

## Med-Fit VNS001

# Med-Fit Vagus Nerve Stimulator (tVNS) TENS & EMS Machine User Manual

Model: VNS001

## INTRODUCTION

The Med-Fit Vagus Nerve Stimulator (tVNS) TENS & EMS Machine is designed to provide gentle electrical stimulation to the vagus nerve. This device aims to support the immune system, improve digestive function, reduce inflammation, and contribute to overall well-being by influencing sleep, mood, and energy levels.

The vagus nerve connects the brain to various major organs, playing a crucial role in regulating digestion, heart rate, sleep, and mood. Stimulation of this nerve helps to rebalance the autonomic nervous system, which can become imbalanced due to various factors, potentially leading to health vulnerabilities.

## IMPORTANT SAFETY INFORMATION

- **Do not use if pregnant.**
- **Not suitable for occupational pain.**
- Consult a healthcare professional before use if you have any pre-existing medical conditions, are using other medical devices, or are unsure about the suitability of this device for your specific needs.
- Keep out of reach of children.
- Do not use on broken or irritated skin.
- Ensure proper electrode placement as described in this manual.
- This device is a Class 2a medical device and complies with relevant medical device directives.

## PACKAGE CONTENTS

Please check the box to ensure all components are present:

- 1 x Med-Fit EM6100A Rechargeable TENS/EMS Unit
- 2 x Patient Leads

- 4 x 5x5 cm Electrode Pads
- 1 x Battery Charger
- 1 x USB Charging Cable
- 2 x Vagus Double Ear Clips
- 1 x Tube of Conductive Gel
- 1 x Instruction Manual (this document)
- 1 x Electrode Placement Guide

## SETUP

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1. **Charge the Device:** Connect the EM6100A unit to the battery charger using the provided USB charging cable. Allow the device to fully charge before first use. The charging indicator will show the charging status.
2. **Attach Patient Leads:** Connect the patient leads to the EM6100A unit. Ensure a secure connection.
3. **Prepare Electrodes:** Attach the 5x5 cm electrode pads to the ends of the patient leads.
4. **Prepare Ear Clips:** Connect the Vagus double ear clips to the patient leads.

