-frequency pulse signal of the program is generated through the electrode.
- The amplitude of the stimulation pulse, frequency, operating time, pause time, and the number of pulses changes depending on the adjustment of the strength adjustment button. If there is no key operation at the stopped state, the power is automatically turned off after a certain period of time.

2. Rated Voltage and Electric Consumption

- Class 2 device : 220Vac, 50/60Hz, 13VA
- Internally powered device : 3.7Vdc, 5000mAh
- ADAPTOR : INPUT 100V~240V, OUTPUT DC 12V 1.5A

3. Protective Form and Protection Degree against Electric Shock

- Class 2 device & internally powered device

4. Safety Device

- If the basic operating time passes, it automatically cuts off the output and an alarm buzzer sounds.
- If the strength is "0," the output is not generated.
- When the power supply is briefly halted and then restored, the output stops.
- While using over 11 step, if you deviate from place over 5 seconds, a program will be stopped automatically .

The product box contains the following items. The basic components are the device body, adaptor, and user manual.
If there is a missing item, please contact the place of purchase.

5. Components



PRODUCT BODY^ㄷ



ADAPTOR^ㄷ



MANUAL^ㄷ

Chapter 3. Product Name & Function

1. Product name

FND display

If activated, it automatically displays the output strength. Basic setting is 30 minutes, and it is displayed every time you press the Intensity button.



Intensity button

A button for adjusting the output strength.

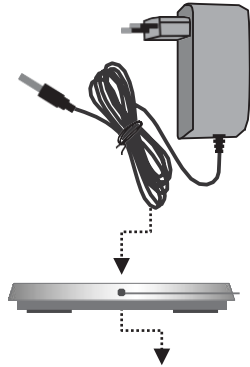
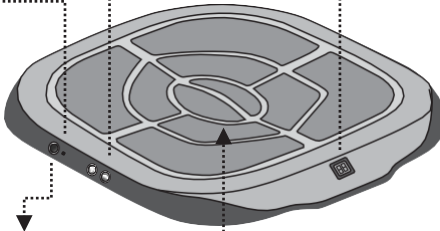
Every time you press + button(UP), the strength increases by 1. The strength can be set up to 99.

Every time you press - button(DOWN), the strength decreases by 1.



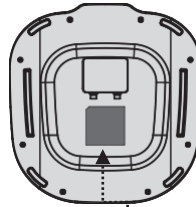
LED display

It displays the power input status.



Adaptor Connector

The part where an adaptor is connected (plugged) to the device body.



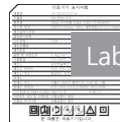
Electrode

The part that comes in contact with the skin. An electrode delivering energy to the skin through a wet tissue or wet gauze.



Labelling

A sticker specifying the information of this device.



2. How to Use the Intensity button

How to use the Intensity button



Intensity button

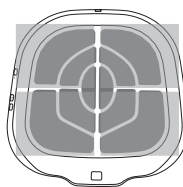


FND display

(Displays time, strength)



Used part in contact
with the body



Cover the device
with wet tissue.
(Before use)

① An intended operator places a wet tissue on the electrode, and then have the skin of the hip come in direct contact with the device. Then, adjust the strength of the stimulation using the Intensity button (+,-).

At this moment, press + button or - button of the Intensity button to adjust the output strength to suit the user. Have the skin you wish to stimulate come in contact with the device.

② You can set the level of the Intensity button from 1 to 99.

The Intensity Up button increases the output of the strength 1 level at a time if the + button (UP button) in the picture above is pressed.

③ The Intensity Down button reduces the output of the strength 1 level at a time if the - button (DOWN button) is pressed.

3. How to Use

How to Use

1. How to manage when using device

- ① Read the user manual and familiarize yourself with all safety precautions, and then start using the device.
- ② This product turns on when the adaptor is connected to the device body. And even if the adaptor is disconnected, it can operate with the internal power battery.
→ However, make sure to charge the battery sufficiently when using the product for the first time.
- ③ Keep the skin that comes in contact with the product clean.
- ④ Before using the device, wipe the exterior and electrode part using antibacterial wet tissue.
- ⑤ Cover the entire electrode with wet gauze or wet tissue.

