

iSTIM PR-13

iStim PR-13 Anal Probe Instruction Manual

Model: PR-13 | Brand: iSTIM

1. INTRODUCTION AND PRODUCT OVERVIEW

The iStim PR-13 Anal Probe is a premium, cylindrical, and slimline device designed for comfortable insertion and effective electrical muscle stimulation. It features a sliding end-stop, allowing users to adjust the depth of insertion for targeting the anal sphincter or deeper pelvic floor muscles. This probe is intended for use with an Incontinence EMS unit to assist in the relief of incontinence and to train sphincter muscles, enhancing resistance to fatigue and reducing involuntary bladder contractions.

The probe facilitates Kegel exercises, which are simple clench-and-release movements that strengthen the muscles supporting the uterus, bladder, and bowel. These exercises are beneficial for individuals experiencing urine leakage or bowel control issues. When connected to an Incontinence EMS stimulator, the iStim PR-13 probe enables automated Kegel exercises.

It addresses both stress incontinence, characterized by leakage during activities like sneezing or coughing, and urge incontinence, involving unexpected leakage due to an overactive bladder. The iStim PR-13 probe is a device designed to help reduce these common types of incontinence.

iStim Probe:

One piece device that is smoother and easier to clean. It has an integrated cable that is integrally moulded to eliminate any chances of moisture ingress. Moreover, iStim probes have been through multiple tests. So the strength and durability of our probes are highly approved!!

- ✔ Falling test
- ✔ Alcohol test
- ✔ Frozen test

KEGEL Exercise:

A simple clench-and-release exercises that makes the muscles under the uterus, bladder, and bowel stronger. Help both men and women who have problems with urine leakage or bowel control. The pelvic floor is a series of muscles and tissues that forms a sling, or hammock, at the bottom of the pelvis. A weak pelvic floor may lead to issues such as the inability to control our bowels or bladder.

Start your automatic KEGEL Exercises with iStim Probe!!

The reasons why people need iStim Probe:

- Relief Urinary Incontinence
- Recovery from Childbirth
- Prevent Rectal Prolapse
- Improve Intimate Relationship
- Recovery from Gynecologic Surgery
- Pelvic Floor Muscles Strengthening
- Muscle Toning and Muscle Strengthening
- Enhance Bladder Control



Image 1.1: Overview of the iStim PR-13 Anal Probe and its applications for pelvic floor health.

2. IMPORTANT SAFETY INFORMATION AND WARNINGS

Please read and understand all safety information before using the iStim PR-13 Anal Probe. Failure to follow these warnings may result in injury or adverse effects.

- **Caution:** Use with care in patients suspected of having heart disease.
- **Do Not Use:** During pregnancy.
- **Do Not Use:** If you have an implanted electrical device such as an insulin pump or pacemaker.
- **Do Not Use:** If you suffer from any muscle disorder.
- **Do Not Use:** If a bladder or vaginal infection is present.
- **Do Not Use:** If you have been diagnosed or treated for cervical cancer.
- **Do Not Use:** If you have, or have had, epilepsy.
- Keep the control unit dry and away from sources of heat.
- Keep this device out of the reach of children.

This product is approved for pain relief and does not require a prescription. It is a safe, all-natural, drug-free, and long-lasting solution for incontinence relief, certified with 510K approval for OTC use and safety regulations (IEC60601-1, IEC60601-1-2 EMC).

3. PACKAGE CONTENTS

Upon opening the package, please verify that all the following items are included:

- iStim PR-13 Anal Probe x 1
- Quick Guide x 1
- Zip-Lock Carrying Bag x 1

Note: The package DOES NOT include an Incontinence EMS machine. The iStim PR-13 Anal Probe is designed to be used with a compatible EMS device.



**Including : 1 PR-13A Anal Probe +
1 quick guide +1 Sealable Bag**

Image 3.1: Contents of the iStim PR-13 Anal Probe package.

