

Please read these instructions for use carefully and keep them to refer to later. Be sure to make them accessible to other users and observe the information they contain.

Please read these instructions carefully before using the device.

	LOT number
	Expiry date
	Manufacturer
	1 x CR2032 battery
	Important! Read the instructions for use.
	This device complies with EU Directive 93/42/EEC
	Type BF applied part

1. Getting to know your device

1.1 What is the Mini TENS?

Cramps, acute pain, pain resulting from injury and chronic pain are all natural warning signs and need immediate relief. The innovative Mini TENS is a self-adhesive TENS (transcutaneous electrical nerve stimulation) device for pain relief. The Mini TENS uses TENS/EMS technology for targeted pain relief. Made from medical-quality silicone rubber, the elegantly designed Mini TENS is extremely slim and flexible and adapts perfectly to the area to be treated. The high-tech circuit provides energy-efficient treatments of 20 minutes each (up to 20 treatments per battery).

Mini TENS is a safe and easy way of relieving pain and offers users a completely new experience in dealing with pain.

1.2 What is TENS and what can it do?

TENS, or **transcutaneous electrical nerve stimulation**, relates to the electrical stimulation of the nerves via the skin. TENS is an effective non-pharmacological method of treating different types of pain that have a variety of causes and has no side-effects if administered correctly. The method has been clinically tested and approved and can be used for simple self-treatment. The pain-relieving or pain-suppressing effect is achieved by inhibiting the transference of pain to nerve fibres (caused mainly by high-frequency impulses) and by increasing the secretion of endorphins in the body. Their effect on the central nervous system reduces the sensation of pain. The method is scientifically substantiated and approved as a form of medical treatment. Any symptoms that could be relieved using TENS must be checked by your GP. Your GP will also give you instructions on how to carry out a TENS self-treatment regime.

TENS is clinically tested and approved to treat the following complaints:

- Back pain, particularly in the lumbar/cervical spine area
- Sore joints (e.g. knee, hip and shoulder joints)
- Neuralgia
- Menstrual cramps in women
- Pain resulting from injury to the musculoskeletal system
- Pain caused by circulatory disorders
- Chronic pain with various causes

TENS devices work by passing electrical currents over the skin. The gel film is used as a transfer medium and is subject to natural wear and tear. The gel film must be replaced if it stops providing sufficient contact, as this will prevent the Mini TENS from sticking to the skin. If it is not replaced, the partially increased current density could irritate the skin.

1.3 Contents

- 1 x Mini TENS
- 1 x self-adhesive gel film
- 1 x 3V CR2032 battery

Replacement items

- 1 x self-adhesive gel film and 1 x battery, item code: 1297600. Please contact your local Boots store.

IMPORTANT!

The Mini TENS may only be used as follows:

- On people.
- For the intended purpose and as specified in these instructions for use. Improper use can be dangerous.
- For external use only.
- Use only with the original accessories supplied, which can be re-ordered. Failure to do so invalidates the warranty.

2. Important information

The device is not a substitute for medical consultation and treatment. Consult your doctor first if you are experiencing any pain or are suffering from an illness.

WARNING!

To avoid damage to health, we strongly advise against using the Mini TENS in the following situations:

- If you have implanted electrical devices (e.g. a pacemaker).
- If you have metal implants.
- If you use an insulin pump.
- If you have a high fever (e.g. > 39 °C).
- If you have a known or acute cardiac arrhythmia, or disorders of the heart's impulse and conduction system.
- If you suffer from a seizure disorder (e.g. epilepsy).
- If you are pregnant.
- If you have cancer.
- After an operation, if strong muscle contractions could affect the healing process.
- The device must never be used near to the heart. The stimulation electrodes must not be placed on any part of the front ribcage (where the ribs and breastbone are located), especially not on the two large pectorals. This can increase the risk of ventricular fibrillation and induce cardiac arrest.
- On the skeletal skull structure, or around the mouth, throat or larynx.
- In the neck area/carotid artery area/above the neck.
- In the genital area.
- On acutely or chronically diseased (injured or irritated) skin (e.g. inflamed skin – whether painful or not, reddened skin, rashes, e.g. allergies, burns, bruises, swellings, both open and healing wounds, and post-operative scars where the healing process could be affected).
- In humid environments (e.g. in the bathroom) or when bathing or showering.
- Do not use after consuming alcohol.
- Do not use if connected to a high-frequency surgical device.

