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› iStim V2 Kegel Exerciser Incontinence Stimulator with Probe for Bladder Control and Pelvic Floor Exercise for Women Electrical Muscle Stimulator (EMS) User Manual

## iSTIM V2

# iStim V2 Kegel Exerciser Instruction Manual

Model: V2 | Brand: iSTIM

## 1. INTRODUCTION

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The iStim V2 Kegel Exerciser is an Electrical Muscle Stimulator (EMS) designed to assist in strengthening the pelvic floor muscles. This device is intended for women experiencing issues such as urinary leakage or bowel control problems, often associated with stress or urge incontinence. By delivering low-frequency electrical currents, the iStim V2 helps to increase blood flow to the pelvic muscles, improve their resistance to fatigue, and reduce involuntary bladder contractions, thereby supporting bladder control and overall pelvic floor health.

This manual provides comprehensive instructions for the safe and effective use of your iStim V2 device.



Figure 1: iStim V2 Kegel Exerciser main unit, probe, and packaging.

## 2. SAFETY INFORMATION

**Important: Please read all instructions carefully before use. Consult with a healthcare professional before starting any new treatment, especially if you have pre-existing medical conditions.**

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This device is not a substitute for professional medical advice or treatment.

- Do not use if you are pregnant or suspect you might be pregnant.
- Do not use if you have a pacemaker or any implanted electronic device.
- Do not use on broken or irritated skin.
- Keep out of reach of children.
- Use only as directed.

## 3. PACKAGE CONTENTS

Upon opening your iStim V2 package, please verify that all the following items are included:

- iStim V2 unit x 1

- iStim probe with indicator wand x 1
- AA Battery x 4
- Instruction Manual x 1 (this document)
- Lead wire x 1

## Kegel Exercise Benefits



Figure 2: Contents of the iStim V2 package.

### 4. SETUP

Follow these steps to set up your iStim V2 device for first use:

1. **Insert Batteries:** Slide down the battery back cover on the iStim V2 unit. Insert two AA batteries, ensuring correct positive (+) and negative (-) alignment as indicated inside the battery compartment. Two extra batteries are provided for longer use.
2. **Connect Probe:** Plug the connection wire from the probe into the designated port at the bottom of the iStim V2 unit.
3. **Attach Indicator Wand (Optional, for beginners):** For visual feedback on muscle contraction, attach the indicator wand to the probe. The indicator wand helps you observe the reaction of your Kegel exercise muscle contraction. During a correct contraction, the indicator should move downwards (away from your body).

How to operate: **6** buttons control

# Kegel Exercise Automatic Strength Pelvic Floor

**0-99** Intensity level

Display **5** Preset EMS Programs **P1-P5**

Power/on/off/pause button

key lock function

- Please note that when the parameters are flashing, the program is not yet started.
- When the parameters show fixed on the screen, the program is get started



Figure 3: Attaching the indicator wand to the probe.

