beurer Woman's Life

**EM 50**
**Menstrual Relax**

0483

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# GERMAN

**Please read these instructions carefully, keep them for future reference, make them available to other users and follow the instructions.**

## Getting to know the product

### Dear Customer,

we are delighted that you have chosen a product from our range. Our name stands for high-quality, thoroughly tested products in the fields of heat, weight, blood pressure, body temperature, pulse, gentle therapy, massage, beauty, baby and air.

With kind regards, the Beurer team

### What is the EM 50 Menstrual Relax?

Cramp-like abdominal pain or severe period pain affects many women before and during their period. In addition, many women suffer from conditions such as endometriosis, which cause pain in the lower abdomen. The pain is often so severe that women hope for immediate relief. The innovative Menstrual Relax is a self-adhesive TENS device with a heat function designed to relieve pain associated with menstrual cramps and endometriosis. Thanks to the TENS technology used, the Menstrual Relax allows pain to be treated with pinpoint accuracy. The Menstrual Relax offers a total of 15 intensity levels.
To provide even more comfortable relief, it also offers the option of switching on a soothing heat function. Made from medical-grade silicone, the Menstrual Relax features an elegant design; it is extremely thin and flexible, moulding perfectly to the area of the body being treated. The high-tech circuit ensures energy-efficient treatments lasting 20 minutes each (up to 6 treatments per battery charge). Menstrual Relax, a safe and simple pain relief method, offers the user a whole new experience in managing abdominal pain.

### What is TENS and what can it do?

TENS, or transcutaneous electrical nerve stimulation, refers to the electrical stimulation of nerves via the skin. TENS is approved as a clinically proven, effective, non-pharmacological method for treating pain caused by specific conditions – and is also suitable for simple self-treatment – provided it is used correctly and without side effects. The pain-relieving or pain-suppressing effect is achieved, amongst other things, by blocking the transmission of pain in nerve fibres and increasing the release of the body's own endorphins, which reduce the sensation of pain through their effect on the central nervous system. The method is scientifically substantiated and medically approved.
Any medical condition for which TENS treatment is recommended must be assessed by your doctor. They will also advise you on the specific benefits of self-administered TENS treatment. TENS has been clinically tested and approved for use in treating menstrual cramps and for pain relief in endometriosis.
TENS devices work by applying electrical current through the skin. The gel pads act as a conductive medium and are subject to natural wear and tear. If sufficient contact via the gel pads is no longer possible and the Menstrual Relax pad does not adhere fully to the skin, it must be replaced. Otherwise, the partially increased current density may lead to skin irritation.

## 1. Contents

Check the contents of the delivery to ensure the outer packaging is undamaged
Check the packaging and ensure that the contents are complete. Before use, ensure that the device and accessories show no visible damage and that all packaging material has been removed. If in doubt, do not use the device and contact your retailer or the customer service address provided.
1x Menstrual Relax
2x self-adhesive gel pads 1x
USB-C cable
1x These instructions for use

## 2. Key to symbols

On the device, in the user manual, on the packaging and on

The following symbols are used on the device's type plate:

| | |
|---|---|
| Pb Cd Hg | Disposal in accordance with the EC Directive on Waste Electrical and Electronic Equipment – WEEE |
| | **WARNING** Warning regarding risks of injury or health hazards **CAUTION** The device may emit effective output values above 10 mA, averaged over each 5-second interval. |
| | **Note** Note regarding important information |
| | Manufacturer |
| | |
| | Type BF application part |
| | Do not use in the presence of implanted electrical devices (such as pacemakers) |
| | Do not use near the heart |
| CE 0483 | This product complies with the requirements of the applicable European and national directives. |
| IP 22 | Device protected against foreign objects ≥12.5 mm and against dripping water at an angle |
| | Expiry date |
| | Read the instructions for use |
| Storage | Permissible storage temperature and humidity |
| Operating | Permissible operating temperature and humidity |
| | Separate packaging components and dispose of them in accordance with local regulations. |
| B A | Marking for identification of the packaging material. A = Material abbreviation, B = Material number: 1–7 = Plastics, 20–22 = Paper and cardboard Separate the product and packaging components and dispose of them in accordance with local regulations. |
| | Importer symbol |
| | |

## 3. Intended use **Use the Menstrual Relax exclusively:**

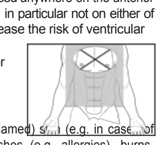
- On humans.
- For self-application.
- For the purpose for which it was designed and in the manner specified in these instructions for use. Any improper use may be dangerous.
- For external use only.
- For domestic and private use.
- With the original accessories supplied or available to order; otherwise, the warranty claim will lapse. The manufacturer accepts no liability for damage caused by improper or incorrect use.

## 4. Warnings and safety instructions

**WARNING**

Use of this device is no substitute for medical consultation and treatment. Therefore, always consult your doctor first if you experience any kind of pain or illness!
To avoid any adverse health effects, DO NOT use Menstrual Relax in the following cases:

- If you have implanted electrical devices (such as pacemakers).
- If you have metal implants (such as copper IUDs).
- If you use an insulin pump.
- If you have a high fever (e.g. > 39 °C).
- In cases of known or acute cardiac arrhythmias and other cardiac conduction disorders.
- In cases of seizure disorders (e.g. epilepsy).
- In the case of an existing pregnancy.
- In cases of existing cancer.
- Following surgery where increased muscle contractions could interfere with the healing process.
- Near the heart. Pacemaker leads must not be placed anywhere on the anterior chest wall (defined by the ribs and sternum), and in particular not on either of the two large chest muscles. Doing so may increase the risk of ventricular and cause cardiac arrest.
- On the bony skull, in the area of the mouth, throat or larynx.
- In the neck area / carotid artery.
- In the genital area.
- On acutely or chronically diseased (injured or inflamed) s... (e.g. in case... of painful and painless inflammation, redness, rashes (e.g. allergies), burns, bruises, swelling, and open wounds as well as those in the healing process, and on surgical scars that are in the process of healing).
- In environments with high humidity, such as in the bathroom or whilst having a bath or shower.
- After consuming alcohol.
- When connected simultaneously to a high-frequency surgical device.
- In cases of acute or chronic gastrointestinal disorders.



**WARNING**

**Consult your doctor before using the device in the following cases:**

- Acute conditions, particularly if high blood pressure, blood clotting disorders, a tendency towards thromboembolic diseases, or malignant tumours are suspected or present.
- Any skin conditions or open wounds.
- Unresolved chronic pain, regardless of the area of the body.
- Diabetes.
- Any sensory disturbances with reduced pain perception (such as metabolic disorders).
- Medical treatments carried out at the same time.
- Discomfort associated with the stimulation treatment.
- Persistent skin irritation due to long-term stimulation at the same electrode site.

**WARNING**

- Keep the device out of the reach of children to prevent any potential hazards.
- This appliance may be used by children aged 8 years and over, as well as by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, provided they are supervised or have been instructed on how to use the appliance safely and understand the associated risks. Children must not play with the appliance. Cleaning and user maintenance must not be carried out by children without supervision.
- If the device does not function correctly, or if you feel unwell or experience pain, stop using it immediately.
- Switch off the Menstrual Relax before attaching or removing it.
- Under no circumstances should you modify the Menstrual Relax (e.g. by cutting it). This leads to a higher current density and can be dangerous.
- During the first few minutes of use, remain seated or lying down to avoid any unnecessary risk of injury in the rare event of a vagal reaction (feeling of weakness). If you experience a feeling of weakness, switch off the device immediately and raise your legs (for approx. 5–10 minutes).
- Do not use Menstrual Relax whilst sleeping, driving a vehicle or operating machinery.
- Do not use the Menstrual Relax whilst performing activities where an unexpected reaction (e.g. increased muscle contraction despite low intensity) could be dangerous.
- Do not use this device at the same time as other devices that deliver electrical impulses to your body.
- The actual temperature of the Menstrual Relax may vary depending on skin condition, age, the location of the pain, etc.
- If the heat feels too hot, stop the treatment immediately. You can continue the TENS treatment without the heat function.
- Wait at least an hour after eating before applying Menstrual Relax.
- Do not use Menstrual Relax on wet skin, as this reduces the adhesive properties of the gel pads.
- Ensure that no metal objects, such as belt buckles or necklaces, come into contact with the electrodes during stimulation. If you are wearing jewellery or piercings (e.g. a belly button piercing) in the area of application, you must remove these before using the device, as this could otherwise cause localised burns.
- Pre-treating the skin with oily creams or ointments is not recommended.
- Do not use adhesive tape, bandages or other aids apart from the gel pads provided to attach the Menstrual Relax to your skin. Otherwise, uneven adhesion of the gel pads could lead to skin injuries.

**WARNING**

**Guidelines for handling rechargeable batteries**

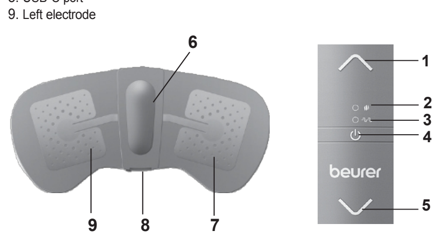
- If liquid from a battery cell comes into contact with the skin or eyes, rinse the affected area with water and seek medical attention.
- Risk of swallowing! Young children could swallow batteries and choke on them. Therefore, keep batteries out of reach of young children!
- If a battery has leaked, wear protective gloves when handling the device.
- Protect batteries from excessive heat.
- Risk of explosion! Do not throw batteries into a fire.
- Do not dismantle, open or crush batteries.
- Only use chargers listed in the user manual.
- Batteries must be charged correctly before use. Always follow the manufacturer's instructions or the information in this user manual regarding correct charging.
- Fully charge the battery before using the device for the first time (see Chapter 6).
- To maximise the battery's service life, fully charge the battery at least every 6 months.

**CAUTION**

- Protect the device from heavy impacts.
- Do not use the device if it is damaged or not functioning properly. In such cases, contact customer service.
- Do not expose the device to direct sunlight or high temperatures.
- Protect the device from dust, dirt and moisture. Never immerse the device in water or other liquids.
- Do not use this appliance on or near other heating appliances or heating elements such as tumble dryers or ovens, and do not use it near (~1 m) short-wave or microwave devices (e.g. mobile phones), as this may cause unpleasant power surges.
- If in doubt, do not use the appliance if it is damaged; contact your dealer or the customer service address provided.
- Switch off the device immediately if it is faulty or if there are any malfunctions.
- Under no circumstances should you attempt to open the device yourself and / or to be repaired.
- Have repairs carried out only by the customer service department or authorised dealers. Failure to do so will invalidate the warranty.

