



ELLE TENS INSTRUCTIONS

A drug-free option for pain relief during labor



Start the TENS unit in early labor for best results

**GIVE US A RING
WITH ANY
QUESTIONS** 
859-559-4303

It's safe to
practice
using a tens
after 37 weeks
pregnancy

**YOU'VE
GOT
THIS!**



1. Wipe the areas of your back where the pads will go with an alcohol wipe
2. Partners: place electrode pads as shown on the next page. 1 inch on either side of the spine. Upper pads to go underneath the where bra strap would be with wires facing down. Lower pads to line up with Gluteal cleft or "butt crack" wires facing down. See image
3. Insert lead wire pins into stimulating pads (see image)
4. Make sure the tens unit is turned OFF
5. Insert the jacks into the sockets of the TENS unit
6. Give the TENS unit to the laboring mother.
7. Turn the unit on and increase the plus button up until you feel a mild tickling sensation. Increase intensity to a comfortable level.
9. Press the BOOST during a contraction! Use the BOOST mode DURING a contraction and switch back to burst mode BETWEEN contractions
10. When finished using the TENS, turn power OFF before removing the electrodes.
11. Replace reusable electrodes pads on the special sheet they came on and store in the ziploc bag for future use
12. If used and stored correctly, the pads will stick for 10-15 times

How to set up and operate the Elle TENS unit



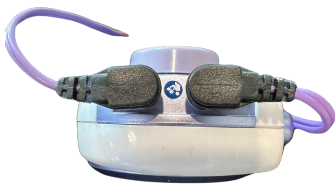
1

Attach two (upper) electrodes 1 inch from spine and underneath where “bra strap” would be.

Attach two (lower) electrodes 1 inch from spine and bottom of pads to line up with gluteal cleft or better known as “butt crack”

Attach one lead wire to upper electrodes and the other lead wire to lower electrodes.(each lead wire will have a black and red connector)

2



Make sure tens unit is in off position. Plug lead wires into top of tens unit

3



Turn on TENS unit. Control the intensity of each set of pads on the TENS unit by the 2 sets of plus and minus arrows on the tens unit. One on each side. (One side controls the upper pads and the other side controls the lower pads.

Contraindications

- TENS must NOT be used before the 37th week of pregnancy.
- If you are pregnant, do NOT place the electrodes over your abdomen.
- Do NOT use if you have a pacemaker or any other implanted electrical device.
- Check with your healthcare provider before using if you suffer from a heart condition, epilepsy, undiagnosed pain, or have any metal implants.
- Do NOT use if you experience an allergic reaction to the electrodes.