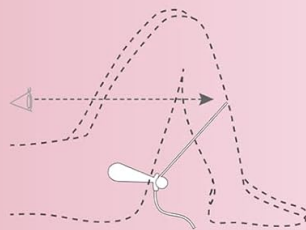
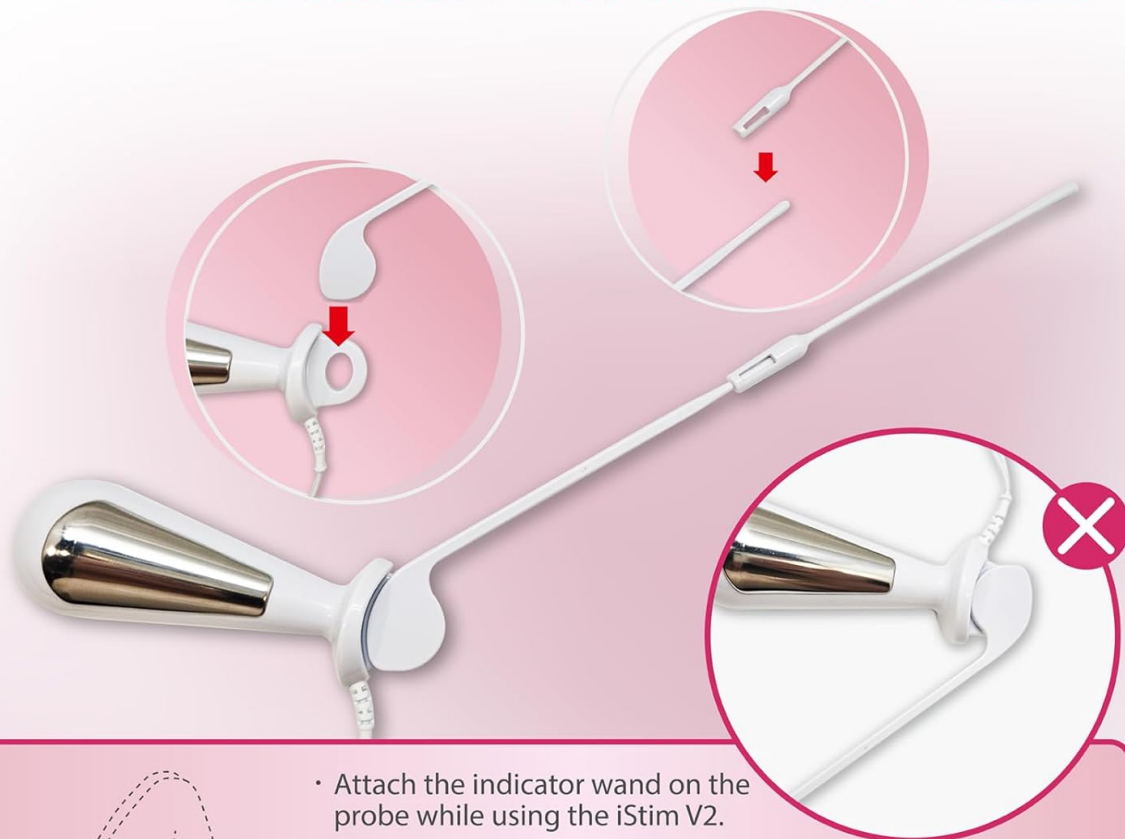
4. **Apply Lubricant:** Before insertion, apply a generous amount of water-based lubricant (not included) to the probe for comfortable and safe use.

## 5. OPERATING INSTRUCTIONS

The iStim V2 features 5 preset EMS programs (P1-P5) and an intensity level ranging from 0 to 99. It also includes a key lock function for safety during use.



## For Beginners - Attach the Indicator Wand on the Probe



- Attach the indicator wand on the probe while using the iStim V2.
- Help you see the reaction of Kegel Exercise muscles contraction.
- During the correct contraction, the indicator should move downwards (away from your body).

Figure 4: iStim V2 control buttons and display.

1. **Power On:** Press the Power/On/Off/Pause button to turn on the device.
2. **Select Program:** Use the 'P+' and 'P-' buttons to cycle through the 5 preset EMS programs (P1-P5).
3. **Adjust Intensity:** After inserting the probe, gradually increase the intensity using the 'Up' (▲) and 'Down' (▼) arrow buttons. Start from the lowest level and increase slowly to a comfortable yet effective sensation. The intensity level is displayed on the screen (0-99).
4. **Start Program:** When the parameters (program and intensity) are flashing on the screen, the program is not yet started. Once the parameters show fixed on the screen, the program has begun.
5. **Key Lock Function:** Use the key lock button to prevent accidental changes to settings during a session.
6. **Session Duration:** Each program is typically set for a specific duration. The device will automatically turn off after the session is complete.

For all Kegel exercises training, consistent use is key. It may take at least 1-2 months to see noticeable improvement. It is recommended to use iStim V2 once per day, for 30 minutes per training session, to achieve optimal pelvic floor muscle training results.



## iStim V2

### The Gift of Confidence for Women!



Figure 5: Benefits of Kegel Exercises with iStim V2.