4. PRODUCT FEATURES

- **Premium Design:** Cylindrical and slimline for comfortable insertion.
- **Adjustable Depth:** Features a sliding end-stop to adjust insertion depth for targeted stimulation of the anal sphincter or deeper pelvic floor.
- **Integrated Cable:** One-piece design with an integrally molded cable to prevent moisture ingress and ensure durability.
- **Waterproof:** iStim Probe body is IPX8 test-approved waterproof for easy cleaning.

- **Compatibility:** Designed to connect with most TENS/EMS devices using 2mm pigtail connectors.
- **Therapeutic Benefits:** Supports Kegel exercises, aids in recovery from childbirth and gynecological surgery, helps prevent rectal prolapse, strengthens pelvic floor muscles, and provides relief for stress and urge incontinence.

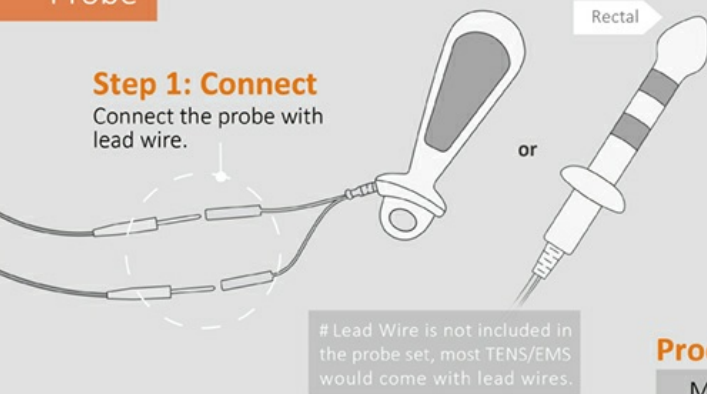
5. SETUP INSTRUCTIONS

Follow these steps to set up your iStim PR-13 Anal Probe for use:

1. **Connect the Probe:** Attach the probe to the lead wire. Ensure a secure connection. *(Note: Lead wire is typically included with your TENS/EMS device, not the probe set.)*
2. **Plug into EMS Device:** Plug the lead wire into your iStim series EMS machine (e.g., iStim V2 or iStim EM-5200) or any compatible incontinence EMS machine. For optimal efficacy, it is recommended to use a machine with EMS function.
3. **Apply Lubricant:** Before insertion, apply a water-based lubricant to the probe and the treatment area.
4. **Insert the Probe:** Gently insert the probe into the anal opening. Adjust the sliding end-stop to achieve the desired depth for stimulation.

Probe

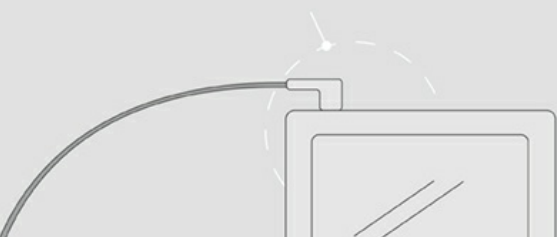
Step 1: Connect
Connect the probe with lead wire.



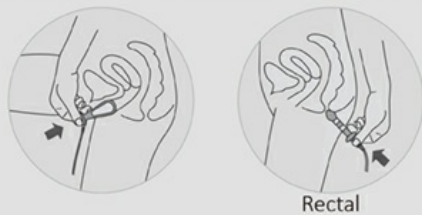
or

Rectal

Step 2: Plug in
Plug in the lead wire into your iStim series models or any incontinence EMS machines (Would recommend you to use the machine with EMS function for better efficacy).



Step 3: Put in
Apply some lubricant on the probe and your opening parts of treatment area, and then put the probe in.



Rectal

Product Specifications:

Model Name	PR-02	PR-13
Length:	76 mm	108 mm
Diameter	Ø 28 mm	Ø 19.6 mm
Material	ABS + Stainless Steel	
Place of Origin	Taiwan	
Color	White + Silver	
Certificates	ISO 13485, CE, FDA, ISO 10993	
Product Set		

Image 5.1: Step-by-step guide for connecting and inserting the iStim PR-13 Anal Probe.