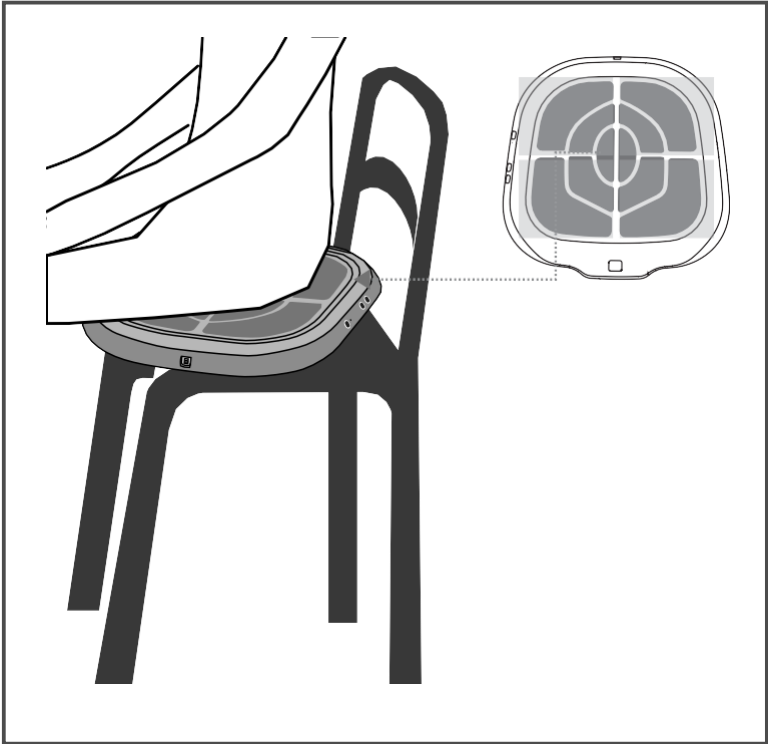


2. How to store and manage after using the device

- Please store at a place without humidity.
- Please store the device so it is not exposed to inclination, vibration, and shock.
- Please keep out of reach of children.
- Please do not store at a place where chemicals are stored or where gas is generated.
- Please store the device at a place where the air including pressure, temperature, humidity, ventilation, sunlight, dust, and salt is not adversely affected.
- If the device fails, do not try to fix it and make a request an expert or place of purchase to repair the device.
- When replacing the battery, make an inquiry to the place of purchase and customer service center.
- If the device is not used for a long time, separate the battery from the device and store it. When reusing the device, please make sure to check if it is clean and works safely before using it.

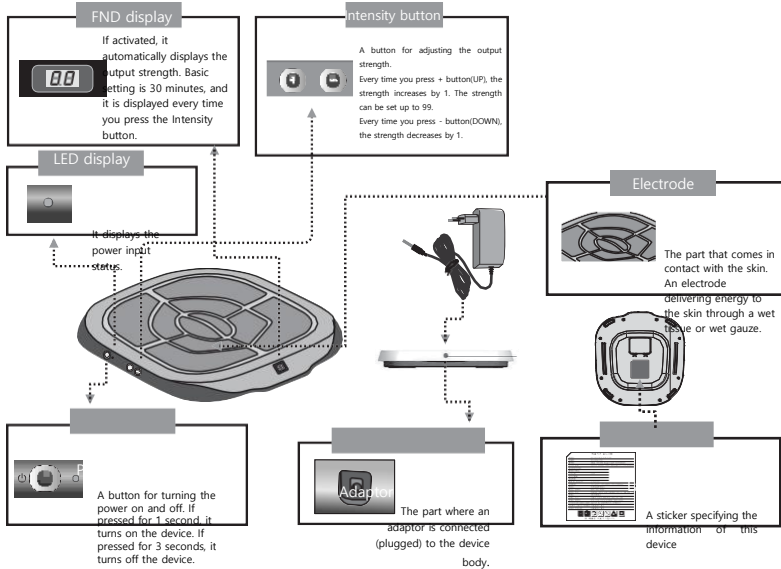
How to Use

How to use (The placement of the product and description on contact through a wet tissue)



- ▶ Level the place where the device will be used (chair, bed, sofa, or personally stored support) and place it safely. While the power of the device is turned off, spread out a wet tissue on the metal (SUS) electrode, and then make sure the part to be used comes in close contact with the electrode.

