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› iSTIM PR-02 Vaginal Probe Instruction Manual for Pelvic Floor EMS

iSTIM PR02A

iSTIM PR-02 Vaginal Probe Instruction Manual

MODEL: PR02A

Introduction

The iSTIM PR-02 Vaginal Probe is a premium quality device designed for pelvic floor electrical muscle stimulation (EMS). Its cylindrical, lightweight, and slimline design ensures easy insertion and comfortable use, providing optimal contact during stimulation. This probe is intended for use with Incontinence EMS units and pelvic floor exercisers to assist in the relief of incontinence, increase blood flow to muscles, enhance resistance to fatigue, and reduce involuntary bladder contractions.

Regular use of the iSTIM PR-02 probe, in conjunction with an appropriate EMS stimulator, facilitates automatic Kegel exercises. Kegel exercises are simple clench-and-release movements that strengthen the muscles supporting the uterus, bladder, and bowel. They are beneficial for individuals experiencing urine leakage or bowel control issues, including both stress incontinence (leakage during activities like sneezing or coughing) and urge incontinence (overactive bladder causing unexpected leakage).

PR-02 - Premium Quality Probe

Cylindrical, lightweight and slimline design is made for easy insertion and comfortable feeling with optimum contact efficacy during stimulation.



PR-13 - Premium Quality Rectal Probe

A sliding end-stop allows users to adjust the depth of insertion- shallow for anal sphincter, and deeper for pelvic floor.

We highly recommend you to use iStim Probe with our iStim incontinence EMS machine : V2 or EM-5200 to create the best incontinence relief and pelvic floor muscle strengthening experience.



Image: The iSTIM PR-02 Vaginal Probe, designed for effective pelvic floor muscle stimulation.

Important Safety Warnings

- Caution should be used when applying the probe with a stimulator to patients suspected of having heart disease.
- Do not use the probe during pregnancy.
- Do not use if you have been fitted with an implanted electrical device such as an insulin pump or pacemaker.
- Do not use if you suffer from any muscle disorder.
- Do not use the probe if a bladder or vaginal infection is present.
- Do not use the probe if you have been diagnosed or treated for cervical cancer.
- Do not use the probe 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.

Setup Instructions

The iSTIM PR-02 probe package includes one PR-02A Vaginal Probe, a quick guide, and a zip-lock carrying bag. Please note that the package **does not include an Incontinence EMS machine or lead wires**. It is highly recommended to connect this probe with an iSTIM V2 or iSTIM EM-5200 machine for optimal performance.

Medical Probes



Falling test



Alcohol test



Frozen test



Nickel-Free test

Certificates: ISO13485 , CE , FDA , ISO 10993
IPX8 (probe part)

Image: Contents of the iSTIM PR-02 Vaginal Probe package, including the probe, quick guide, and carrying bag.

Preparation and Connection:

1. **Connect the Probe:** Attach the lead wire (not included) to the 2mm pigtail connectors on the iSTIM PR-02 probe. Most TENS/EMS units come with compatible lead wires.
2. **Plug into EMS Unit:** Insert the other end of the lead wire into your iSTIM series EMS machine (e.g., V2 or EM-5200) or any compatible TENS/EMS machine. For better efficacy, using a machine with an EMS function is recommended.
3. **Apply Lubricant:** Apply a water-based lubricant to the opening parts of the vagina and to the probe itself for comfortable insertion.
4. **Insert the Probe:** Gently insert the probe into the vagina. Ensure the metal electrodes on the probe make good contact with the vaginal walls.



Including: 1 PR-02A Vaginal Probe +
1 quick guide +1 Sealable Bag

Image: Visual guide for connecting the lead wire to the probe, plugging into an EMS unit, and proper vaginal insertion.