## 5. Device description

1. Increase intensity
2. Heat/battery charge indicator LED
3. TENS LED
4. ON/OFF button
5. Decrease intensity
6. Heating pad
7. Right electrode
8. USB-C port
9. Left electrode



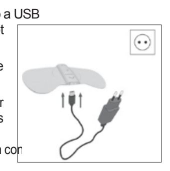
## 6. Start-up

### Charging the battery

**Note**

Before using the Menstrual Relax for the first time, you must charge it for at least 2 hours. To do this, follow these steps:

1. Open the cover of the USB-C port on the Menstrual Relax.
2. Connect the supplied USB-C charging cable to a USB power adapter (output: max. 5 V/2 A, not included) and the Menstrual Relax.
3. Then plug the mains adapter into a suitable socket.
4. During charging, the battery charge indicator LED flashes green. Once the Menstrual Relax is fully charged, the battery charge indicator LED will glow green con

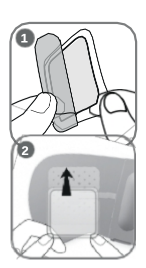


**Note**

The Menstrual Relax cannot be used whilst it is charging.
Make sure that the electrodes do not come into contact with your skin whilst charging.

### Attaching the gel pads

1. Carefully remove one of the protective films.
2. Carefully attach the gel pad to the Menstrual Relax and gently peel off the second protective film. Ensure that the edge of the gel pad does not protrude beyond the Menstrual Relax. Attach a gel pad to each electrode.



**WARNING**

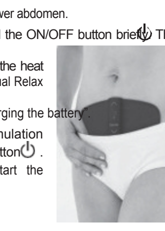
Carefully and slowly peel off the protective film. Ensure that the self-adhesive gel pads are not damaged, as any damage or unevenness in the film may cause skin irritation.

## 7. Application Start using

**Note**

The Menstrual Relax has a total of one heat setting, with a
Heat output up to a maximum of 43 °C, and 15 intensity levels for TENS therapy. We recommend starting with a low intensity level until you have got used to the device. The Menstrual Relax has an automatic shut-off function. It switches off automatically after 20 minutes of use.

1. Stick the Menstrual Relax onto your lower abdomen.
2. To switch the pad on, press and hold the ON/OFF button briefly. The heat LED will flash green and the Menstrual Relax begins to warm up. If the heat LED flashes orange, charge the Menstrual Relax as described in the chapter Follow the instructions described in "Charging the battery".
3. To switch on the electrical nerve stimulation (TENS), briefly press the ON/OFF button. The TENS LED will flash. To start the stimulation, the ˄ button once. The lowest intensity is now activated.
4. If you wish to use the TENS function without the heat function, press the ON/OFF button again. Now only the TENS LED is flashing and you can start your stimulation by pressing the ˄ button.
5. Use the ˄/˅ buttons to select your desired intensity level.
6. To switch off the Menstrual Relax, press and hold the ON/OFF button ( ) for 3 seconds. The heat LED and the TENS LED will go out.
7. After use, carefully remove the Menstrual Relax from your lower abdomen. To protect the gel pads, replace the protective films on the gel pads.



**WARNING**

Ensure that the control unit is within easy reach during treatment so that you can stop the treatment promptly if it becomes uncomfortable.

### Instructions for use

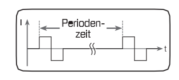
- Switch off the Menstrual Relax before removing it.
- Take a break of at least 30 minutes between uses.
- Use the Menstrual Relax only as often as you find comfortable. As soon as you no longer find the functions of the Menstrual Relax comfortable, stop using it.
- The Menstrual Relax has a Body-Loose function that detects whether the device is in contact with the body. If there is no body contact, the device beeps and then switches itself off. If the device is attached to the body but still beeps, clean the gel pads and try starting the device again. If the beeping persists, replace the gel pads.
- If the adhesive properties of the gel pads start to wear off, replace them immediately. Do not use the Menstrual Relax again until you have replaced the gel pads. Otherwise, the uneven adhesion of the gel pads could cause skin irritation.
- If you feel any unpleasant electrical shocks, switch off the Menstrual Relax and move it slightly.
- If you find that using the Menstrual Relax causes significantly heavier period bleeding, stop using it.

### Programmes

| Cycle | 1 | 2 | 3 |
|---|---|---|---|
| Pulse width | 100 µs | 250 µs | 75 µs |
| Pulse frequency | 100 Hz | 8 Hz | 85 Hz |
| Cycle time | 120 s | 120 s | 160 s |

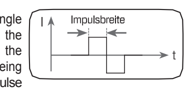
### Pulse frequency

The frequency indicates the number of individual pulses per second and is expressed in Hz (Hertz). It can be calculated by taking the reciprocal of the period.




### Pulse width

This parameter specifies the duration of a single pulse in microseconds. Among other things, the pulse width determines the depth to which the current penetrates, with the general rule being that greater muscle mass requires a wider pulse width.




## 8. Cleaning and care

**WARNING**

- Clean the device after use with a soft, slightly damp cloth. If it is very dirty, you can also dampen the cloth with a mild soapy solution.
- Ensure that no water enters the device. If this does happen, do not use the device again until it is completely dry.
- To ensure the adhesive electrodes remain effective for as long as possible, clean them carefully with a damp, lint-free cloth.
- Do not use chemical cleaners or abrasive agents for cleaning.

## 9. Accessories and spare parts

For accessories and spare parts, visit www.beurer.com or contact the relevant service address in your country (as per the service address list). Accessories and spare parts are also available from retailers.

| Designation | Item or order number |
|---|---|
| 1 x self-adhesive gel pad set | 648.49 |

## 10. What to do if problems arise?

| Problem | Possible cause | Solution |
|---|---|---|
| The device does not switch on when the ON/OFF button is pressed. | The battery may be flat. | Please charge the battery fully. If the device still does not switch on, please contact customer service . |
| The device does not stick to the body. | The gel pads may be dirty or worn out. Alternatively, the area of skin to be treated may not be clean enough. | Clean the sticky surface of the gel pads with a damp, lint-free cloth. If the gel pads still do not adhere firmly, they must be replaced. Clean the skin before each application, and avoid using skin balms and care oils before the treatment. Shaving can reduce the effectiveness of the gel pads. |
| No noticeable stimulation is felt. | The gel pads may be dirty or worn out. The battery may need charging. | Ensure that the gel pads are in firm contact with the treatment area . The battery is almost flat. Charge it fully. |
| You are experiencing an unpleasant sensation from the gel pads. | The gel pads are worn out. As they no longer ensure an even, full-surface distribution of current, they may cause skin irritation . | Replace the gel pads. |
| The skin in the treatment area is turning red. | A quickly subsiding redness of the skin under the gel pads is harmless and can be explained by the locally stimulated increased blood flow caused by TENS and heat. | Stop the treatment immediately and wait until the skin condition has returned to normal. However, if the skin irritation persists and is accompanied by itching or inflammation, consult your doctor before continuing use. The cause may be an allergy to the adhesive surface . |
| The skin beneath the heating pad turns red. | Redness under the heating pad of the Menstrual Relax can be explained by the increased blood flow to the warmed tissue. | The skin condition should return to normal some time after the treatment. However, if the redness persists and is accompanied by itching or inflammation, you should refrain from further use the heat function your doctor. |
| The Menstrual Relax is getting too warm. | | Press the ON/OFF button to switch off the heat function and use only the TENS function . |

## 11. Disposal

You must dispose of used, fully discharged batteries via specially marked collection bins, hazardous waste collection points or through your electronics retailer. You are legally obliged to dispose of the batteries.
You will find these symbols on batteries containing hazardous substances: Pb = battery contains lead,
Cd = Battery contains cadmium, Hg =
Battery contains mercury.
In the interests of environmental protection, the appliance must not be disposed of with household waste at the end of its service life. It can be disposed of via the appropriate collection points in your country. Dispose of the appliance in accordance with the EC Directive on Waste Electrical and Electronic Equipment (WEEE). If you have any queries, please contact your local authority responsible for waste disposal.

Pb Cd Hg

## 12. Technical specifications

| Type | EM 50 |
|---|---|
| Output waveform | Biphasic square-wave pulses |
| Pulse duration | 75–250 µs |
| Pulse frequency | 8–100 Hz |
| Output voltage | Max. 80 Vpp (at 1000 Ω) |
| Heat settings | 1 (up to 43 °C) |
| Output current | Max. 80 mA (at 1000 Ω) |
| Power supply | Lithium-polymer battery 320 mAh |
| Treatment time | 20 minutes, after which the device switches off automatically |
| Intensity | Adjustable from 0 to 15 |
| Operating conditions | 5 °C – 40 °C (41 °F – 104 °F) at a relative humidity of 15–90% |
| Storage conditions | 0 °C – 40 °C (32 °F – 104 °F) at a relative humidity of 0 – 90 % |
| Dimensions | approx. 95 x 193 x 15 mm |
| Weight | 47 g |

Subject to technical changes.
The serial number is located on the device.

This device complies with the European standards EN 60601-1 and EN 60601-1-2 (conformity with EN 55011, IEC 61000-4-2, IEC 61000-4-3, IEC 61000-4-8) and is subject to specific precautions regarding electromagnetic compatibility. Please note that portable and mobile RF communication equipment may affect this device. You can request further details from the customer service address provided or refer to the end of the user manual. The device complies with the requirements of the European Medical Devices Directive 93/42/EEC and the Medical Devices Act.

No functional testing or training in accordance with Section 5 of the Medical Devices Operator Ordinance (MPBetreibV) is required for this device.
Likewise, it is not necessary to carry out safety inspections in accordance with Section 6 of the Medical Devices Operator Ordinance.

## 13. Notes on Electromagnetic Compatibility

**WARNING**

- The device is suitable for use in all environments listed in these instructions for use, including domestic environments.
- Under certain circumstances, the device may only be usable to a limited extent in the presence of electromagnetic interference. As a result, error messages or a failure of the display/device may occur, for example.
- The use of this device in close proximity to other devices or in a stacked configuration with other devices should be avoided, as this could result in malfunction. If use in the prescribed manner is nevertheless necessary, this device and the other devices should be monitored to ensure that they are operating correctly.
- The use of accessories other than those specified or supplied by the manufacturer of this device may result in increased electromagnetic emissions or reduced electromagnetic immunity of the device, and may lead to malfunction.
- Keep portable RF communication devices (including peripherals such as antenna cables or external antennas) at least 30 cm away from all parts of the device, including all cables supplied with the device. Failure to do so may result in a reduction in the device's performance.
- Failure to do so may result in a reduction in the device's performance.