How to Use



- ① Turn on the power by pressing the Power ON/OFF button on the side of the device body. If the power is turned on, the number 30, which is the time the device is to be used flashes on the FND window. If you press the power button for 1 second after the display flashes, the device turns on. If pressed for 3 seconds, it turns off. (If the device is not operated after displaying the number, the power turns off after 10 seconds.)

The FND display in the picture above displays the operating status, time to be used, and strength of the stimulation. If the device turns on after pressing the power button, the LED display window lights up.

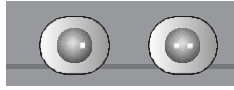
Then, press + button and - button of the Intensity button to adjust the strength of the stimulation.

There is only 1 basic program as the used program, and time to be used is 30 minutes.

If you increase or reduce the strength using the Intensity button, the time to be used temporarily disappears and the strength of the current state appears. If a certain amount of time passes after setting the strength, the time is displayed again.

The range of strength setting is 1~99. If you press + button (UP button), the strength increases 1 level at a time, and if you press - button (DOWN), the strength is reduced 1 level at a time.

How to Use



Intensity button

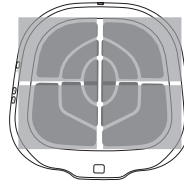


FND display

(Displays time, strength)



Used part in contact
with the body



Cover the device
with wet tissue.
(Before use)

② User of this device places a wet tissue or wet gauze on the electrode, and then have the skin of the hip come in direct contact with the device. Then, adjust the strength of the stimulation using the Intensity button (+,-).

At this moment, press + button or - button of the Intensity button to adjust the output strength to suit the user. Have the skin you wish to stimulate come in contact with the device.

③ The level of the Intensity button can be set from 1 to 99.

The Intensity Up button increases the output of the strength by 1 level at a time if the + button(UP button) in the picture above is pressed. The Intensity Down button reduces the output of the strength 1 level at a time if the - button (DOWN button) is pressed.

④ If the time is up, the output stops with a buzzer sound.

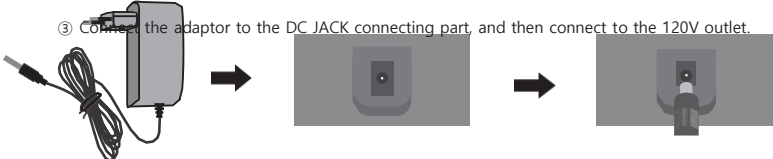
- ⑤ If you press the power button for more than 3 seconds, the power turns off. Then, all you have to do is clean and wipe the surface of the electrode and store it at a safe place.

How to Recharge the Battery

① Use the enclosed certified adaptor.

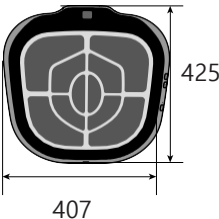
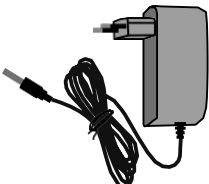
② Check the adaptor connecting part on the back of the device.

③ Connect the adaptor to the DC JACK connecting part, and then connect to the 120V outlet.



Product Specification

Product specification & environment

Used environment	Rated voltage	■ 120Vac
	Frequency	■ 60Hz
Exterior dimension		<ul style="list-style-type: none"> ■ Dimension 407mm x 425mm x 41mm ■ Weight : 2.1kg
Adaptor		<ul style="list-style-type: none"> ■ Dimension: 47mm x 84mm ■ Weight 102 g ■ Certified product ■ INPUT: 100 ~ 240Vac ■ OUTPUT: 12V 1.5A
This is an electrical product.		

- ▶ If you press the main power button of the device body, the battery can be discharged since electricity is consumed. So please use the product after recharging the battery after receiving the device.
- ▶ When using the device for the first time, please use it after recharging it.

Product Storage & Management Method

After using the product

1. After using the product, clean the electrode part and the device with a dry cotton cloth. Then, store the device in a dry place.
→ Please unplug the power plug when cleaning the device.
2. Please store the device while not bending, twisting or pressing the cable of the adaptor for connecting to the main power.
3. Please unplug the power plug.