Before using the device, consult your doctor if any of the following applies to you:

- Serious illnesses, in particular if you suspect or have been diagnosed with high blood pressure, a blood coagulation disorder, propensity to thrombo-embolic conditions or recurrent malignant growths.
- Skin diseases or open wounds.
- Unexplained chronic pain in any part of the body.
- Diabetes.
- Any sensory impairment that reduces the feeling of pain (e.g. metabolic disorders).
- If you are receiving medical treatment.
- If you are already having stimulation treatment for existing conditions.
- If you suffer from persistently irritated skin due to long-term stimulation at the same electrode site.

PRECAUTIONS:

- Hold the device away from sources of heat and do not use it in close proximity (c. 1 m) to shortwave or microwave devices (e.g. mobile phones), as doing so can result in unpleasant current peaks.
- Do not expose the device to direct sunlight or high temperatures.
- Protect the device from dust, dirt and humidity. Never immerse the device in water or other liquids.
- The device is suitable for self-treatment.
- If the device does not work properly, or you feel unwell or experience pain, stop using it immediately.
- Switch off the Mini TENS before you attach or remove it.

- Do not adapt the Mini TENS in any way, for example, by cutting or trimming it. This will produce a higher current density and can be dangerous.
- Do not use whilst asleep, driving a vehicle or operating machinery.
- Do not use whilst undertaking any activity where an unexpected reaction (e.g. strong muscle contractions even at low intensity) could be dangerous.
- Ensure that no metallic objects (e.g. belt buckles or necklaces) come into contact with the electrodes during stimulation. If you are wearing jewellery or have piercings in the area to be treated (e.g. a navel piercing), these must be removed before using the device. Failure to do so could result in spot burns.
- Keep the device away from children.
- Pre-treating the skin with greasy creams or lotions is not recommended.
- Do not use adhesive tapes, bandages or any aid other than the designated gel film to apply the Mini TENS to your skin. Otherwise the unequal distribution of the gel film could lead to skin lesions.

Damage

- If the Mini TENS is damaged or you have any doubts, do not use it and contact your retailer or customer services at the address provided.
- Switch the device off immediately if it is faulty or not working properly.
- Do not attempt to open and/or repair the Mini TENS yourself. Repairs may only be carried out by customer services or authorised suppliers. Failure to comply will invalidate the warranty.
- The manufacturer is not liable for damage resulting from improper or careless use.

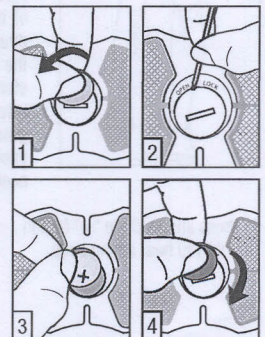
Cleaning

- Remove the batteries from the device before cleaning.
- Clean the device after use with a soft, slightly damp cloth. If it is very dirty, you can also moisten the cloth with a mild soapy solution.
- Ensure that no water enters the device. If this happens, only use the device again when it has fully dried out.
- Do not use any chemical or abrasive cleaning agents.

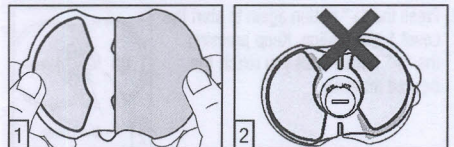
3. Initial use

3.1 Insert the battery

1. Turn the battery compartment lid anti-clockwise using a coin.
2. Use a pointed object to loosen the lid.
3. Place the battery in the battery compartment so that the positive terminal (+) faces upwards.
4. Close the lid by turning it clockwise.



3.2 Attaching the gel film

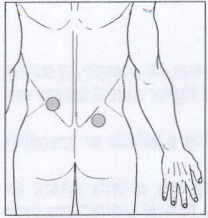


1. Ensure your Mini TENS unit is switched off prior to applying or removing the gel film.
2. Remove the old film from the Mini TENS unit by peeling it away from the unit.
3. Remove the blue protective shield from one side of the new gel film, making sure the film is still attached to the second protective shield (Fig 1).
4. Carefully place the second protective shield containing the gel film, onto the Mini TENS unit, ensuring the edge of the film does not protrude over the side of the unit (Fig 2).
5. Once the gel film is in place, remove the second protective shield.

3.3 Usage

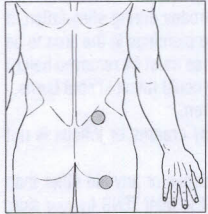
Stick the Mini TENS on the part of the body to be treated.