## 14. Warranty / Service

Further information on the warranty and warranty conditions can be found in the enclosed warranty leaflet.

*Errors and changes reserved*

beurer Woman's Life

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**Menstrual Relax**

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Golborne, United Kingdom

# ENGLISH

**Read these instructions carefully and keep them for future reference; ensure they are accessible to other users and follow the information they contain.**

## Getting to know your device

### Dear customer,

Thank you for choosing a product from our range. Our name is synonymous with high-quality, thoroughly tested products for use in the fields of heat, weight, blood pressure, body temperature, pulse, gentle therapy, massage, beauty, baby care and air.

Kind regards, The
Beurer team

### What is the EM 50 Menstrual Relax?

Many women experience abdominal cramps and severe period pain before and during their period; in addition, many women also suffer from conditions that cause pain in the lower abdomen, such as endometriosis. These pains are often so severe that women seek immediate pain relief. The innovative Menstrual Relax is a self-adhesive TENS device with a heat function designed to provide pain relief for menstrual discomfort and pain caused by endometriosis. The TENS technology used in the Menstrual Relax makes it possible to treat pain in a targeted manner. The Menstrual Relax has a total of 15 intensity levels.
To provide even more comfortable pain relief, there is also a soothing heat function that can be activated. Made from medical-grade silicone, the elegantly designed Menstrual Relax is extremely slim and flexible, and moulds perfectly to the area being treated. The high-tech circuit delivers energy-efficient 20-minute treatments (up to 6 treatments per battery charge). The Menstrual Relax is a safe and easy way to relieve pain, offering users a completely new experience in managing lower abdominal pain.

### What is TENS and what can it do?

TENS, or transcutaneous electrical nerve stimulation, refers to the electrical stimulation of nerves through the skin. TENS is an effective non-pharmacological method for treating various types of pain caused by a range of factors. It has no side effects when 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 transmission of pain to nerve fibres and by increasing the secretion of endorphins in the body, as 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 assessed by your GP. Your GP will also provide you with instructions on how to carry out a TENS self-treatment programme. TENS has been clinically tested and approved for use in cases of menstrual discomfort and for the relief of pain caused by endometriosis.
TENS devices work by passing electrical currents through the skin. The gel pads act as a conductive medium and are subject to natural wear and tear. The gel pads must be replaced when they no longer provide sufficient contact and the Menstrual Relax no longer adheres fully to the skin. Failure to replace the pads may lead to skin irritation due to increased current density in specific areas.

## 1. Included in delivery

Check that the exterior of the cardboard delivery packaging is intact and
Please ensure that all contents are present. Before use, check that there is no visible damage to the device or accessories and that all packaging material has been removed. If you have any doubts, do not use the device; instead, contact your retailer or the specified Customer Service address.
1x Menstrual Relax
2x self-adhesive gel pads 1x
USB-C cable
1x these instructions for use

## 2. Signs and symbols

The following symbols are used on the device, in these instructions for use, on the packaging and on the device's rating plate:

| | |
|---|---|
| Pb Cd Hg | Disposal in accordance with the EC Directive on Waste Electrical and Electronic Equipment (WEEE) |
| | **WARNING** Warning notice indicating a risk of injury or damage to health |
| | **IMPORTANT** The device can emit effective output values above 10 mA, averaged over every 5-second interval. |
| | **Note** Important information to note |
| | Manufacturer |
| | Application part, type BF |
| | Do not use if you have implanted electrical devices (e.g. a pacemaker) |
| | Do not use near the heart |
| CE 0483 | This product complies with the requirements of the relevant European and national directives. |
| IP 22 | Device protected against foreign objects ≥ 12.5 mm and against water dripping at an angle |
| | Expiry date |
| | Read the instructions for use |
| Storage | Permissible storage temperature and humidity |
| Operating | Permissible operating temperature and humidity |
| | Separate the packaging components and dispose of them in accordance with local regulations. |
| B A | Marking to identify the packaging material. A = Material code, B = Material number: 1–7 = Plastics, 20–22 = Paper and cardboard |
| | Separate the product and packaging components and dispose of them in accordance with local regulations. |
| | Importer symbol |

## 3. Intended use

### Only use the Menstrual Relax:

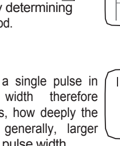
- On people.
- For personal use.
- For the purpose for which it was designed and in the manner specified in these instructions for use. Any improper use may be dangerous.
- For external use only.
- For home and private use.
- With the original accessories supplied, which can be re-ordered. Failure to do so will invalidate the warranty. The manufacturer is not liable for damage resulting from improper or incorrect use.

## 4. Warnings and safety notes

**WARNING**

This device is not a substitute for medical advice or treatment. Please consult your doctor first if you are experiencing any pain or suffering from an illness.
To avoid harm to your health, DO NOT use the Menstrual Relax in the following circumstances:

- If you have implanted electrical devices (e.g. pacemaker). a
- If you have metal implants such as, for example, copper coils.
- 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 have 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.
- Near the heart. The stimulation electrodes must not be placed on any part of the front ribcage (where the ribs and breastbone are located), and especially not on the two large pectoral muscles, as this can increase the risk of ventricular fibrillation and induce cardiac arrest.
- On the skull, or around the mouth, throat or larynx.
- In the neck/carotid artery area.
- 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 whilst bathing or showering.
- After consuming alcohol.
- If you are connected to a high-frequency surgical device.
- In cases of acute or chronic diseases of the gastrointestinal tract.



**WARNING**

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

- Serious illnesses, particularly if you suspect or have been diagnosed with high blood pressure, a blood clotting disorder, a tendency towards thromboembolic conditions, or in the case of malignant tumours.
- Skin conditions or open wounds.
- Unexplained chronic pain in any part of the body.
- Diabetes.
- Any sensory impairment that reduces the sensation of pain (e.g. metabolic disorders).
- If you are receiving medical treatment.
- In the event of complaints related to the stimulation treatment.
- If you suffer from persistent skin irritation due to long-term stimulation at the same electrode site.

**WARNING**

- Keep the device out of the reach of children to prevent potential hazards.
- This device may be used by children aged 8 and over and by people with reduced physical, sensory or mental capabilities, or a lack of experience or knowledge, provided that they are supervised or have been instructed on how to use the device safely, and are fully aware of the associated risks. Children must not play with the device. Cleaning and user maintenance must not be carried out by children unless they are supervised.
- If the device does not work properly, or if you feel unwell or experience pain, stop using it immediately.
- Switch off the Menstrual Relax before attaching or removing it.
- Do not modify the Menstrual Relax in any way (e.g. by cutting it), as this will result in a higher current density and may be dangerous.
- For the first few minutes, use the device whilst sitting or lying down to minimise the risk of accidental injury resulting from vagal responses (a feeling of faintness), which have been reported as a side effect in rare cases. If you feel faint, switch off the device immediately, lie down and raise your legs (for approx. 5–10 minutes).
- Do not use the Menstrual Relax whilst asleep, driving a vehicle or operating machinery.
- Do not use the Menstrual Relax whilst undertaking any activity where an unexpected reaction (e.g. strong muscle contractions even at low intensity) could be dangerous.
- Do not use the device whilst using other devices that transmit electrical impulses to your body.
- The actual temperature of the Menstrual Relax may vary depending on the condition of your skin, your age, the location of the pain, etc.
- If the heat function feels too hot, stop treatment immediately. You can continue the TENS treatment without the heat function.
- Wait at least one hour after eating before starting treatment with the Menstrual Relax.
- Do not use the Menstrual Relax on wet skin, as this impairs the adhesion of the gel pads.
- Ensure that no metal 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 localised burns.
- It is not recommended to apply oily creams or lotions to the skin beforehand.
- Do not use adhesive tape, plasters or any other material apart from the gel pads provided to attach the Menstrual Relax to your skin, as uneven adhesion of the gel pads could cause skin lesions.

**WARNING**

**Notes on handling batteries**

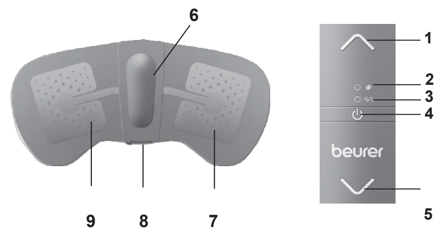
- If your skin or eyes come into contact with fluid from a battery cell, rinse the affected areas with water and seek medical assistance.
- Choking hazard! Small children may swallow batteries and choke on them. Therefore, batteries should be kept out of the reach of small children.
- If a battery has leaked, wear protective gloves when handling the device.
- Protect batteries from excessive heat.
- Risk of explosion! Never throw batteries into a fire.
- Do not disassemble, cut open or crush the batteries.
- Only use the chargers specified in the instructions.
- Batteries must be charged correctly before use. The manufacturer's instructions and the specifications in these instructions regarding correct charging must be followed at all times.
- Fully charge the battery before first use (see Chapter 6).
- To ensure the battery lasts as long as possible, fully charge it at least every 6 months.

**IMPORTANT**

- Protect the device from strong impacts.
- Do not use the device if it shows signs of damage or does not function properly. In such cases, contact Customer Services.
- 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.
- Do not use the device near or in the vicinity of other heating appliances or heating elements, such as hairdryers or ovens, and do not use it within approximately 1 metre of shortwave or microwave devices (e.g. mobile phones), as this may cause unpleasant current surges.
- If the device 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.
- Never attempt to open and/or repair the device yourself.
- Repairs may only be carried out by Customer Services or authorised retailers. Failure to comply will invalidate the warranty.

## 5. Device description

1. Intensity increase button
2. LED heat/battery level indicator
3. TENS LED
4. ON/OFF button
5. Decrease intensity button
6. Heating surface
7. Right electrode
8. USB-C connection
9. Left electrode



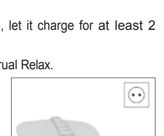
## 6. First use

### Charging the battery

**Note**

Before using the Menstrual Relax for the first time, let it charge for at least 2 hours. How to do this:

1. Open the cover of the USB-C port on the Menstrual Relax.
2. Connect the USB-C charging cable provided to a USB mains adapter (output: max. 5 V/2 A, not included) and the Menstrual Relax.
3. Then plug the mains adapter into a suitable socket.
4. Whilst charging, the battery level indicator LED flashes green. As soon as the Menstrual Relax has been fully charged, the LED battery le... it continuously in green.

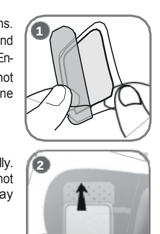


**Note**

You cannot use the Menstrual Relax whilst it is charging.
Make sure that the electrodes do not come into contact with your skin during the charging process.