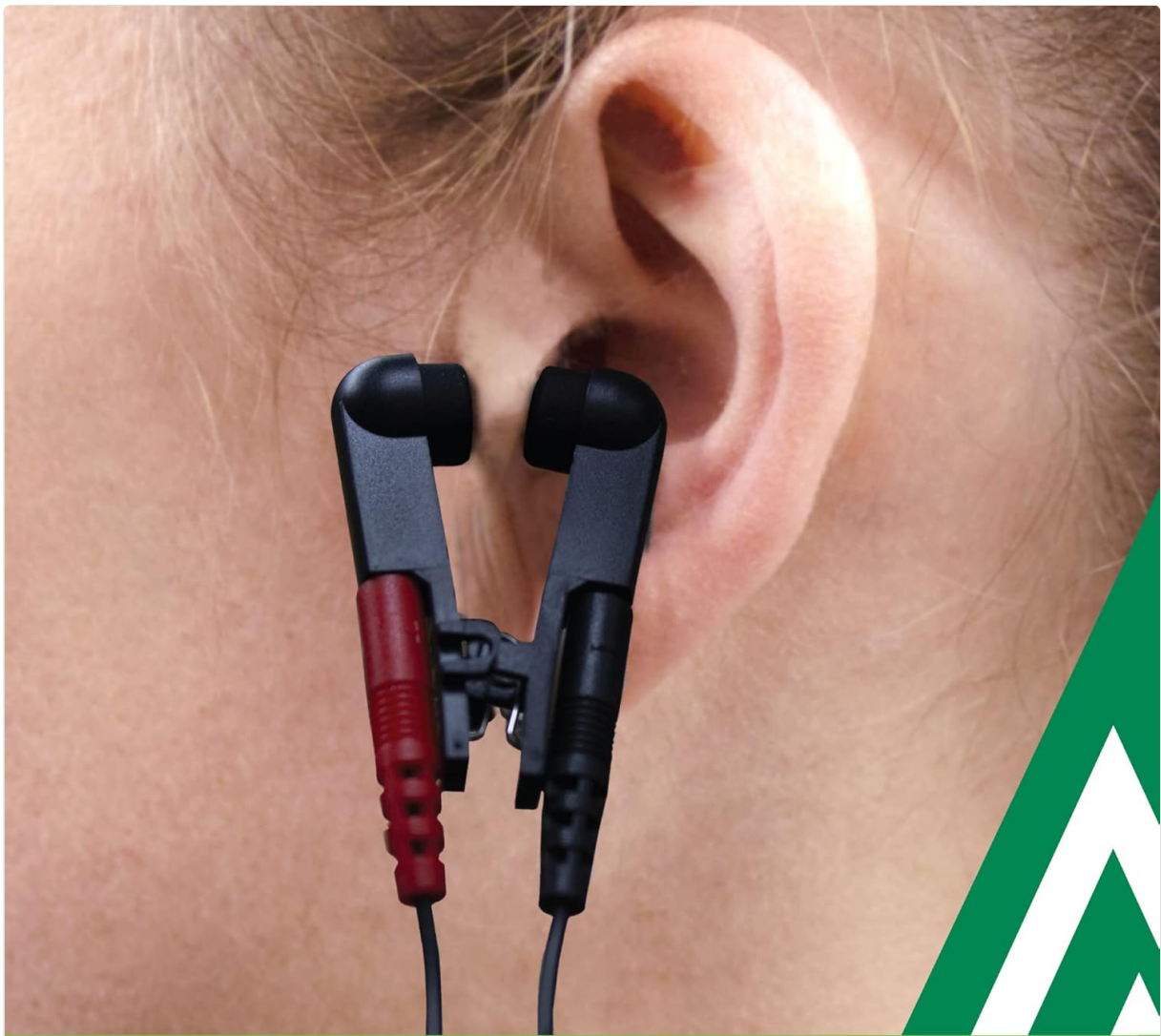
## OPERATING INSTRUCTIONS

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### 1. Electrode Placement for Vagus Nerve Stimulation (tVNS)

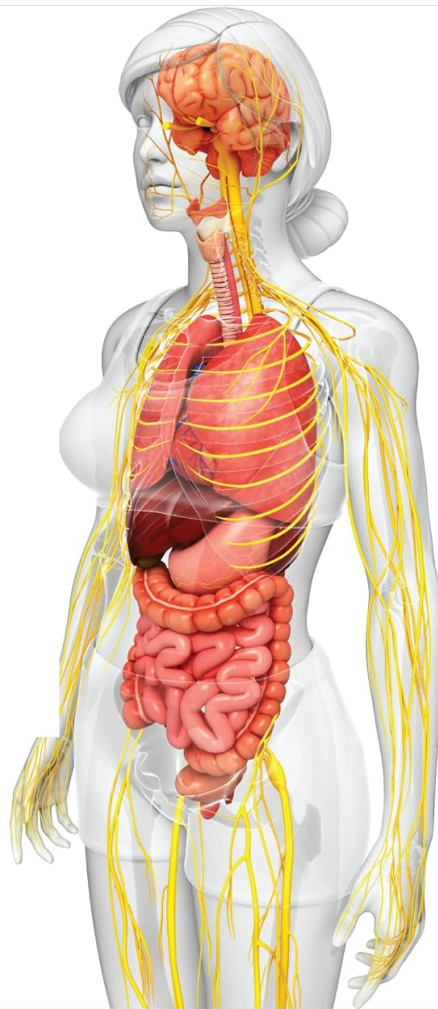
For optimal and comfortable vagus nerve stimulation, follow these steps:

1. **Apply Conductive Gel:** Apply a small amount of the provided conductive gel to the skin of your ear where the ear clips will be placed. This ensures better conductivity and a more comfortable sensation.
2. **Attach Ear Clips:** Carefully attach the Vagus double ear clips to the tragus (the small pointed cartilage in front of the ear canal) or cymba concha area of your ear, as indicated in the electrode placement guide. Ensure a firm but comfortable fit.