Perform a stimulation treatment on each side of the point of pain.



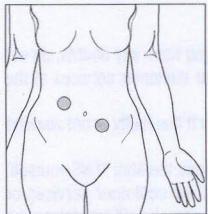
Pain in the lower back

For the best possible pain relief, place the Mini TENS on the second indicated point when the first stimulation has ended.



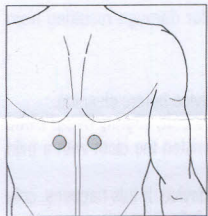
Sciatica

For the best possible pain relief, place the Mini TENS on the second indicated point when the first stimulation has ended.



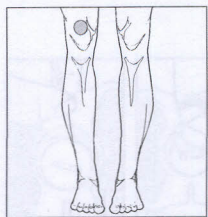
Menstrual cramps

For the best possible pain relief, place the Mini TENS on the second indicated point when the first stimulation has ended.



Back pain

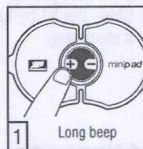
Place the Mini TENS on both sides of the painful area on the spine, one after the other. For the best possible pain relief, start the stimulation at low intensity and increase it gradually until you reach the intensity that best meets your needs.



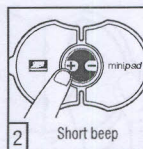
Knee pain

Place the Mini TENS on top of the knee. Do not place it directly on the kneecap. For the best possible pain relief, start the stimulation at low intensity and increase it gradually until you reach the intensity that best meets your needs.

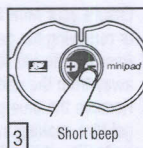
1. Press and hold the "+" button until you hear a long beep.



2. Press the "+" button again to start the Level 1 stimulation. Keep pressing the "+" button until you reach the desired intensity.



3. Press the "-" button to reduce the intensity.



Press and hold the "-" button to switch off the Mini TENS.

Important!

- Switch off the Mini TENS before you remove it.
- Replace the battery if it is low.

- For optimum stimulation we recommend that the gel film is replaced when batteries are replaced.
- Do not use the Mini TENS on the same area more than once per day.
- In the event of continuous beeping, shut down the device. Clean the gel film and try to restart the program. If the continuous beeping persists, replace the gel film.
- If the adhesive capability of the gel film decreases, replace immediately. Do not use the device again until the gel film has been replaced. Otherwise the unequal distribution of the gel film could lead to skin lesions.
- In the event of unpleasant current peaks, switch off the Mini TENS and use in a different location.

4. Program

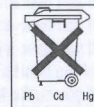
Cycle	1	2
Mode	Constant	Burst
Pulse width	200 µs	200 µs
Pulse frequency	70 Hz	70 Hz
Cycle duration	120 s	120 s

Note: The product components do not require any maintenance.

5. Disposal

The empty, completely flat batteries should be disposed of through specially designated collection boxes, recycling points or electronics retailers. You are legally required to dispose of the batteries.

Note: The codes below are printed on batteries containing harmful substances: Pb = battery contains lead, Cd = battery contains cadmium, Hg = battery contains mercury.



Please dispose of the device in accordance with EC Directive 2002/96/EC – WEEE (Waste Electrical and Electronic Equipment). If you have any queries, please contact the appropriate local authorities.

6. Technical specifications

Type	EM10 Mini Pad Body
Output wave form	Biphasic rectangular pulse
Pulse length	200 µs
Pulse frequency	70 Hz
Output voltage	max. 60 Vpp (1000 ohm)
Output current	max. 60 mA (1000 ohm)
Voltage supply	3V CR2032 battery
Treatment time	20 minutes, the device then switches off automatically
Intensity	Adjustable from 0 to 15
Operating conditions	10°C – 40°C (50°F – 104°F) with a relative humidity of 30–85%
Storage conditions	-10°C – 50°C (14°F – 122°F) with a relative humidity of 10–95%
Dimensions	112 x 7.2 x 10 mm
Weight	14 g (without battery), 17 g (with battery)

Note:

If the device is used other than in accordance with the specifications, perfect functioning cannot be guaranteed!

We reserve the right to make technical changes to improve and develop the product.

This device complies with European standards EN60601-1, EN60601-1-2 and EN60601-2-10 and is subject to special precautionary measures with regard to electromagnetic compatibility. Please note that portable and mobile HF communication systems may interfere with this device. For more details, please contact your local Boots store.

This device meets the requirements of European Directive 93/42/EC for medical devices, as well as those of the Medical Devices Act.

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