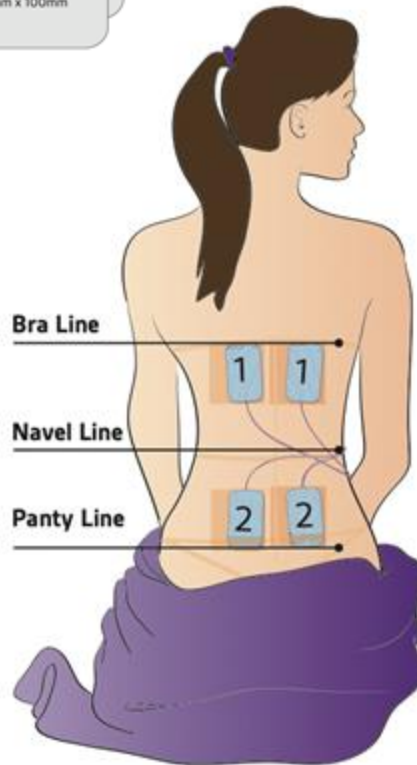
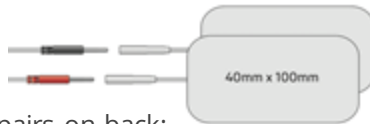


# Using Your Obi TENS Unit

## Getting Started:

1. Insert electrodes into pads
2. Peel backing off pads and place pairs on back:
  - a. Position pads, with red wires just below the bra line, 2 inches apart from each other
  - b. Position pads with white wires just above the panty line, 2 inches apart from each other
3. Turn unit on (1)
4. Unit will be in BURST mode - push button to increase intensity to desired level (4)
5. During contractions push BOOST button (3) for extra surge of power
6. Release BOOST button after contraction, device will return to BURST mode
7. If stimulation is ineffective in relieving pain, turn off unit and reposition pads



## Controls on the Obi TENS:

1. **Power Key** - Turns the Obi TENS On and Off
2. **User Display** - Indicates mode in use and intensity level
3. **BOOST Key** - Use for extra surge during contractions
4. **Intensity Up** - Increases intensity of pulses
5. **Intensity Down** - Decreases intensity of pulses



# Using Your Obi TENS Unit

## Helpful Tips:

1. Continue stimulation for as long as necessary during labor
2. Overtime the pads can become dry. If this happens, turn off the unit, disconnect the electrodes, and apply a small drop of water to them
3. Ensure the unit is OFF before removing the leads and pads from skin
4. If needed, you can combine TENS in the hospital with nitrous oxide or fentanyl

***TENS is a non-medical pain relief tool for labor!***

TENS (Transcutaneous Electrical Nerve Stimulation) works by passing mild electrical impulses through the skin, via electrode pads, into nerve fibers. The TENS impulses help your body produce its own pain killing chemicals, such as endorphins.

**PLEASE CALL UCSF LABOR AND DELIVERY TRIAGE  
AT 415-476-7788 WITH ANY QUESTIONS OR  
CONCERNS, WE ARE HERE FOR YOU!**

*Information and images obtained through:*

*ObiTENS Patient Manual. Babycare TENS. 2021. Accessed Via:  
babycaretens.com.*

## Safety Precautions:

- **DO NOT PLACE PADS ON ABDOMEN**
- **DO NOT USE BEFORE 37 WEEKS PREGNANT**
- **DO NOT REMOVE ELECTRODES FROM SKIN WHILE UNIT IS ON**
- Do not get the unit wet
- Do not use next to a heat source
- Do not use if you have a pacemaker, heart condition, epilepsy, or metal implants
- Do not use on the face or front of the neck
- Do not use if you have high or low blood pressure
- Do not use if you have a fever
- Only place pads on intact skin- do not place on scarred, inflamed, infected skin, or on varicose veins

***\*\*Please read the full instructions for use accompanying the Obi TENS; including the full list of warnings, precautions, and contraindications, before using the device\*\****