



Gold Probe

Liberty loop

REF X-VPLG

Vaginal probe with biofeedback



INSTRUCTIONS FOR USE
READ CAREFULLY BEFORE USE

TensCare™



INDICATIONS FOR USE

The **Gold Liberty Loop** probe is specifically designed to suit your body. The small dimensions, smooth outer casing and curved edges mean it is easy to insert and comfortable to use.

The probe has a curved tip for easy insertion, and a flange at the base for easy removal.

For use only with Muscle Stimulation and EMG Biofeedback equipment approved to EN 60601-1 in the treatment of Stress, Urge and Mixed urinary incontinence, and pelvic pain.

For Women: The **Gold Liberty loop** probe is an effective way to target the pelvic floor muscles which helps to treat symptoms of urinary incontinence, it may also help to relieve symptoms of chronic pelvic pain. Additionally, it may help improve sexual intimacy by toning the pelvic floor muscles.

PROBE CAUTIONS

Caution: This probe is intended for single orifice use only. Do not move between anus and vagina. *Cross-infection may occur.*

Caution: This probe is intended for single patient use only. Do not share your probe with anyone else. *Improper treatment or cross-infection may occur.*

Caution: It is important that the probe is cleaned after each use. *Ineffective cleaning may lead to irritation or infection.*

Caution: Never insert or remove the probe unless the control unit is powered OFF as insertion or removal when stimulation is active may cause discomfort or tissue irritation.

Caution: If tissue irritation occurs, discontinue treatment immediately. *Ask your healthcare professional for advice before continuing further treatment to prevent injury.*

Caution: Do not use a silicone-based lubricant on the metal plates of the probe as it may decrease the effectiveness of the electrical stimulation.

Caution: The stainless steel in the probe's metal plates contain some Nickel. This could cause a reaction if you have a Nickel allergy. *Alternative gold probe specially made without Nickel is available (see X-VPG).*


Use with **caution** if you have a copper IUD. If discomfort occurs, discontinue treatment immediately and ask your healthcare professional for advice. *There is a small risk of stimulating the uterine wall if the IUD is not correctly positioned.*


Warning: Do not use if the pack is opened or damaged.

INSTRUCTIONS FOR USE

1. Prior to use ensure that you have cleaned the probe thoroughly.
2. Connect the lead from the base of the unit to the lead in the probe. Push the pin ends firmly into the pigtail ends of the probe lead.
3. Before using the probe, you will need to use the toilet.
4. Lubricate the metal electrode surfaces and probe tip with a water-based lubricant, such as TensCare Go Gel or water.



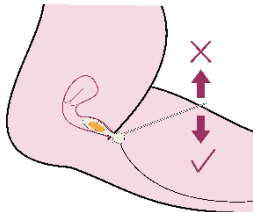
-  **Caution:** Do not use a silicone-based lubricant on the stimulation contacts as it may decrease the effectiveness of the muscle stimulation.
5. Choose a comfortable position, such as lying down on your bed on your side with your knees raised.

-  **Warning:** Ensure the unit is switched OFF before inserting the probe.

6. **Vaginal insertion:** After the wire is securely connected, insert the probe into your vagina, in the same way as you would a tampon, until only the plastic ring at the base of the probe is visible. The metal parts conduct the electrical pulse and should be in contact with the main part of the muscle at all times. The tissues close to the entrance are more sensitive, so you should avoid stimulating them. This probe should always be inserted with the metal parts facing hip-to-hip.



7. The **Gold Liberty Loop** probe has a pointer attachment which enables you to visually monitor the successfulness of your pelvic floor contractions (the probe can be used without the pointer). The pointer demonstrates the strength and duration of each contraction, whether caused by stimulation or performed voluntarily. For example, weak contractions are defined by little or no movement in the pointer. Assemble the pointer and attach to the probe as follows:



- When performed correctly, the pointer will move downwards.
 - When performed incorrectly, the pointer will move upwards.
8. After your training session, switch the control unit off, then remove the probe by holding the positioning end rim and gently pulling outwards.

CLEANING

It is important that the probe is cleaned after each use. Clean with either an alcohol-free antibacterial wipe such as TensCare Wipes (see X-WIPES) or by wiping with warm soapy water. Rinse and dry thoroughly and return the unit to the storage pouch.



Warning: Do not immerse the probe in a liquid.

DISPOSAL

Clean thoroughly and dispose of according to local regulations.

TECHNICAL SPECIFICATIONS

Material: Electrode body: Plastic ABS PA-757

Electrodes: Gold plated (15K) Stainless Steel #304

Cables: PVC over copper tinsel conductor

"In Use" product lifetime: 6 months



ENVIRONMENTAL CONDITIONS

Operation temperature and humidity requirements:

Temperature range: 0°C to + 40°C

Humidity: 10%to 93% RH non-condensing

Atmospheric pressure: 700hPa to 1060hPa

Storage and transportation temperature and humidity requirements:

Temperature range: -25 °C to + 70 °C

Humidity: 10% to 93% RH non-condensing

Atmospheric pressure: 700hPa to 1060hPa

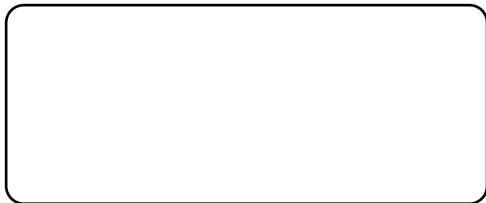
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