## TARGET THE VAGUS NERVE SYSTEM

*Image: Proper placement of the Vagus double ear clips on the ear for vagus nerve stimulation.*



## REBALANCE IMMUNE SYSTEM, IMPROVE SLEEP & WELLBEING

*Image: Illustration showing how vagus nerve stimulation targets the body's internal systems for overall well-being.*

### 2. Using TENS and EMS Programs

The Med-Fit EM6100A unit includes preset TENS programs for pain relief and EMS programs for muscle strengthening, re-education, toning, and relaxation.

1. **Power On:** Press the power button to turn on the device.
2. **Select Program:** Use the mode selection buttons to choose between TENS (Transcutaneous Electrical Nerve Stimulation) or EMS (Electrical Muscle Stimulation) programs. Refer to the included Electrode Placement Guide for specific program recommendations and electrode pad placement for different body areas.
3. **Adjust Intensity:** Gradually increase the intensity using the intensity control buttons. Start with a low setting and increase until you feel a comfortable, tingling sensation (for TENS) or a gentle muscle contraction (for EMS). Avoid increasing the intensity to an uncomfortable level.
4. **Session Duration:** Follow the recommended session duration as per the program guide or your healthcare professional's advice.
5. **Power Off:** After your session, gradually decrease the intensity to zero before turning off the device.

# OVERALL WELLBEING



Improves energy, mood  
& sleep

Slows the effects of aging

Regulates digestion

Reduces inflammation & pain

*Image: Overview of the benefits of using the Med-Fit Vagus Nerve Stimulator for overall well-being.*



## SAFE & EFFECTIVE

Preset clinically approved  
TENS programme for pain  
relief

Fully adjustable  
TENS & EMS modes

Preset EMS programmes  
for muscle strengthening,  
re-education, toning  
& relaxation

Fully rechargeable

Safe for daily use

Class 2a device

Certifications CE2460 MHRA

*Image: Key features and safety aspects of the Med-Fit TENS & EMS machine, including its clinically approved programs and certifications.*

## MAINTENANCE

- **Cleaning the Device:** Wipe the main unit and ear clips with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Electrode Pads:** Replace electrode pads when they lose their adhesiveness or become dirty. Always ensure the skin is clean and dry before applying pads.
- **Storage:** Store the device and accessories in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Care:** Recharge the device regularly, even if not in frequent use, to maintain battery health.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
No sensation or weak sensation	Low intensity setting, poor electrode contact, dead battery, faulty lead/electrode.	Increase intensity gradually. Ensure electrodes/ear clips are firmly attached and conductive gel is applied. Recharge the device. Check leads and electrodes for damage and replace if necessary.
Device does not turn on	Dead battery, device malfunction.	Charge the device fully. If it still doesn't turn on, contact customer support.
Skin irritation under electrodes	Electrodes applied to dirty/hairy skin, allergic reaction, prolonged use in one spot, dry electrodes.	Clean and dry skin before application. Change electrode placement regularly. Ensure electrodes are not expired or too dry. Discontinue use if irritation persists and consult a doctor.

## SPECIFICATIONS

- **Model Number:** VNS001 (EM6100A for TENS unit)
- **Device Type:** Vagus Nerve Stimulator (tVNS), TENS, EMS Machine
- **Power Source:** Rechargeable Battery
- **Medical Device Class:** 2a
- **Certifications:** CE 2460 MHRA
- **Package Dimensions:** 25.3 x 23 x 8.4 cm
- **Package Weight:** 750 grams
- **Manufacturer:** Med-Fit
- **Intended Age Range:** Adult

## WARRANTY AND SUPPORT

Med-Fit provides comprehensive after-sales support and access to professional advice from their therapy team. For warranty information, technical assistance, or any questions regarding your device, please refer to the contact information provided with your purchase or visit the official Med-Fit website.

Med-Fit is a UK-approved medical company that has supplied TENS machines to NHS hospitals and pain clinics for over 15 years, ensuring reliability and quality.