### Fitting the gel pads

1. Carefully remove one of the protective films.
2. Attach the gel pads to the Menstrual Relax and carefully remove the second protective film. En-
Make sure that the edge of the gel pad does not protrude beyond the Menstrual Relax. Attach one gel pad to each electrode.



**WARNING**

Remove the protective film slowly and carefully. Ensure that the self-adhesive gel pads are not damaged, as damage or unevenness on the film may cause skin irritation.

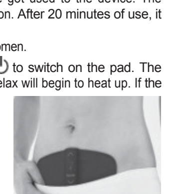
## 7. Usage

### Starting use

**Note**

In total, the Menstrual Relax has one heat setting with a maximum temperature of up to 43 °C, and 15 intensity levels for TENS application. We recommend you start by using a low intensity level until you have got used to the device. The Menstrual Relax has an automatic switch-off function. After 20 minutes of use, it switches itself off automatically.

1. Stick the Menstrual Relax onto your lower abdomen.
2. Briefly press and hold the ON/OFF button to switch on the pad. The heat LED will flash green and the Menstrual Relax will begin to heat up. If the heat LED flashes orange, please charge the Menstrual Relax as described in the "Charging the battery" section.
3. To switch on electrical nerve stimulation (TENS), briefly press the ON/OFF button . The TENS LED flashes. To start stimulation, press the ˄ button once. The lowest intensity is now activated.
4. If you wish to use the TENS function without the heat function, press the ON/OFF button again. Now only the TENS LED is flashing and you can start stimulation by pressing the ˄ button.
5. Select your desired intensity level using the ˄/˅ buttons.
6. To switch off the Menstrual Relax, press and hold the ON/OFF button for 3 seconds. The heat LED and the TENS LED will go out.
7. After using the Menstrual Relax, take care when removing it from your lower abdomen. Reapply the protective films to the gel pads to protect them.



**WARNING**

Make sure you can reach the control unit quickly during treatment so that you can stop it immediately if it becomes uncomfortable.

### Notes on use

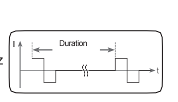
- Switch off the Menstrual Relax before removing it.
- Wait at least 30 minutes between applications.
- Only use the Menstrual Relax as often as you find comfortable. If treatment with the Menstrual Relax starts to feel uncomfortable, stop using it.
- The Menstrual Relax has a feature that detects whether the device is in contact with the body. If there is insufficient contact with the body, the device will beep and switch itself off. If the device is attached to your body but still beeps, clean the gel pad and try switching the device on again. If the continuous beeping persists, replace the gel pads.
- If the adhesive properties of the gel pads deteriorate, replace them immediately. Do not use the Menstrual Relax again until the gel pads have been replaced, as uneven adhesion could cause skin irritation.
- If you experience unpleasant current surges, switch off the Menstrual Relax and move it slightly.
- If you find that using the Menstrual Relax causes your flow to become much heavier, stop using it.

### Programmes

| Cycle | 1 | 2 | 3 |
|---|---|---|---|
| Pulse width | 100 µs | 250 µs | 75 µs |
| Pulse frequency | 100 Hz | 8 Hz | 85 Hz |
| Cycle duration | 120 s | 120 s | 160 s |

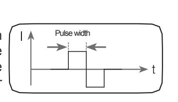
### Pulse frequency

The frequency indicates the number of individual ual pulses per second and is displayed in Hz (Hertz). It can be calculated by determining the cyclic value for the time period.




### Pulse width

This indicates the duration of a single pulse in microseconds. The pulse width therefore determines, among other things, how deeply the electrical current penetrates; generally, larger muscle mass requires a wider pulse width.




## 8. Cleaning and maintenance

**WARNING**

- 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.
- Make sure that no water gets into the device. If this happens, do not use the device again until it has dried out completely.
- To ensure that the adhesive electrodes retain their adhesion for as long as possible, clean them carefully with a damp, lint-free cloth.
- Do not use any chemical or abrasive cleaning agents.

## 9. Accessories and replacement parts

For accessories and spare parts, please visit www.beurer.com or contact the relevant service centre in your country (as listed in the service centre directory). Accessories and spare parts are also available from retailers.

| Designation | Item number and/or order number |
|---|---|
| 1 x self-adhesive gel pad set | 648.49 |

## 10. Troubleshooting

| Problem | Possible cause | Solution |
|---|---|---|
| The device does not switch on when the ON/OFF button is pressed. | The battery may be flat. | Fully charge the battery. If it still does not possible to switch the device on, please contact Customer Services. |
| The device does not stick to the body. | The gel pads may be dirty or worn. The treatment area of the skin may not be clean enough. | Clean the adhesive surface of the gel pads using a damp, lint-free cloth. The gel pads must be replaced if they still do not stick securely. Clean the skin before applying the pads; do not use skincare lotions or oils before treatment. Shaving may extend the lifespan of the gel pads. |
| There is no noticeable stimulation. | The gel pads may be dirty or worn. The battery may need charging. | Ensure that the gel pads are in firm contact with the treatment area. The battery is almost flat. Charge it fully. |
| An unpleasant sensation is felt where the gel pads are applied. | The gel pads are worn. This may cause skin irritation, as even distribution of the current across the entire area is no longer guaranteed. | Replace the gel pads. |
| The skin in the treatment area turns red. | If the redness under the gel pads disappears quickly, this is not dangerous and is caused by the locally stimulated, increased blood flow resulting from TENS and heat. | Stop treatment immediately and wait until your skin has returned to its normal condition. However, consult your doctor before continuing treatment if the skin irritation persists and is accompanied by itching or inflammation, as this may be caused by an allergic reaction to the adhesive surface. |
| The skin beneath the heating surface turns red. | Reddening under the heating surface of the Menstrual Relax can be explained by the increased blood flow in the heated tissue. | Your skin should return to normal a few minutes after treatment. However, please consult your doctor before continuing to use the heat function if the redness persists or if you experience any itching or inflammation. |
| The Menstrual Relax becomes too hot. | | Press the ON/OFF button to stop the heat function and simply continue using the TENS function. |

## 11. Disposal

Empty, completely flat rechargeable batteries must be disposed of via specially designated collection boxes, recycling points or electronics retailers. You are legally required to dispose of the rechargeable batteries. The codes below are printed on rechargeable batteries
containing harmful substances:
Pb = battery contains lead,
Cd = battery contains cadmium, Hg
= battery contains mercury.

Pb Cd Hg

For environmental reasons, do not dispose of the device in household waste at the end of its service life. Dispose of the device at designated collection points in your country. Dispose of the device in accordance with the EC Directive on Waste Electrical and Electronic Equipment (WEEE). If you have any questions, please contact the local authorities responsible for waste disposal.

## 12. Technical specifications

| Type | EM 50 |
|---|---|
| Output waveform | Biphasic rectangular pulses |
| Pulse length | 75–250 µs |
| Pulse frequency | 8–100 Hz |
| Output voltage | Max. 80 Vpp (at 1000 Ω) |
| Heat settings | 1 (up to 43 °C) |
| Output current | Max. 80 mA (at 1000 Ω) |
| Voltage supply | Lithium polymer battery 320 mAh |
| Treatment time | 20 minutes; the device then switches off automatically |
| Intensity | Adjustable from 0 to 15 |
| Operating conditions | 5 °C to 40 °C (41 °F–104 °F) at a relative humidity of 15 to 90% |
| Storage conditions | 0 °C to 40 °C (32 °F –104 °F) at a relative humidity of 0 to 90% |
| Dimensions | approx. 95 x 193 x 15 mm |
| Weight | 47 g |

Subject to technical changes.
The serial number is located on the device.

This device complies with European standards EN60601-1 and
EN 60601-1-2 (in compliance with EN 55011, IEC 61000-4-2, IEC 61000-4-3, IEC 61000-4-8) and is subject to special precautionary measures with regard to

regarding electromagnetic compatibility. Please note that portable and mobile HF communication systems may interfere with this device. Further details can be requested from the Customer Service address provided or found at the end of the instructions for use. This device complies with the requirements of European Directive 93/42/EEC on medical devices, as well as those of the Medizinproduktegesetz (German Medical Devices Act).

For this device, a functional test and training in accordance with Section 5 of the Medical Devices Operator Ordinance (MPBetreibV) are not required. It is also not necessary to carry out safety checks in accordance with Section 6 of the Medical Devices Operator Ordinance (MPBetreibV).

## 13. Notes on electromagnetic compatibility

**WARNING**

- The device is suitable for use in all environments listed in these instructions for use, including domestic environments.
- The use of the device may be restricted in the presence of electromagnetic interference. This could result in issues such as error messages or the display/device malfunctioning.
- Avoid placing this device directly next to other devices or stacking it on top of other devices, as this could cause it to malfunction. If, however, it is necessary to use the device in this manner, both this device and the other devices must be monitored to ensure they are functioning correctly.
- The use of accessories other than those specified or provided by the manufacturer of this device may lead to an increase in electromagnetic emissions or a reduction in the device's electromagnetic immunity; this may result in malfunction.
- Keep portable RF communication devices (including peripheral equipment, such as antenna cables or external antennas) at least 30 cm away from all parts of the device, including all cables supplied with the device. Failure to comply with the above may impair the performance of the device.
- Failure to comply with the above may impair the performance of the device.

## 14. Warranty/service

Further information on the warranty and warranty conditions can be found in the warranty leaflet supplied.

*Subject to errors and changes*

beurer Woman's Life

**EM 50**
**Menstrual Relief Device**
**Menstrual Relax**

0483

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Golborne, United Kingdom

# FRENCH

**Please read this user manual carefully, keep it for future reference, make it available to other users, and follow the instructions contained herein.**

## Getting to know the appliance

### Dear Customer,

Thank you for choosing one of our products. Our company is renowned for the excellence of its products and the quality controls to which they are subjected. Our products cover the fields of heat, weight, blood pressure, body temperature, gentle therapy, massage, beauty, baby care and air purification.

Kind regards, The
Beurer Team

### What is the Menstrual Relax EM 50 menstrual relief device?

Before and during their periods, many women suffer from spasmodic abdominal pain or severe menstrual cramps. In addition, many women are affected by conditions such as endometriosis, which cause abdominal pain. Often, the pain is so severe that they seek immediate relief. The innovative Menstrual Relax transcutaneous nerve stimulation device is a self-adhesive TENS unit with a heat function designed to relieve pain caused by menstrual cramps and endometriosis. Thanks to its integrated TENS technology, the Menstrual Relax menstrual pain relief device allows for highly precise pain management. The Menstrual Relax menstrual pain relief device has a total of 15 intensity levels.
To provide even more comfortable relief from discomfort, the device also allows you to apply soothing heat. The Menstrual Relax menstrual relief device, made from medical-grade silicone and featuring an elegant design, is extremely thin and flexible, adapting perfectly to the area of the body being treated. The high-tech integrated circuit ensures energy-efficient treatments lasting 20 minutes each (up to 6 treatments per charge).
The Menstrual Relax menstrual pain relief device, a safe and effective pain relief method, offers users a completely new experience in the treatment of abdominal pain.