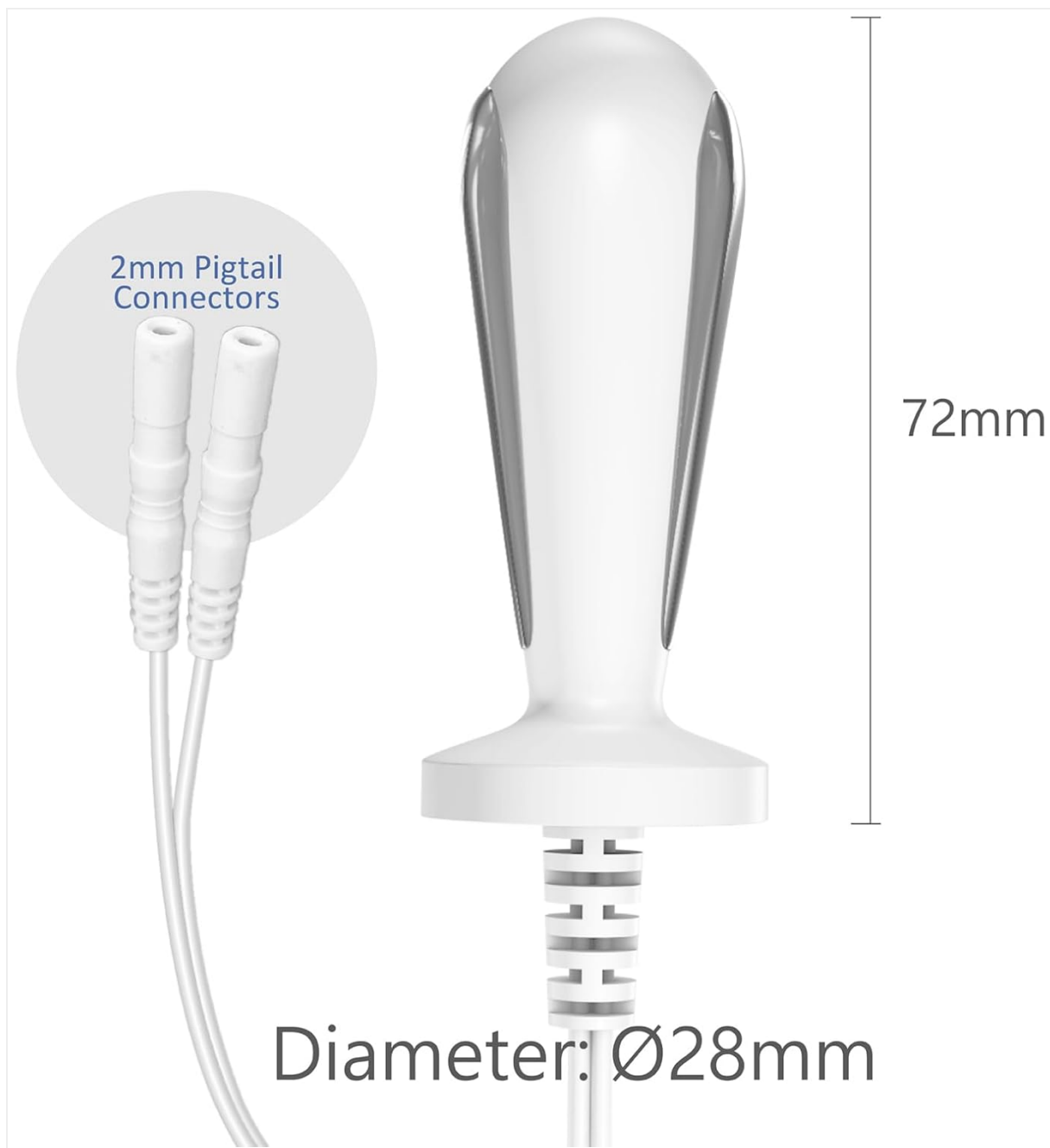


Image: Dimensions of the iSTIM PR-02 Vaginal Probe, showing a length of 72mm and a diameter of 28mm.

Operating Instructions

Once the iSTIM PR-02 probe is correctly connected to your EMS stimulator and inserted, you can begin your pelvic floor exercises. The EMS unit will deliver gentle electrical impulses to stimulate the pelvic floor muscles, initiating automatic Kegel contractions.

Using the EMS Device:

- Turn on your EMS device.
- Select the appropriate program or mode for pelvic floor stimulation. Many devices have a 'Knead' or similar setting suitable for this purpose.
- Adjust the intensity gradually. Start with the lowest setting and slowly increase it until you feel a comfortable, yet effective, muscle contraction. The sensation should be a gentle squeeze, not painful.
- Follow the recommended session duration and frequency as advised by your healthcare professional or the EMS device manual.

