Beurer EM50

Beurer EM 50 Menstrual Relax

User Manual for Menstrual and Endometriosis Pain Relief

Model: EM50

1. Introduction

The Beurer EM 50 Menstrual Relax is designed to provide effective relief from menstrual and endometriosis pain. This innovative device combines Transcutaneous Electrical Nerve Stimulation (TENS) technology with soothing heat to offer a drug-free solution for discomfort.

Many women experience monthly menstrual pain or cramps, and conditions like endometriosis can cause severe discomfort. The EM 50 aims to provide immediate and significant relief, enhancing comfort and well-being.

This manual provides essential information on how to safely and effectively use your Beurer EM 50 Menstrual Relax device. Please read it thoroughly before first use and keep it for future reference.

2. Safety Warnings

Always observe the following safety precautions:

- Ensure the device is unplugged when not in use or during cleaning.
- Do not use on broken, irritated, or sensitive skin.
- Consult a physician before use if you have a pacemaker, implanted defibrillator, or any other electronic implant.
- Do not use during pregnancy.
- Do not use near water or in excessively humid environments.
- Keep out of reach of children.
- Do not use while driving or operating heavy machinery.
- If you experience any adverse reactions or discomfort, discontinue use immediately and consult a medical professional.

3. Product Features

- **Effective Pain Relief:** The EM 50 effectively relieves menstrual and endometriosis pain using Transcutaneous Electrical Nerve Stimulation (TENS).
- **Soothing Heat Function:** Features an adjustable heating function (43°C) for additional relaxation during TENS application. Both programs can be used separately.
- **Durable and Reusable:** The TENS device is reusable thanks to its integrated rechargeable battery. Up to 6 applications of 20 minutes each are possible per battery charge.
- **Individually Adjustable:** Choose between 15 TENS intensity levels and adjust programs individually to suit the severity of your pain.
- **Discreet Design:** Its soft and flexible design adapts to the body's shape, making it very discreet and easy to wear under clothing on the go.

4. Setup and First Use

1. **Unpack the Device:** Carefully open the packaging and remove the EM 50 Menstrual Relax device and its accessories.
2. **Initial Charging:** Before first use, fully charge the device using the provided USB cable. The charging indicator light will show the charging status.
3. **Attach Gel Pads:** Ensure the adhesive gel pads are securely attached to the device's electrodes. These pads are essential for proper conductivity and adhesion to the skin.



The Beurer EM 50 Menstrual Relax device, shown with its retail packaging, highlights its compact design and readiness for use.



This image provides a detailed view of the Beurer EM 50 Menstrual Relax, showcasing its durable, reusable design with integrated gel pads and the activated heat function for enhanced comfort.

5. Operating Instructions

1. **Placement:** Place the adhesive pads of the device directly onto the desired area of your lower abdomen where you experience pain. Ensure good skin contact.
2. **Power On:** Press and hold the power button to turn on the device.
3. **Select Program:** The device offers combined TENS and heat functions, or they can be used separately. Refer to the button press sequence:
   - 1 press: Heat only
   - 2 presses: Heat + TENS
   - 3 presses: TENS only
4. **Adjust Intensity:** Use the '+' and '-' buttons to adjust the TENS intensity level. There are 15 levels available. Start with a low intensity and gradually increase until you feel a comfortable, yet effective, sensation.

5. **Monitor Use:** The device is designed for 20-minute application cycles. It will automatically shut off after 20 minutes. Up to 6 cycles are possible per full charge.
6. **Power Off:** After your session, press and hold the power button to turn off the device.



A woman demonstrates the application of the Beurer EM 50 Menstrual Relax device to the lower abdomen, illustrating its discreet and comfortable fit for natural pain relief.



The Beurer EM 50 Menstrual Relax is designed to be discreetly worn under clothing, as shown by this woman, allowing for comfortable and flexible use throughout the day.



A guide to the simple operation of the Beurer EM 50, detailing button presses for heat only, heat + TENS, TENS only, and power off, along with its 2-hour battery life.

6. Maintenance and Care

- **Cleaning the Pads:** After each use, gently clean the adhesive gel pads with a damp cloth. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the device and pads in a cool, dry place, away from direct sunlight and extreme temperatures. Keep the protective film on the gel pads when not in use to maintain their adhesive quality.
- **Battery Care:** To prolong battery life, avoid fully discharging the device frequently. Charge it regularly, even if not in constant use.
- **Pad Replacement:** The gel pads are reusable but will lose their adhesiveness over time. Replace them when they no longer stick effectively to the skin.

7. Troubleshooting

If you encounter issues with your Beurer EM 50, please refer to the following common solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully.
No sensation or weak sensation.	Poor contact with skin; Gel pads worn out; Intensity too low.	Ensure pads are firmly applied; Replace gel pads; Increase intensity level.
Heat function not working.	Incorrect program selected; Device malfunction.	Ensure heat program is selected (1 press); Contact customer support if issue persists.
Device turns off unexpectedly.	Session time completed (20 min); Low battery.	This is normal operation; Recharge the device.

If the problem persists after trying these solutions, please contact Beurer customer support for assistance.

8. Technical Specifications

Specification	Detail
Product Name	Beurer EM 50 Electrostimulation Device for Menstrual Pain Relief
Model Number	EM50
Brand	Beurer
Power Source	Battery Powered (1 Lithium-polymer battery included)
Product Dimensions (L x W x H)	9.5 x 19.3 x 1.5 cm
Weight	70 grams
Material	Rubber
Color	Rose
TENS Intensity Levels	15
Heat Temperature	43°C
Automatic Shut-off	After 20 minutes
Country of Origin	China

9. Warranty and Support

Beurer products are manufactured with high quality standards. For information regarding warranty coverage and terms, please refer to the warranty card included with your product packaging or visit the official Beurer website.

For technical support, troubleshooting assistance, or to inquire about replacement parts (such as gel pads), please contact Beurer customer service. Contact details can typically be found on the Beurer website or in your product documentation.

Beurer Official Website: www.beurer.com

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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.

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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.

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