### What is TENS and what is it used for?

TENS, or transcutaneous electrical nerve stimulation, refers to the electrical stimulation of nerves through the skin. TENS has been clinically tested and approved as an effective, non-pharmacological method with no side effects when used correctly for the treatment of pain of various origins, as well as for simple self-treatment. The pain-relieving or pain-suppressing effect is achieved, amongst other things, by inhibiting the transmission of pain in the nerve fibres and by increasing the secretion of endorphins, which reduce the sensation of pain through their effect on the central nervous system. This method is scientifically substantiated and medically approved.
Your GP should determine the specific clinical conditions for which the use of the SNET is appropriate. They will also advise you on the benefits of self-administered TENS treatment. TENS has been clinically tested and approved for use in cases of period pain and for the relief of pain caused by endometriosis.
TENS devices work by transmitting electrical current through the skin. The gel electrodes act as a conductive medium and are subject to natural wear and tear. If sufficient contact can no longer be achieved via the gel electrodes, the Menstrual Relax device will no longer adhere fully to the skin and must be replaced. Otherwise, the partial increase in current density may cause skin irritation.

## 1. Contents

Check that the outer cardboard packaging of the kit is intact and that all the components
Before use, ensure that the device and accessories show no visible damage and that all packaging has been removed. If in doubt, do not use it and contact your retailer or the customer service department indicated.
1 Menstrual Relax menstrual relief device

2 self-adhesive gel electrodes
1 USB-C cable
1 user manual

## 2. Symbols used

The following symbols are used in the user manual, on the packaging and on the device's rating plate:

| | |
|---|---|
| Pb Cd Hg | Disposal in accordance with the European WEEE (Waste Electrical and Electronic Equipment) Directive **WARNING** This symbol warns you of the risk of injury or danger to your health |
| | **CAUTION** The device may emit output values exceeding 10 mA at intervals of 5 seconds. |
| | **Note** Important information |
| | Manufacturer |
| | |
| | Type BF device |
| | Do not use in the presence of implanted electrical devices (e.g. pacemakers) |
| | Do not use near the heart |
| CE 0483 | This product complies with the requirements of current European and national directives. |
| IP 22 | Device protected against solid objects ≥ 12.5 mm and against water droplets falling at an angle |
| | Expiry date |
| | Refer to the user manual |
| Storage | Permissible storage temperature and humidity |
| Operating | Permissible operating temperature and humidity |
| | Separate packaging components and dispose of them in accordance with local regulations. Packaging material identification label. |
| B A | A = Material code, B = Material reference: 1–7 = plastic, 20–22 = paper and cardboard Separate the product and packaging components and dispose of them in accordance with local regulations. |
| | Importer's symbol |
| | |

## 3. Use in accordance with the recommendations

### Use the Menstrual Relax menstrual relief device exclusively:

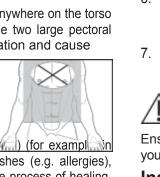
- On a human being.
- For personal use.
- For the purposes for which it was designed and in the manner indicated in these instructions. Any inappropriate use may be dangerous.
- For external use only.
- Designed for private and domestic use.
- With the original accessories supplied and spare parts; otherwise, the warranty will be void. The manufacturer cannot be held liable for damage caused by improper or unauthorised use.

## 4. Warning and cautionary instructions

**WARNING**

Use of the device is not a substitute for medical consultation and treatment. Therefore, in the event of any type of pain or illness, please always consult your doctor first!
To avoid compromising your health, DO NOT use the Menstrual Relax menstrual relief device in the following cases:

- If you have implanted electrical devices (e.g. pacemakers).
- If you have metal implants (e.g. a copper IUD).
- For insulin pump users;
- In the event of a high fever (e.g. > 39 °C);
- In the event of known or acute cardiac arrhythmias and other cardiac conduction and excitation disorders.
- In the event of seizures (e.g. epilepsy);
- During pregnancy;
- In the case of cancer;
- After surgery, when strong muscle contractions may interfere with the healing process;
- Near the heart. Stimulation electrodes must not be used anywhere on the torso (defined by the ribs and the sternum), particularly on the two large pectoral muscles. This may increase the risk of ventricular fibrillation and cause causing cardiac arrest.
- On the skull, in the area of the mouth, throat or larynx.
- In the neck/carotid artery area.
- In the genital area.
- On skin affected by a chronic or acute (injured or infla...) (for exampl... in cases of painful and painless inflammation, redness, rashes (e.g. allergies), burns, bruises, swelling, or open wounds or wounds in the process of healing, and surgical scars involved in the healing process).
- In environments with high humidity, e.g. in the bathroom or whilst taking a bath or shower.
- After consuming alcohol.
- When connected simultaneously to a high-frequency surgical device.
- In the event of acute or chronic gastrointestinal disease.



**WARNING**

**Before using the device, consult your general practitioner in the event of:**

- Acute illnesses, particularly in cases of suspected or confirmed hypertension, blood clotting disorders, a predisposition to thromboembolic diseases, and in cases of malignant neoplasms.
- Any skin conditions or open wounds.
- Unexplained chronic pain, regardless of the area of the body.
- Diabetes.
- Sensory disorders with reduced pain sensation (e.g. metabolic disorders).
- Concurrent medical treatments.
- Conditions arising as a result of stimulation therapy.
- Persistent skin irritation due to prolonged stimulation at the same electrode site.

**WARNING**

- Keep the device out of the reach of children to avoid any potential danger.
- This appliance is suitable for use by children aged 8 years and over, as well as by people with physical, sensory or mental disabilities and those with limited knowledge or experience, provided that they are supervised or know how to use it safely and understand the risks involved. Children must not play with this appliance. Cleaning and maintenance must not be carried out by children without supervision.
- If the device is not working properly or if you experience any discomfort or pain, stop using it immediately.
- Switch off the Menstrual Relax menstrual relief device before inserting or removing it.
- Under no circumstances should you modify the Menstrual Relax menstrual relief device (for example, by cutting it). This may cause an increase in current intensity and could be dangerous.
- For the first few minutes, use the device whilst sitting or lying down to avoid any unnecessary risk of injury due to vagal discomfort (a feeling of weakness), which is rare. If you feel weak, switch off the device immediately and raise your legs (for 5 to 10 minutes).
- Do not use the Menstrual Relax device whilst sleeping, driving a vehicle or operating machinery.
- Do not use the Menstrual Relax device whilst engaging in activities where an unpredictable reaction (e.g. increased muscle contraction despite low intensity) could be dangerous.
- Do not use the device at the same time as other devices that send electrical impulses to your body.
- The actual temperature of the Menstrual Relax menstrual relief device may vary depending on skin condition, age, the area of pain, etc.
- If the heat feels too intense, stop the treatment immediately. You can continue the TENS treatment without the heat function.
- Wait at least one hour after a meal before starting to use the Menstrual Relax device.
- Do not use the Menstrual Relax menstrual relief device on wet skin, as this will reduce the adhesion of the gel electrodes.
- Make sure that no metal objects, such as belt buckles or necklaces, come into contact with the electrodes during stimulation. If you are wearing jewellery or have piercings in the area of use (e.g. a belly button piercing), you must remove them before using the device, as they could cause localised burns.
- It is not recommended to apply oily creams or ointments to the skin beforehand.
- Do not use any adhesive tape, bandages or other materials other than the gel electrodes provided for this purpose to attach the Menstrual Relax device to your skin. Failure to do so may result in the gel electrodes adhering unevenly, which could cause skin damage.

**WARNING**

**Notes on batteries**

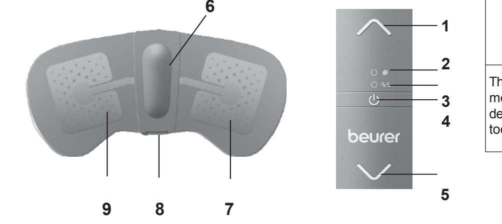
- If battery fluid comes into contact with the skin or eyes, rinse the affected area with water and seek medical advice.
- Risk of swallowing! Young children could swallow batteries and choke. Please keep batteries out of the reach of young children.
- If a battery has leaked, wear protective gloves when handling the device.
- Protect the batteries from excessive heat.
- Risk of explosion! Do not throw batteries into a fire.
- Do not dismantle, open or break the batteries.
- Only use the charger specified in the user manual.
- Batteries must be charged properly before use. When charging the device, always follow the manufacturer's instructions or the information provided in this user manual.
- Before using the device for the first time, fully charge the battery (see Chapter 6).
- Fully recharge the battery at least every 6 months to ensure maximum service life.

**CAUTION**

- Please protect the device from impact.
- Do not use the device if it is visibly damaged or not working properly. If either of these situations arises, contact customer service.
- Do not expose the device to direct sunlight or high temperatures.
- Protect the device from dust, dirt and moisture. Never immerse the device in water or other liquids.
- Do not use the device near or on other heating appliances (e.g. hair dryers or ovens) or near (~1 m) short-wave or microwave devices (e.g. mobile phones) as
This could cause unpleasant power surges.
- If the device is damaged, do not use it and contact your retailer or the customer service department listed if in doubt.
- Switch off the device immediately if it is faulty or malfunctions.
- Under no circumstances should you attempt to open the device yourself and/or repair it.
- Only customer services or an authorised technician may carry out repairs. Failure to comply with this instruction will invalidate the warranty.

## 5. Description of the device

1. Increase the intensity
2. Heat/charging LED indicator
3. TENS LED indicator
4. ON/OFF button
5. Reduce intensity
6. Heating surface
7. Right electrode
8. USB-C socket
9. Left electrode



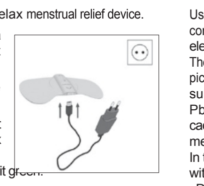
## 6. Getting started

### Charging the battery

**Note**

Before using the Menstrual Relax device for the first time, you must charge it for at least 2 hours. To do this, follow these steps:

1. Open the USB-C port cover on the Menstrual Relax menstrual relief device.
2. Connect the supplied USB-C charging cable to a USB power adapter (output: max. 5 V/2 A, not supplied) and to the Menstrual Relax device.
3. Then plug the mains adapter into a suitable mains socket.
4. The charging LED flashes green whilst charging. As soon as the Menstrual Relax menstrual relief device is fully charged, the charging LED will remain lit green.