Probe

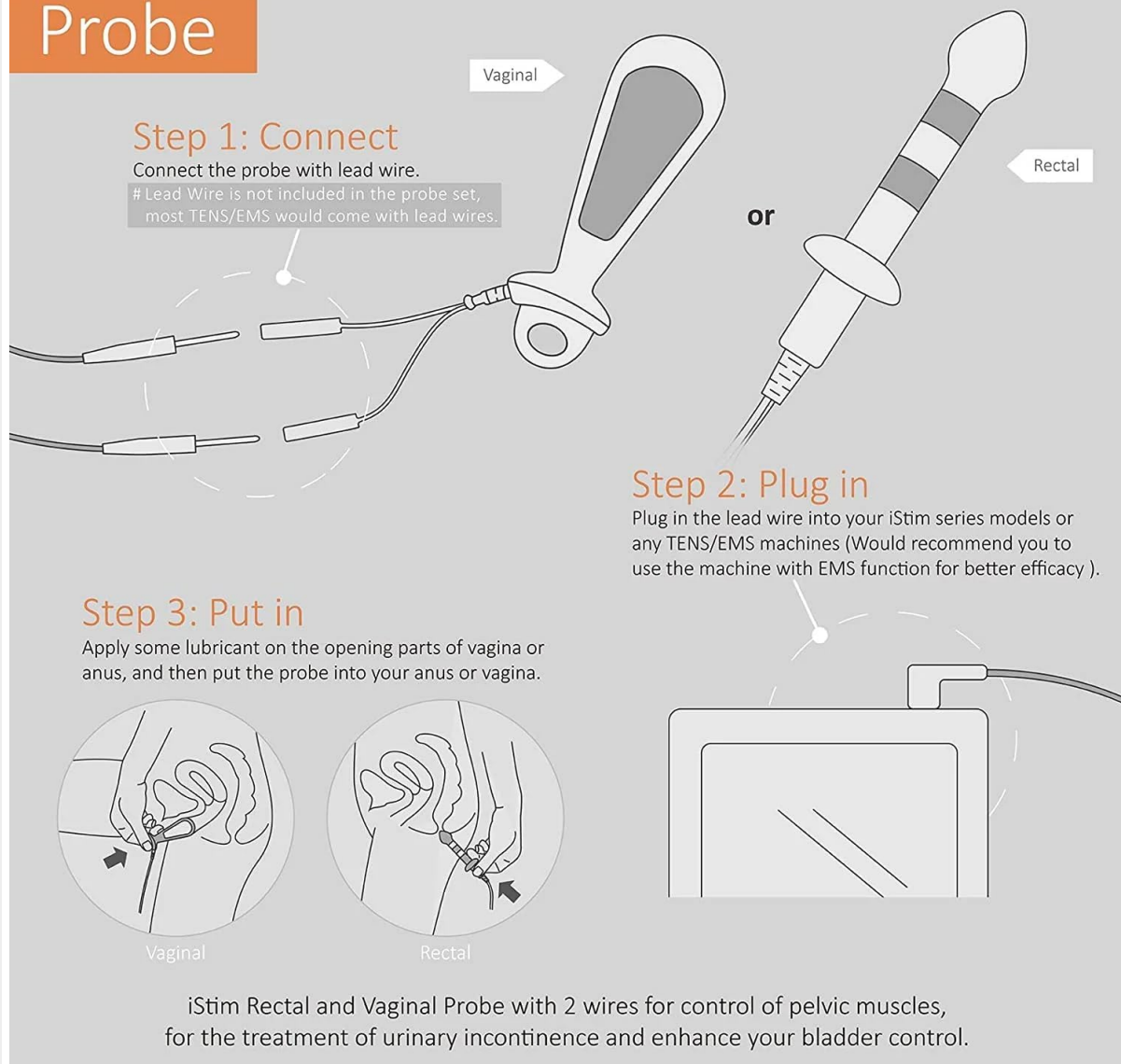


Image: Diagram illustrating how the iSTIM probe can improve life by strengthening pelvic floor muscles, leading to relief from urinary incontinence, recovery from childbirth, prevention of rectal prolapse, improved intimate relationships, recovery from gynecologic surgery, and enhanced bladder control.

