Oxford University Hospitals NHS Trust

Oxford Pelvic Floor Services

NeuroTrac™ PelviTone

Instructions

Information for women
You have been loaned a NeuroTrac™ PelviTone neuromuscular electrical stimulation (NMES) device. This device uses a mild electrical current to stimulate the motor and sensory fibres of your nerves; this makes your pelvic floor contract. Using this device can help to increase the strength and effectiveness of your pelvic floor muscles.

You will be using a pre-set programme on the machine, which will have been explained and set by the Pelvic Floor Advanced Nurse Practitioners.

**Instructions for using your PelviTone**

- Always visit the bathroom before starting your treatment, even if you don’t think you need to go. This is because the electrodes on the probe need to be in the right position to be able to work effectively. If your bladder is even partially full, it can affect the position of the probe.

- Insert the probe into your vagina. Remember, the silver electrodes on the sides of the probe must face east and west (point towards your thighs).

- You need to have your feet up for your treatment, either on the settee or your bed. This creates the best contact between the probe and your pelvic floor, and provides a better workout of your pelvic floor muscles.

- Connect the leads from the probe to the red and black ends of the connection lead; it does not matter which way round. Insert the other end of the connection lead into the left hand socket on the top of your unit (channel A).
• Turn the unit on by gently pressing the round on/off button once (do not continue to hold the button down as this will damage the unit). Your pre-set programme and its length in minutes will be displayed.

• To start, simply press the + button on the unit (side A) till you feel a good effective pelvic floor lift/stimulation. The ‘MA’ (milliamps) number on the screen will increase accordingly.

• Remember it is likely that as you get used to your treatment, you will need to increase the ‘MA’ setting in order to maintain the same level of pelvic floor muscle work out. However, this should never be increased to a point where it becomes uncomfortable.

• Should the vaginal probe start to come out (this could be as a result of even a small change in your position) or be in the wrong position, your unit will reduce its maximum ‘MA’ level setting to between 9 to 1. It will not allow you to turn it up any higher until you have repositioned your probe. This is a safety feature to help avoid any discomfort, as your external sensation is far greater than your internal sensation. Never stand up when the unit is on!

• At the end of the treatment programme the unit will automatically turn itself off.

• Disconnect the probe – wash it thoroughly with soap and water, rinse, then dry with a clean towel or cloth.

• Once a week, wipe the control unit with a damp cloth or antiseptic wipe. Do not use cleaning sprays or alcohol based cleaning solutions, as these may damage the unit.

• The unit runs on PP9 batteries. You will have been supplied one battery with the probe, but you will need to purchase replacement batteries. A battery picture icon will appear on the units’ screen when it needs replacing.

Do not use the PelviTone device when you are menstruating (having your period) as this may increase the risk of infection.
If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**