**Note**

It is not possible to use the Menstrual Relax menstrual relief device whilst it is charging.

### Placing the gel electrodes

1. Carefully remove one of the protective films.
2. Carefully place the gel electrode onto the Menstrual Relax device and gently remove the remaining protective film. Ensure that the edge of the gel electrode does not protrude beyond the Menstrual Relax device. Place one gel electrode on each electrode.



**WARNING**

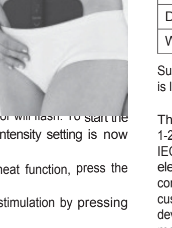
Remove the protective film slowly and carefully. Ensure that the self-adhesive gel electrodes are not damaged, as damage or irregularities in the film could cause skin irritation.

## 7. Use Starting to us

**Note**

The Menstrual Relax menstrual relief device has levels
Heat settings up to 43 °C and 15 intensity levels for TENS use. We recommend starting with a low intensity level to get used to the device. The Menstrual Relax device is equipped with an automatic shut-off function. It switches off automatically after 20 minutes of use.

1. Place the Menstrual Relax menstrual relief device on your lower abdomen.
2. To switch on the electrodes, briefly press and hold the ON/OFF button . The heat LED will flash green and the Menstrual Relax menstrual relief device will begin to heat up. If the heat LED flashes orange, charge the Menstrual Relax device as described in the section 'Charging the battery'.
3. To activate electrical nerve stimulation (TENS), briefly press the Press the ON/OFF button . The TENS LED indicator will flash. To start the stimulation, press the ˄ button once. The lowest intensity setting is now active.
4. If you wish to use the TENS function without the heat function, press the ON/OFF button again. Only the TENS LED indicator flashes and you can start the stimulation by pressing the ˄ button.
5. Use the ˄/˅ buttons to select the desired intensity level.
6. To switch off the Menstrual Relax menstrual relief device, press and hold the ON/OFF button for 3 seconds. The heat LED and the TENS LED will switch off.
7. After use, carefully remove the Menstrual Relax menstrual relief device from your lower abdomen. To protect the gel electrodes, replace them on the protective films.



**WARNING**

Ensure that the control unit is within easy reach during treatment so that you can quickly stop the treatment if it becomes uncomfortable.

### Instructions for use

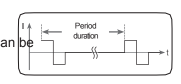
- Switch off the Menstrual Relax menstrual relief device before removing it.
- Take a break of at least 30 minutes between applications.
- You can use the Menstrual Relax menstrual relief device as long as the application remains comfortable. When you find that it starts to feel uncomfortable, stop the application.
- The Menstrual Relax menstrual relief device is equipped with a function that detects whether the device is in contact with the body. If there is insufficient contact, the device will beep and switch off automatically. If the device is in contact with the body but continues to beep, clean the gel electrodes and restart the device. If the beeping continues, replace the gel electrodes.
- If the adhesive strength of the gel electrodes decreases, replace them immediately. Do not use the Menstrual Relax menstrual relief device again until the gel electrodes have been replaced. Otherwise, uneven adhesion of the gel electrodes may cause skin irritation.
- If you feel any unpleasant electric shocks, switch off the Menstrual Relax menstrual relief device and move it slightly.
- If you notice that your period is significantly heavier when using the Menstrual Relax device, stop using it.

### Programme

| Cycle | 1 | 2 | 3 |
|---|---|---|---|
| Pulse width | 100 µs | 250 µs | 75 µs |
| Pulse frequency | 100 Hz | 8 Hz | 85 Hz |
| Cycle time | 120 s | 120 s | 160 s |

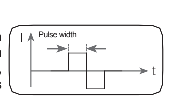
### Pulse frequency

The frequency indicates the number of pulses per second; it is expressed in Hz (Hertz). It can be calculated using the reciprocal of the period duration.




### Pulse width

This indicates the duration of each pulse in microseconds. The pulse width determines, in particular, the depth of penetration of the current, bearing in mind that greater muscle mass requires a wider pulse width.




## 8. Cleaning and maintenance

**WARNING**

- After use, clean the appliance with a soft, slightly damp cloth. For heavier soiling, you can also dampen the cloth slightly with washing-up liquid.
- Make sure that no water gets inside. If this happens, do not use the device again until it is completely dry.
- To ensure the adhesive electrodes stick for as long as possible, clean them carefully with a damp, lint-free cloth.
- Do not use chemical or abrasive cleaning agents.

## 9. Accessories and spare parts

To order accessories and spare parts, please visit www.beurer.com or contact the relevant after-sales service in your country (see the list of after-sales service addresses). Accessories and spare parts are available from retailers.

| Description | Item number or reference |
|---|---|
| 1 kit of self-adhesive gel films | 648.49 |

## 10. What to do if problems arise?

| Problem | Possible cause | Solution |
|---|---|---|
| The device does not switch on when the ON/OFF button is pressed. | The battery may be flat. | Fully charge the battery. If the device still does not switch on, contact customer service. |
| The device's electrodes do not stick to the body. | The gel electrodes may be dirty or worn. The area to be treated may not be clean enough. | Clean the surface of the gel electrodes with a damp, lint-free cloth. If the gel electrodes still do not adhere, replace them. Clean the skin before each use. Do not use ointments or skin care oils before treatment. Shaving may improve the adhesion of the gel electrodes. |
| No stimulation is felt. | The gel electrodes may be dirty or worn. The battery may need charging. | Make sure that the gel electrodes are in proper contact with the area to be treated. The battery is almost flat. Recharge it fully . |
| You are experiencing an unpleasant sensation around the gel electrodes. | The gel electrodes are worn out. They no longer ensure an even distribution of current across the entire surface and may cause skin irritation. | Replace the gel pads. |
| The skin is red in the treatment area. | If the redness under the gel electrode disappears quickly, there is no cause for concern, as this redness is caused by increased local blood flow, stimulated by TENS or heat. | Stop the treatment immediately and wait until the skin has returned to its normal state. If the irritation persists and causes itching or inflammation, consult your doctor before using the device again. It may be an allergy to the adhesive surface. |
| The skin beneath the heating pad turns red. | Redness beneath the heating surface of the Menstrual Relax menstrual relief device may be due to the strong stimulation of blood circulation in the heated tissues. | The skin should return to normal shortly after the end of the treatment. However, if the redness persists and causes itching or inflammation, consult your doctor before using the heat function. |
| The Menstrual Relax menstrual relief device is becoming too hot. | | Press the ON/OFF button to switch off the heat function and do not use than the TENS function. |

## 11. Disposal

Used and completely discharged batteries must be disposed of in special containers or at collection points designated for this purpose, or handed in at an electrical goods retailer.
The disposal of batteries is a legal obligation that falls to you. These pictograms are found on batteries containing hazardous substances:
Pb = lead-containing battery, Cd =
cadmium-containing battery, Hg =
mercury-containing battery.

Pb Cd Hg

In the interests of environmental protection, the device must not be disposed of with household waste at the end of its
. Disposal must be carried out via the relevant collection points in your country. Dispose of the device in accordance with the European WEEE (Waste Electrical and Electronic Equipment) Directive on used electrical and electronic equipment. If you have any questions, please contact the local authorities responsible for the disposal and recycling of these products.

## 12. Technical specifications

| Type | EM 50 |
|---|---|
| Output curve | Biphasic rectangular pulses |
| Pulse duration | 75 – 250 µs |
| Pulse frequency | 8 – 100 Hz |
| Output voltage | Max. 80 Vpp (at 1,000 Ω) |
| Heat levels | 1 (up to 43 °C) |
| Output current | Max. 80 mA (at 1,000 Ω) |
| Power supply | Lithium-polymer battery, 320 mAh |
| Operating time | The device switches off automatically after 20 minutes |
| Intensity | Adjustable from 0 to 15 |
| Operating conditions | 5 °C to 40 °C (41 °F to 104 °F) at a relative humidity of 15–90% |
| Storage conditions | 0 °C to 40 °C (32 °F to 104 °F) with relative humidity of 0 to 90% |
| Dimensions | approx. 95 x 193 x 15 mm |
| Weight | 47 g |

Subject to technical changes. The serial number
is located on the device.

This device complies with European standards EN60601-1 and EN60601-1-2 (in accordance with EN 55011, IEC 61000-4-2, IEC 61000-4-3, IEC 61000-4-8) and meets the specific safety requirements relating to electromagnetic compatibility. Please note that portable and mobile RF communication devices may affect this unit. For further details, please contact customer service at the address provided or refer to the end of the user manual. The device complies with the requirements of the European Directive 93/42/EEC on medical devices, as well as the Medical Devices Act.

No functional testing or familiarisation in accordance with Section 5 of the Medical Devices Operators Ordinance is required for this device.
Even though they are not required, technical safety checks are carried out in accordance with Section 6 of the Medical Devices Operators Ordinance.

## 13. Information on electromagnetic compatibility

**WARNING**

- The device is intended for use in all environments specified in this user manual, including domestic environments.
- In the event of electromagnetic interference, you may not be able to use all the device's functions. You may then encounter, for example, error messages or a screen/device failure.
- Avoid using this appliance in close proximity to other appliances or stacking it on top of other appliances, as this may cause malfunctions. If it is not possible to avoid the situation described above, you should monitor this appliance and the other appliances to ensure that they are operating correctly.
- The use of accessories other than those specified or supplied by the manufacturer of this device may result in increased electromagnetic interference or a reduction in the device's electromagnetic immunity, and may therefore cause malfunctions.
- Portable RF communication devices (including their accessories, such as antenna cables and external antennas) must not be used within 30 cm of this device, its power supply or its connection cable. Failure to comply with this instruction may result in reduced performance of the device.
- Failure to comply with this instruction may result in a reduction in the device's performance.

## 14. Warranty/maintenance

For further information on the warranty and warranty conditions, please refer to the warranty certificate provided.

*Subject to errors and changes*

beurer Woman's Life

**EM 50**
**Menstrual Relax**

CE 0483

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www.beurer.com, www.beurer-gesundheitsratgeber.com, www.beurer-healthguide.com

Beurer UK Ltd., Suite 16, Stonecross Place, Yew Tree Way WA3 2SH
Golborne, United Kingdom

# ESPAÑOL

**Please read these instructions for use carefully, keep them for future reference, make them available to other users and follow the instructions.**

## General information

### Dear Customer:

We are delighted that you have chosen a product from our range. Our name is synonymous with high-quality, tried-and-tested products in the fields of heat therapy, weight management, blood pressure, body temperature, pulse, gentle treatment, massage, beauty, baby care and air therapy.