Compatible EMS Devices

For the best experience and results, we highly recommend connecting your iStim PR-13 Anal Probe with iStim V2 or iStim EM-5200 EMS machines.



V2

iStim V2



EM-5200

iStim EM-5200

Image 5.2: Examples of compatible iStim EMS devices.

6. OPERATING INSTRUCTIONS

Once the iStim PR-13 Anal Probe is correctly connected to your EMS device and inserted, you can begin your therapy session. Refer to your specific EMS machine's instruction manual for detailed operating procedures, program selection, and intensity adjustments.

- **Power On:** Turn on your EMS device.
- **Select Program:** Choose the appropriate program for pelvic floor muscle stimulation or Kegel exercises as per your EMS device's instructions or your healthcare professional's recommendation.
- **Adjust Intensity:** Gradually increase the intensity of the stimulation to a comfortable yet effective level. You should feel a gentle contraction of the pelvic floor muscles. Avoid any discomfort or pain.
- **Duration:** Follow the recommended session duration as specified by your EMS device or healthcare provider.
- **Power Off:** After the session, turn off your EMS device before removing the probe.

The iStim PR-13 probe, when used with an EMS stimulator, initiates automatic Kegel exercises, helping to strengthen pelvic floor muscles and improve bladder control.

7. MAINTENANCE AND CLEANING

Proper cleaning and maintenance ensure the longevity and hygiene of your iStim PR-13 Anal Probe.

- **Clean After Each Use:** Always clean and dry the probe immediately after each use.
- **Cleaning Method:** The iStim Probe body is IPX8 test-approved waterproof and can be cleaned with mild soap and a damp cloth.
- **Avoid Wetting Connections:** Do not wet the connection part of the probe. Always remove the probe from the EMS

device and lead wire before cleaning.

- **Drying:** Ensure the probe is completely dry before storing it.
- **Storage:** Store the probe in its provided zip-lock carrying bag in a clean, dry place, away from direct sunlight and extreme temperatures.

Clean and dry after each use

- iStim Probe body IPX8 test-approved waterproof can be cleaned with soap and a damp cloth.
- Don't wet the connection part and before cleaning remove it from the device.



Image 7.1: Cleaning instructions for the iStim Anal Probe.

8. TROUBLESHOOTING

If you encounter any issues with your iStim PR-13 Anal Probe, please consider the following:

- **No Stimulation:** Ensure the probe is securely connected to the lead wire and the lead wire is properly plugged into the EMS device. Check if the EMS device is powered on and the program/intensity settings are correctly configured.
- **Discomfort During Use:** Reduce the intensity setting on your EMS device. Ensure sufficient water-based lubricant has been applied. If discomfort persists, discontinue use and consult a healthcare professional.
- **Probe Damage:** Inspect the probe for any visible damage. Do not use a damaged probe.

For further assistance, please refer to the troubleshooting section of your EMS device's manual or contact iSTIM customer support.

9. SPECIFICATIONS

Feature	Detail
Model Name	PR-13
Length	108 mm
Diameter	19.6 mm (approx. 20 mm)
Material	ABS + Stainless Steel
Color	White + Silver
Connectivity	2mm Pigtail Connectors
Water Resistance	IPX8 (probe body)
Certificates	ISO 13485, CE, FDA, ISO 10993
Place of Origin	Taiwan
Package Dimensions	8.54 x 7.56 x 1.14 inches; 2.89 ounces