Demonstration Video:

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Video: A user demonstration of connecting the iSTIM PR-02 probe to a compatible TENS unit and adjusting settings for pelvic floor stimulation. This video provides a visual guide on how to prepare and operate the device for effective use.

Maintenance and Cleaning

Proper cleaning and maintenance of your iSTIM PR-02 probe are essential for hygiene and longevity.

- The iSTIM PR-02 probe body is IPX8 test-approved waterproof, allowing it to be cleaned with soap and a damp cloth.
- After each use, disconnect the probe from the EMS device.
- Clean the probe thoroughly with mild soap and water.
- Ensure not to wet the connection part of the probe.
- Dry the probe completely before storing it in the provided zip-lock bag.

How Probe improve your life

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

iStim Probe :

iStim Probe has been through multiple tests, the strength and durability of our probes and highly approved!!

Effective Kegel exercise with EMS Device:

We highly recommend you use iStim probe with our iStim EMS Machine: EM-5200, V2 to create the best incontinence relief and pelvic floor muscle strengthening experience.



- 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: Visual guide demonstrating how to clean the iSTIM PR-02 probe with soap and water, emphasizing to keep the connection part dry.

Troubleshooting

If you encounter any issues while using your iSTIM PR-02 probe, consider the following common troubleshooting steps:

- **No Sensation or Weak Stimulation:**
 - Ensure the probe is correctly inserted and making good contact with the vaginal walls.
 - Check that the lead wires are securely connected to both the probe and the EMS unit.
 - Verify that the EMS unit is powered on and the intensity setting is gradually increased to a comfortable level.
 - Confirm that sufficient water-based lubricant has been applied to ensure proper conductivity.
- **Discomfort During Use:**
 - Reduce the intensity setting on your EMS unit.
 - Ensure adequate lubrication.
 - Re-check the probe's position to ensure it is inserted comfortably and correctly.
 - If discomfort persists, discontinue use and consult a healthcare professional.

- **Device Not Turning On:**

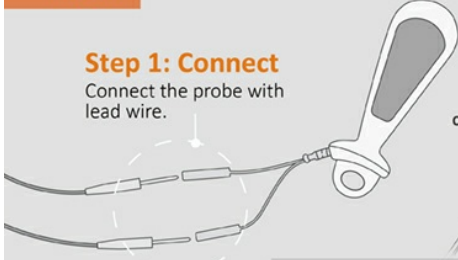
- This probe is an accessory; ensure your EMS machine is charged or has fresh batteries.
- Refer to your EMS machine's instruction manual for power-related issues.

If these steps do not resolve the issue, please refer to the support section for further assistance.

Product Specifications


Probe

Step 1: Connect
Connect the probe with lead wire.



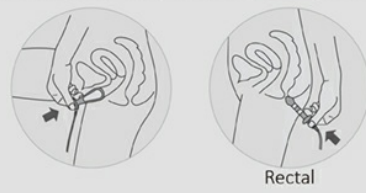
or

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).



Lead Wire is not included in the probe set, most TENS/EMS would come with lead wires.

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: Detailed product specifications for the iSTIM PR-02 probe, including dimensions, materials, and certifications.

Feature	Detail
Model Name	PR-02A
Length	76 mm
Diameter	Ø 28 mm
Material	ABS + Stainless Steel
Place of Origin	Taiwan
Color	White + Silver
Certificates	ISO 13485, CE, FDA, ISO 10993
Package Dimensions	8.5 x 7.58 x 1.1 inches
Item Weight	2.4 ounces

Warranty Information

Specific warranty details for the iSTIM PR-02 Vaginal Probe are typically provided with the product packaging or can be found on the official iSTIM website. Please retain your proof of purchase for any warranty claims. The warranty generally covers manufacturing defects under normal use conditions.

Customer Support

For further assistance, product inquiries, or technical support, please visit the official iSTIM store or contact their customer service department. You can find more information and contact details on the iSTIM Amazon Store.