Yours sincerely,
The Beurer team

### What is the EM 50 Menstrual Relax?

Many women suffer from cramp-like abdominal pain or severe menstrual pain before and during their period. In addition, many suffer from conditions such as endometriosis, which cause pain in the lower abdomen. The pain is often so severe that women long for immediate relief. The innovative Menstrual Relax is a self-adhesive TENS device with a heat function for the relief of menstrual pain and pain caused by endometriosis. Thanks to its built-in TENS technology, the Menstrual Relax allows pain to be treated at the exact point where it occurs. The Menstrual Relax offers a total of 15 intensity levels.
To enhance the feeling of relief from discomfort, it also offers the option of applying gentle heat. Made from medical-grade silicone and featuring an elegant design, it is exceptionally slim and flexible, and moulds perfectly to the area of the body being treated. The high-tech circuitry ensures energy-efficient 20-minute treatments (up to 6 treatments per battery charge).
Menstrual Relax is a safe and simple pain relief method that offers the user a completely new experience in the treatment of abdominal pain.

### What is TENS and what is it used for?

TENS, or transcutaneous electrical nerve stimulation, refers to the electrical stimulation of nerves through the skin. TENS is a clinically proven, effective, non-pharmacological method with no side effects when used correctly; it is approved for the treatment of pain of various origins and is therefore also suitable for self-treatment. The pain-relieving or pain-eliminating effect is achieved, amongst other things, by blocking the transmission of pain via nerve fibres and by increasing the body's natural secretion of endorphins, which reduce the sensation of pain through their effect on the central nervous system. The method is scientifically proven and holds a health certificate.
Your doctor should explain the clinical conditions for which TENS is appropriate and also show you how to carry out TENS treatment yourself. The use of TENS has been clinically tested and approved for the relief of menstrual discomfort and pain caused by endometriosis.
TENS devices work by applying an electrical current to the skin. The gel pads, which are subject to natural wear and tear, act as a means of transmission. If contact via the gel pads is no longer sufficient and the Menstrual Relax does not adhere across its entire surface to the skin, it must be replaced. Otherwise, the partial increase in current density may cause skin irritation.

## 1. Items supplied

Check that the packaging of the items supplied is intact
and that the contents are complete. Before using the device, you must ensure that neither the device nor its accessories show any visible damage and that the relevant packaging material has been removed. If in doubt, do not use it and contact your supplier or the customer service department indicated.
1 Menstrual Relax
2 self-adhesive gel pads 1 USB-C cable
These instructions for use

## 2. Explanation of symbols

The following symbols are used on the device, in the instructions for use, on the packaging and on the device's rating plate:

| | |
|---|---|
| Pb Cd Hg | Disposal in accordance with the European Directive on Waste Electrical and Electronic Equipment (WEEE) |
| | **WARNING** Warning regarding risk of injury or other health hazards **CAUTION** The device may emit effective output values exceeding 10 mA averaged over 5-second intervals. |
| | **Note** Important information |
| | Manufacturer |
| | |
| | Type BF application part |
| | Do not use in the presence of implanted electrical devices (such as pacemakers) |
| | Do not use near the heart |
| CE 0483 | This product complies with the requirements of current European and national directives. |
| IP 22 | Device protected against foreign bodies ≥12.5 mm and against oblique dripping water |
| | Expiry date |
| | Read the instructions for use |
| Storage | Permissible storage temperature and humidity |
| Operating | Permissible operating temperature and humidity Separate the packaging components and dispose of them in accordance with local regulations. |
| | Labelling to identify the packaging material. A = abbreviation of the material, B = material number: 1-7 = plastics, 20-22 = paper and cardboard |
| | Separate the product and packaging components and dispose of them in accordance with local regulations. |
| | Importer's symbol |

## 3. Correct use

### Use the Menstrual Relax only:

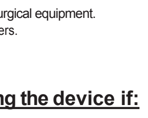
- On people.
- For personal use.
- For the purpose for which it has been designed and as described in these instructions for use. Any improper use may be dangerous.
- Externally.
- For domestic and private use.
- With the original accessories supplied or aftermarket parts; otherwise, the warranty will be invalidated. The manufacturer therefore accepts no liability for damage resulting from improper or incorrect use.

## 4. Warning and safety instructions

**WARNING**

Use of the device does not exempt you from consulting a doctor or following the treatment prescribed by them. Therefore, any pain or illness should first be discussed with a doctor.
To prevent harm to your health, DO NOT use the Menstrual Relax in the following cases:

- If you have an electrical implant (such as a pacemaker).
- If you have metal implants (such as copper coils).
- If you have an insulin pump.
- If you have a high fever (e.g. > 39 °C).
- If you suffer from known or acute heart rhythm disturbances and other problems with the generation and transmission of electrical impulses in the heart.
- If you suffer from seizures (e.g. epilepsy).
- If you are pregnant.
- If you have cancer.
- After undergoing operations where the recovery process could be adversely affected by strong muscle contractions.
- Close to the heart. The pacing electrodes must not be placed on the front of the chest (where the ribs and sternum are located) and, in particular, must not be placed on the two pectoralis major muscles. This can increase the risk of ventricular fibrillation and cause cardiac arrest.
- On the skull, in the area of the mouth, pharynx and larynx.
- In the neck/carotid artery area.
- In the genital area.
- On skin affected by acute or chronic conditions (injured or inflamed) (e.g. painful or painless inflammation, redness, skin rashes [such as allergies], burns, bruises, swelling, open wounds or wounds in the process of healing, or post-operative scars in the healing phase).
- In environments with high humidity, such as the bathroom, or whilst bathing or showering.
- After consuming alcohol.
- If connected simultaneously to high-frequency surgical equipment.
- In cases of acute or chronic gastrointestinal disorders.



**WARNING**

### Consult your doctor before using the device if:

- You suffer from or suspect you may suffer from serious illnesses, particularly hypertensive disorders, coagulation disorders, a tendency towards thromboembolic diseases, and malignant tumours.
- You have any skin condition or open wounds.
- You suffer from chronic pain of unknown origin, regardless of the area of the body.
- Diabetes.
- You suffer from any sensory disorder involving a reduced sensation of pain (e.g. metabolic disorders).
- Undergoing other medical treatments at the same time.
- Discomfort may occur during stimulation therapy.
- Permanent skin irritation may occur following prolonged stimulation at the same electrode placement site.

**WARNING**

- Keep the device out of the reach of children to avoid potential hazards.
- This appliance may be used by children aged 8 years and over, as well as by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, provided they are supervised or have been instructed on how to use it safely and understand the hazards involved. Children must never play with the appliance. Routine cleaning and maintenance tasks must not be carried out by children without supervision.
- If the device does not work properly, or causes discomfort or pain, stop using it immediately.
- Switch off the Menstrual Relax before inserting or removing it.
- Do not alter the Menstrual Relax in any way (for example, by cutting it). This increases the current density and may be dangerous.
- During the first few minutes of use, remain seated or lying down to avoid any unnecessary risk of injury in the very rare event of a vagal reaction (feeling of weakness). If you begin to feel weak, switch off the device immediately and raise your legs (for approx. 5–10 minutes).
- Do not use the Menstrual Relax whilst sleeping, driving or operating machinery.
- Do not use this device whilst carrying out activities where an unexpected reaction (such as strong muscle contractions despite the low intensity) could be dangerous.
- Do not use this device at the same time as other devices that emit electrical impulses to your body.
- The effective temperature of the Menstrual Relax may vary depending on skin condition, age, the location of the pain, etc.
- If you feel the heat is too intense, stop the treatment immediately. You can continue the TENS treatment without the heat function.
- Wait at least an hour after eating before you start using Menstrual Relax.
- Do not use it on wet skin, as this reduces the adhesion of the gel pads.
- Make sure that no metal objects, such as a belt buckle or a necklace, come into contact with the electrodes during stimulation. If you are wearing jewellery or have piercings (e.g. a belly button piercing) in the area of application, you must remove them before using the device, as they could cause localised burns.
- The prior use of oily creams or ointments is not recommended.
- Do not use adhesive tape, plasters or any other items other than the gel pads provided to attach Menstrual Relax to the skin. Otherwise, the uneven adhesion of the gel pads could cause skin irritation.

**WARNING**

### Instructions for handling batteries

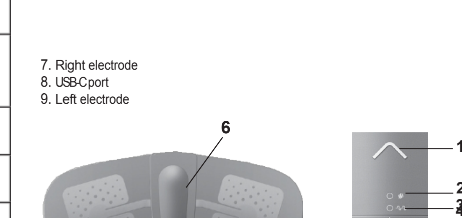
- If battery fluid comes into contact with the skin or eyes, wash the affected area with water and seek medical assistance.
- Choking hazard! Young children could swallow the batteries and choke. Keep batteries out of the reach of children!
- If battery fluid is spilled, wear protective gloves when handling the device.
- Protect batteries from excessive heat.
- Risk of explosion! Do not throw batteries into a fire.
- Do not dismantle, open or crush the batteries.
- Use only the chargers specified in the user manual.
- The batteries must be fully charged before use. To ensure correct charging, the manufacturer's instructions or those in these operating instructions must be followed at all times.
- Fully charge the battery before using it for the first time (see Chapter 6).
- Fully charge the battery at least every 6 months to maximise its service life.

**ATTENTION**

- Protect the appliance from heavy impacts.
- Do not use the device if you notice any damage or if it is not working properly. In such cases, please contact customer service.
- Do not expose the device to direct sunlight or high temperatures.
- Protect the device from dust, dirt and moisture. Never immerse the device in water or any other liquid.
- Do not use this appliance next to or near other heat-generating appliances, such as tumble dryers or ovens, or within approximately 1 metre of short-wave or microwave devices (such as mobile phones), as this may cause unpleasant power surges.
- If in doubt, do not use this appliance if it is damaged and contact your dealer or the customer service address provided.
- Switch off the appliance immediately if it is faulty or malfunctions.
- Under no circumstances should you attempt to open and/or repair the appliance.
- Repairs must only be carried out by customer service or authorised dealers. Failure to comply with this provision will invalidate the warranty.

