

1. Fem-Tone Introduction (version 2.4)

Dr. Norm's Fem-Tone is a state-of-the-art pelvic muscle stimulator which corrects the tone of your pelvic muscles naturally and effortlessly, all in the comfort of your home.

The problem with stress, urge, and mixed incontinence is that the pelvic muscles have lost their optimum tone. Dr. Norm's Fem-Tone stimulates these muscles for you and helps STOP FEMALE INCONTINENCE. You are not alone... results from studies vary, but generally they report that at least one third of women suffer from incontinence during their lifetime. Fix the muscle tone and you can fix the problem! It's that easy!

A pleasant side-effect is that this also increases vaginal tone resulting in greater sensation during intercourse.

Please read these instructions fully before using Dr. Norm's Fem-Tone

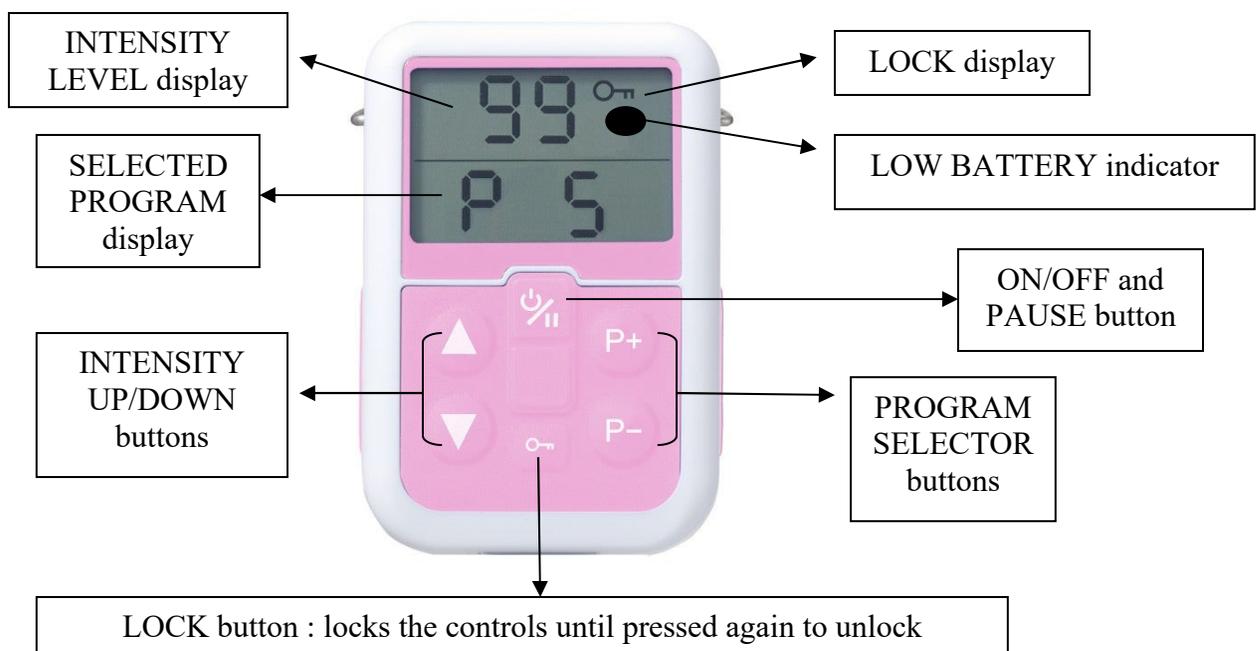
2. Medical precautions and contra-indications

- Do not use Dr. Norm's Fem-Tone, without consulting your doctor, if you have a cardiac pacemaker
- Do not use Dr. Norm's Fem-Tone, without first consulting your doctor, if you have metal staples or implants in or around your pelvic area
- Do not use Dr. Norm's Fem-Tone if you have a barrier contraceptive device such as a diaphragm or cervical cap
- Do not use Dr. Norm's Fem-Tone while you are pregnant or for the first 12 weeks after birth
- Do not use Dr. Norm's Fem-Tone while you are suffering from vaginal or urinary infection
- Do not use Dr. Norm's Fem-Tone during your menstrual period or any other vaginal bleeding
- Do not use Dr. Norm's Fem-Tone if you have tuberculosis, malignant or local cancers, high fever, undiagnosed pains or epilepsy

3. General precautions

- Do not immerse the unit in liquids. The Comfort-Plus adapter can and should be cleaned as detailed in a further section
- Do not place unit near excessive heat sources or operate in the presence of flammable gas
- Do not drop the unit onto a hard surface
- Do not open, or attempt to open, the unit
- Do not use if the Fem-Tone unit, the Comfort-Plus adapter or the lead wires appear to be damaged
- Do not use while driving or operating heavy machinery. Do not move around while the unit is operating
- Do not place the Comfort-Plus adapter anywhere else than the vagina. The only exception is for anal use, when directed to do so by a medical practitioner.