Product Storage & Management

1. Please store at a place where there is no humidity.
2. Please store the device so it is not exposed to inclination, vibration, and shock.
3. Please keep out of reach of children.
4. Please do not store at a place where chemicals are stored or where gas is generated.
5. Please store the device at a place where the air including pressure, temperature, humidity, ventilation, sunlight, dust, and salt is not adversely affected.
6. If the product malfunction or its failure is suspected, do not try to fix it and leave the repair to a professional service engineer.
7. When replacing the battery, make an inquiry to the place of purchase and customer service center.
8. If the device is not used for a long time, separate the battery from the device and store it. When reusing the device, please make sure to check if it is clean and works safely before using it.
9. The temperature of the storage environment is $-10^{\circ}\text{C} \sim 50^{\circ}\text{C}$, humidity: 10% ~ 95%.

Chapter 7. About After Service

Information about After Service

- First, read this user manual before requesting repairs (**Please check before reporting device failure**). If there is something not specified in the user manual or if you are having difficulties, please make a request to the service center.
- Please tell us the product name, model name, failure or details of abnormality (in detail if possible), telephone, address, and name. → Please make a request to the seller or customer service center for failure report.

Free Warranty

- For defective products due to manufacturing process or product malfunction that has occurred during normal usage condition, we provide free warranty for 1 year from the date of purchase.
- You can receive warranty benefits for the details specified in the quality warranty regarding this product.
- Since free warranty period is estimated from the date of purchase, be sure to receive the date of purchase in writing from the dealer. (If the date of purchase is not confirmed, the date is counted from the quality warranty period from the date of manufacture.)
- This warranty certificate cannot be reissued.

Customer Rights

- When a malfunction occurs during product use, you as a customer have a precious right to receive free services for 1 year. However, if a device failure has occurred due to customer negligence or natural disasters, the repair service is charged even within the warranty service period.

Responsibilities on paid services (paid by customer)

▶ If customer service is requested in the following cases, it is charged even if it is within the free warranty period.

- In case device failure has occurred due to natural disasters (fire, earthquake, flood damage, lightning, etc.)
 - In case device failure occurred due to customer's carelessness
 - In case abnormality occurred after using the product in an environment outside the scope of usage environment guaranteed by the product
 - In case abnormality of the product occurred by user's random dismantling, assembly, and remodeling
 - In case a malfunction occurred due to an inflow of external foreign substances (beverage, coffee, garbage) into the product
 - In case a malfunction has occurred in relation to other company's products
 - In case of consumable parts (rechargeable battery, etc.)
 - In case product was dropped or damaged due shock or a malfunction has occurred
 - In case the product broke down due to use of wrong voltage
 - In case the product broke down due to repairs and modifications made by a person who is not GN's service engineer from the After Service center
 - In case malfunction has occurred due to not following safety precautions in user manual
- ※ If you keep the safety precautions, you can use the product for a long period of time.

Chapter 8. Please check before reporting a malfunction

Please check before reporting a malfunction

If there is something abnormal about the product, please check the following before requesting repairs to the customer service center or seller (authorized dealer).

If you use the device without properly familiarizing yourself with the method of use, it may not work properly even if it has not broken down.

Symptoms	Checklist	Please take the following measures.
1. When the LED of the product does not light up	▪ Is the adaptor and the device connected?	▪ Check the connection between the front part of the adaptor and the connector behind the device
	▪ Is the adaptor unplugged?	▪ Plug it into the outlet.
	▪ Is the product charged? → Check whether or not it is used wirelessly.	▪ Check whether something is not working properly while the device is charged. Recommended to use after recharging.
2. If the electrode is not working	▪ Did you use the device after covering it with a wet tissue?	▪ Place the wet tissue on the electrode and sit on top of it.
	▪ Did you press the power button?	▪ Check whether or not the power button works by pressing it.
	▪ Is the LED lit up?	▪ Reconnect the adaptor and the device and check connection.
	▪ Did you use it with your clothes on?	▪ Check whether the skin that should come in contact with the electrode is in contact with each other.
3. If the Intensity button is not pressed	▪ Check the details of paragraph 1 and 2.	▪ Check paragraph 1 and 2.
	▪ Check whether or not the button is damaged.	▪ Press the power button, and press the Intensity button, and check if the numbers on the FND window is visible.

※ If you have taken measures as shown above, but the product still does not work.

Please make an inquiry to the seller, dealer or customer service center.