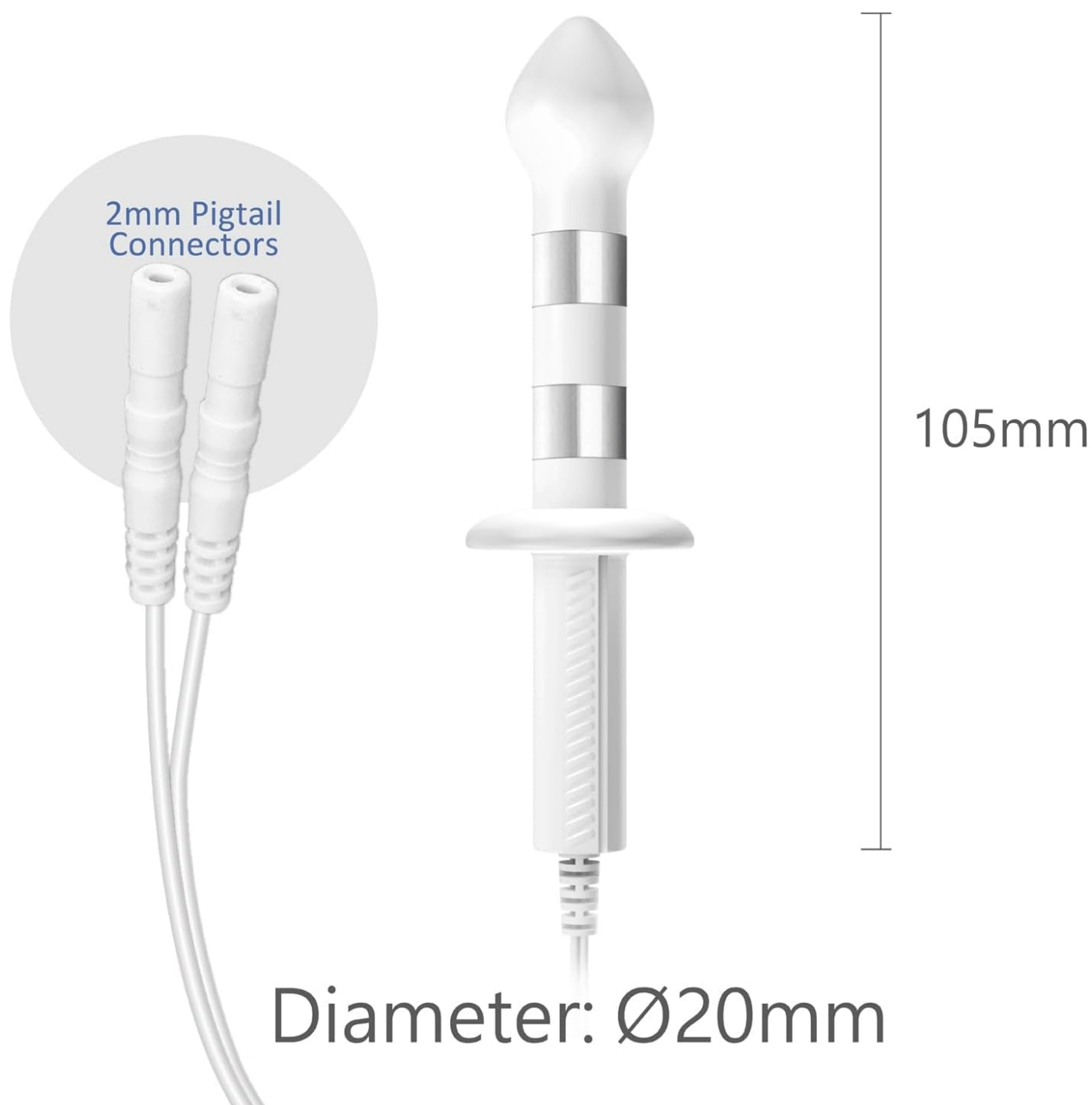


Image 9.1: Detailed dimensions of the iStim PR-13 Anal Probe.

10. WARRANTY AND SUPPORT

For information regarding product warranty, please refer to the documentation provided with your purchase or visit the official iSTIM website. iSTIM products are manufactured with high-quality standards and are 510K approved for OTC use, ensuring safety and effectiveness.

If you require technical support, have questions about product usage, or need assistance with your iStim PR-13 Anal Probe, please contact iSTIM customer service through their official channels. You can find more information and contact details on the [iSTIM Store on Amazon](#).

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question