4. The Fem-Tone unit



low battery indicator : will flash when the batteries are running low

auto-off function: while the unit is turned on, if the intensity level is at zero for more than five minutes: the unit will turn off

at any time: pressing the on/off button will stop the treatment, pressing the on/off button for 2 seconds will turn the unit off

5. Before the first use

1. Slide open the battery cover on the back of the Fem-Tone unit, insert the appropriate size batteries, and then replace the cover
 2. Ensure that the unit is turned OFF
 3. Remove the Comfort-Plus adapter from its packaging. Wash the adapter with soap and warm water, but do not soak it. Rinse the adapter with water and wipe it with a clean cloth or paper towel. Allow it to dry.
 4. Insert the end of the lead wires into the Comfort-Plus adapter, and the other into the Fem-Tone unit
- Important:** The Comfort-Plus adapter is for single-client use only. It may be re-used by the same person, but is not to be used by another person. It must be washed as instructed above before every use. It must not be switched from vaginal to anal use, and anal use is only be used if instructed to do so by a medical practitioner.

6. Using Dr. Norm's Fem-Tone

1. Apply a thin coating of non-silicone lubricating gel to the Comfort-Plus adapter (which has been cleaned as per previous instructions)
2. Sit comfortably or lie down. Avoid moving during the stimulation. Grab a book, turn on the TV, get online or just enjoy you-time!
3. Insert the Comfort-Plus adapter into your vagina until the flange at the base of the adapter is situated between your labia. The orientation of the adapter is of no importance, however most people prefer when the metal contacts are facing sideways
4. Turn ON the Fem-Tone unit by pressing the ON/OFF button for 2 seconds
5. Press the PROGRAM keys to the desired setting: **P3** for urge incontinence, **P2** for stress incontinence, **P1** for mixed incontinence(stress more than urge), **P5** for mixed incontinence (urge more than stress) see www.stopfemaleincontinence.com if you're unsure as to what the different types of incontinence are
6. Press the INTENSITY UP key. Each time you press this key, the intensity level will increase on the LCD screen
7. Gradually increase the intensity until you feel a comfortable contraction of your pelvic muscles. If the sensation is too strong, use the INTENSITY DOWN key to lower it. Sometimes, during the stimulation, you may need to adjust the intensity up/down to continue to get a strong, comfortable contraction.
8. The unit will turn off after the 30 minute protocol. Dr. Norm's Fem-Tone should be used once daily for 3 months, except during menstrual periods or other contra-indications described previously(some women notice that they need continued maintenance care after the 3 months...if so, use P4 and time yourself to use it 15-30 minutes, three times per week)
9. Be sure that the unit is switched OFF, remove the Comfort-Plus adapter and clean as directed

Please note that if the Comfort-Plus adapter moves or slips out during the stimulation, you will get an unpleasant sensation as the current activates new areas. While this is unpleasant, be assured that it is totally safe. We do recommend that you not move during the stimulation and that you place your legs close together to minimize any movement of the adapter.

7. other information

Program	Display	Output Frequency/Duration
Urge	P3	10Hz 7sec on, 3 sec off ----- Total time=30mins
Stress	P2	40 Hz 8sec on, 15 sec off ----- Total time=30mins
Mixed (stress more than urge)	P1	35 Hz 6sec on, 8 sec off ----- Total time=30mins
Mixed (urge more than stress)	P5	20 Hz 7sec on, 5 sec off ----- Total time=30mins
Maintenance	P4	Varies between 7-16 Hz, 6sec on, 4 sec off Total time=30mins

Dr. Norm's Fem-Tone
www.stopfemaleincontinence.com
info@stopfemaleincontinence.com

Please read these instructions carefully. Dr. Norm's Fem-Tone, www.stopfemaleincontinence.com, their parent companies or any persons or companies associated with them, will be kept harmless from any claims arising from the improper use of the device. If you have ANY questions regarding the use of the Fem-Tone, and any of the precautions or contraindications detailed above, please send us an email.