## 6. MAINTENANCE

Proper maintenance ensures the longevity and hygiene of your iStim V2 device:

- **Cleaning the Probe:** After each use, clean the medical stainless steel probe thoroughly with mild soap and water. Rinse well and allow it to air dry completely before storing. Ensure no moisture enters the connection point.
- **Cleaning the Unit:** Wipe the main unit with a soft, damp cloth. Do not submerge the unit in water or use abrasive cleaners.
- **Storage:** Store the device and its components in a clean, dry place, away from direct sunlight and extreme temperatures. Keep it in its original packaging or a protective case when not in use.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display or when the device does not power on. Always use new AA batteries.



# Medical Stainless Steel Probe



- Falling test
- Alcohol test
- Frozen test
- Nickel-Free test

Certificates: ISO13485 , CE , FDA , ISO 10993

Figure 6: Medical Stainless Steel Probe.

## 7. TROUBLESHOOTING

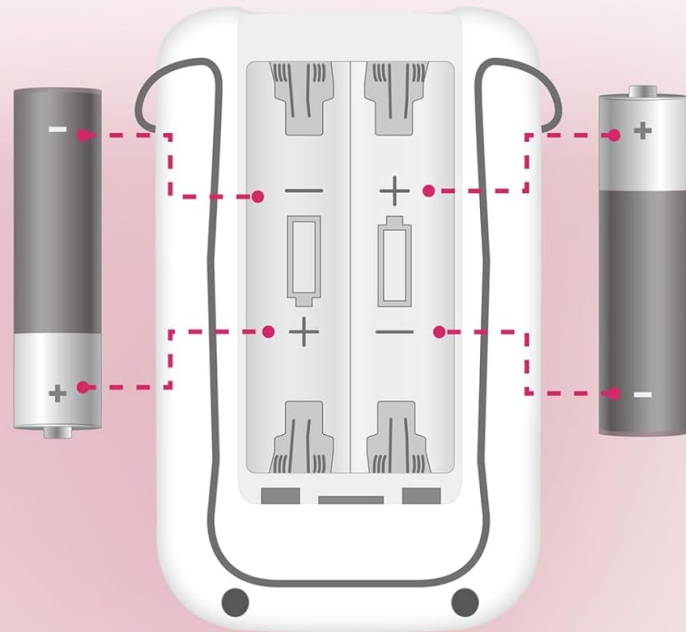
If you encounter issues with your iStim V2, refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Machine not able to turn on	Incorrect battery installation or depleted batteries.	Follow the positive and negative symbols on the V2 machine to replace the battery correctly. Ensure batteries are new and properly inserted.
Probe not working well / No sensation	Low intensity setting, poor contact, or probe issue.	Hold the probe by your hand and connect the machine to test the conductivity. Gradually increase the intensity level to over 10. Ensure the probe is inserted correctly and has good contact.
Parameters flashing on screen	Program not yet started.	Ensure the program is selected and the intensity is set. The program starts when the parameters show fixed on the screen.

# Easy Steps for Troubleshooting

## a. If the machine is not able to turn on

Please follow the positive and negative symbols on V2 machine to replace the battery correctly.



## b. If the probe is not working well

Please hold the probe by your hand and connect the machine to test the conductivity. Please note that we have set the intensity level 1 to very low stimulation due to safety concern. If you could not feel the stimulation, please gradually increase the intensity level **to over 10**.

Figure 7: Easy Steps for Troubleshooting.

## 8. SPECIFICATIONS

- **Product Dimensions:** 10 x 8 x 3 inches
- **Item Weight:** 1.04 Pounds
- **Model Number:** V2
- **Manufacturer:** Everyway-Medical
- **Power Source:** 2 x AA Batteries
- **Intensity Levels:** 0-99
- **Preset Programs:** 5 EMS Programs (P1-P5)

## 9. WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please refer to the warranty card included in your product packaging or contact the manufacturer, Everyway-Medical, directly through their official website or customer service channels. Keep your purchase receipt as proof of purchase.