## 5. Description of the appliance

1. Increase intensity
2. Heat/battery charge indicator LED
3. TENS LED
4. On/off button
5. Decrease intensity
6. Heating surface
7. Right electrode
8. USB-C port
9. Left electrode



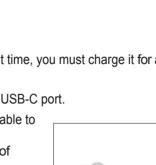
## 6. Getting started

### Charging the battery

**Note**

Before using the Menstrual Relax for the first time, you must charge it for at least 2 hours. To do this, follow these steps:

1. Open the cover of the Menstrual Relax's USB-C port.
2. Connect the supplied USB-C charging cable to a USB mains adapter (output: max. 5 V/2 A, not included in the scope of delivery) and the Menstrual Relax.
3. Then plug the mains adapter into a suitable power socket.
4. During charging, the battery charge indicator LED flashes green. As soon as the Menstrual Relax has fully charged, the battery charge indicator LED remains lit green.

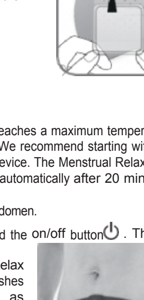


**Note**

The Menstrual Relax cannot be used whilst it is charging.
Ensure that your skin does not come into contact with the electrodes during the charging process.

### Applying the gel pads

1. Carefully remove one of the protective films.
2. Carefully place the gel pad on the Menstrual Relax and gently remove the second protective film. Ensure that the edges of the gel pads do not protrude beyond the Menstrual Relax. Place one gel pad on each electrode.



**WARNING**

Remove the protective film by pulling it off slowly and carefully. Ensure that the self-adhesive gel pads are not damaged, as damage or irregularities in the film could cause skin irritation.

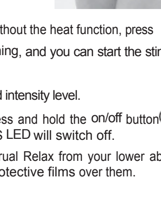
## 7. Use

### Starting use

**Note**

The Menstrual Relax has a heat setting that reaches a maximum temperature of 43 °C, and 15 intensity levels for TENS use. We recommend starting with a low intensity level until you have got used to the device. The Menstrual Relax has an automatic shut-off mechanism. It switches off automatically after 20 minutes of use.

1. Stick the Menstrual Relax to your lower abdomen.
2. To activate the pad, briefly press and hold the on/off button. The heat LED It flashes green and the Menstrual Relax begins to heat up. If the heat LED flashes orange, charge the Menstrual Relax as described in the section "Charging the battery".
3. To also activate nerve electrostimulation (TENS), briefly press the on/off button. The TENS LED will flash. To start stimulation, , press the ˄ button once. The lowest intensity is r the lowest intensity is activated.
4. If you wish to use the TENS function without the heat function, press . Now only the TENS LED is flashing, and you can start the stimulation by pressing the ˄ button.
5. Use the ˄/˅ buttons to select the desired intensity level.
6. To switch off the Menstrual Relax, press and hold the on/off button for 3 seconds. The heat LED and the TENS LED will switch off.
7. After use, carefully remove the Menstrual Relax from your lower abdomen. To protect the gel pads, replace the protective films over them.



**WARNING**

Make sure the control unit is easily accessible during treatment so that you can stop any uncomfortable treatment immediately.

### Instructions for use

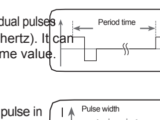
- Switch off the Menstrual Relax before removing it.
- Leave a break of at least 30 minutes between applications.
- Use the Menstrual Relax as often as you find comfortable. Stop using it as soon as you no longer find its effects pleasant.
- The Menstrual Relax features a Body Loose function that detects whether the device is in contact with the body. If there is no contact with the body, the device will beep and switch off. If the device is in contact with the body but still beeps, clean the gel pads and try to switch the device on again. If the beeping persists, replace the gel pads.
- Replace them immediately if they lose their stickiness. Do not use the Menstrual Relax again until you have replaced the gel pads. Otherwise, the uneven adhesion of the gel pads could cause skin irritation.
- If you feel unpleasant electric shocks, switch off the Menstrual Relax and move it slightly.
- Do not use it if you notice that your menstrual bleeding increases significantly whilst using it.

### Programmes

| Cycle | 1 | 2 | 3 |
|---|---|---|---|
| Pulse width | 100 µs | 250 µs | 75 µs |
| Pulse frequency | 100 Hz | 8 Hz | 85 Hz |
| Cycle duration | 120 s | 120 s | 160 s |

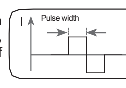
### Pulse frequency

The frequency specifies the number of individual pulses per second, and is expressed in Hz (hertz). It can be calculated by inverting the period time value.



### Pulse width

Expresses the duration of each individual pulse in microseconds. The pulse width determines, among other things, the depth of penetration of the current, and can



As a general rule, the greater the muscle mass, the wider the pulse width should be.

## 8. Cleaning and care

**WARNING**

- Carefully clean the appliance after use with a soft, slightly damp cloth. If it is very dirty, the cloth may also be dampened with slightly soapy water.
- Do not allow water to enter the device. If this happens, do not use it again until it is completely dry.
- To ensure the adhesive electrodes stick for as long as possible, clean them carefully with a damp, lint-free cloth.
- Do not use chemical or abrasive cleaners.

## 9. Accessories and spare parts

To purchase accessories and spare parts, visit www.beurer.com or contact the technical service centre in your country (listed in the technical service address directory). Spare parts and accessories can also be purchased from retailers.

| Description | Item or order number |
|---|---|
| 1 set of self-adhesive gel pads | 648.49 |

## 10. Troubleshooting

| Problem | Possible cause | Solution |
|---|---|---|
| The appliance does not switch on when the on/off button is pressed. | The battery may be flat. | Charge the battery fully. If the device still does not , please contact customer service . |
| The device does not stay attached to the body. | The gel pads may be dirty or worn out. The area of skin to be treated may not be clean enough. | Clean the sticky surface of the gel pads with a damp, lint-free cloth. If the gel pads still do not adhere to the skin, you will need to replace them. replace them. |
| | | Clean the skin before each application, but avoid using products such as balms or oils before treatment. Shaving may help to prolong the lifespan of the gel pads . |
| There is no sensation whatsoever. | The gel pads may be dirty or worn. The battery may need charging. | Make sure the gel pads are in good contact with the . |
| | | The battery is almost empty. Charge it fully. |
| You are experiencing an unpleasant sensation on the gel pads. | The gel pads are worn out. They may cause skin irritation because an even distribution of current across the surface. | Replace the gel pads. |
| The skin becomes red in the treatment area. | Redness of the skin beneath the gel pads that disappears poses no danger and is caused by increased blood circulation stimulated locally by TENS and heat. | Stop the treatment immediately and wait until the skin returns to its normal appearance. However, if the redness persists and is accompanied by itching or swelling, you should consult your doctor before continuing with the treatment. The cause be an allergy to the adhesive surface. |
| The skin becomes reddened beneath the heating pad. | The reddening of the skin beneath the heated surface of the Menstrual Relax is caused by the intense stimulation of blood circulation in the heated tissue. | The condition of the skin should return to normal some time after treatment. However, if the redness persists and is accompanied by itching or swelling, you should consult your doctor before continuing to use the heat function. |
| The Menstrual Relax gets too hot. | | Press the on/off button to stop the heat function and use only the TENS function. |

## 11. Elimination

Used batteries that are completely discharged must be disposed of via specially marked collection bins, special waste collection points or through electronic equipment retailers. Users are required by law
to dispose of batteries correctly. These symbols are found on batteries containing toxic substances: Pb: the battery contains lead,
Cd: the battery contains
cadmium, Hg: the battery contains
mercury.
To protect the environment, do not dispose of the appliance with household waste when it reaches the end of its useful life. It can be
dispose of it at the appropriate collection points available in your area. Dispose of it in accordance with the European Directive on Waste Electrical and Electronic Equipment (WEEE). For further information, please contact your local authority responsible for waste disposal.

Pb Cd Hg

## 12. Technical data

| Type | EM 50 |
|---|---|
| Output waveform | Biphasic rectangular pulses |
| Pulse duration | 75–250 µs |
| Pulse frequency | 8–100 Hz |
| Output voltage | Max. 80 Vpp (with 1000 Ω) |
| Heat levels | 1 (up to 43 °C) |
| Output current | Max. 80 mA (with 1000 Ω) |
| Power supply | Lithium polymer battery, 320 mAh |
| Treatment time | 20 minutes, after which the device switches off automatically |
| Intensity | Adjustable from 0 to 15 |
| Operating conditions | 5 °C to 40 °C (41 °F to 104 °F) with a relative ambient humidity of 15% to 90% |
| Storage conditions | 0 °C to 40 °C (32 °F to 104 °F) with a relative humidity of 0 to 90% |
| Dimensions | Approx. 95 x 193 x 15 mm |
| Weight | 47 g |

Subject to technical modifications.
The serial number is located on the device.

This device complies with European standards EN60601-1 and EN60601-1-2 (in accordance with EN 55011, IEC 61000-4-2, IEC 61000-4-3 and IEC 61000-4-8) and is subject to special precautions regarding electromagnetic compatibility. Please note that portable and mobile high-frequency communication devices may interfere with the operation of this appliance. You can request more detailed information from customer services at the address given in this document or refer to the end of the instructions for use. This device meets the requirements specified in the European Medical Devices Directive 93/42/EEC, as well as the German Medical Devices Act.

No functional testing or training is required for this device in accordance with Section 5 of the German Medical Devices Operating Regulations (MPBetreibV).
Nor is it necessary to carry out technical safety checks in accordance with Section 6 of the German Medical Devices Ordinance.

## 13. Information regarding electromagnetic compatibility

**WARNING**

- The device is designed for use in all environments specified in these instructions for use, including domestic use.
- In the presence of electromagnetic interference, the use of the device may be restricted in certain cases. As a result, error messages may appear or the display or the device may switch off.
- You should avoid using this appliance alongside other appliances or stacked on top of them, as this could cause it to malfunction. However, if this is unavoidable, you must monitor this appliance and the others to ensure they are working correctly.
- The use of accessories other than those specified or supplied by the manufacturer of this device may result in increased electromagnetic interference or reduced resistance to electromagnetic interference, and may cause the device to malfunction.
- Keep portable high-frequency communication devices (including peripherals such as antenna cables or external antennas) at a minimum distance of 30 cm from all parts of the device, including all supplied cables. Failure to follow these instructions may affect the device's performance.
- Failure to observe these instructions may affect the device's performance.

## 14. Warranty/Support

Further information on the warranty and its terms and conditions can be found in the warranty leaflet supplied.

*Subject to errors and changes*

beurer Woman's Life

**EM 50**
**Menstrual Relax**

CE 0483

Beurer GmbH, Söflinger Str. 218, 89077 Ulm, Germany
www.beurer.com, www.beurer-gesundheitsratgeber.com, www.beurer-healthguide.com

Beurer UK Ltd., Suite 16, Stonecross Place, Yew Tree Way WA3
2SH Golborne, United Kingdom

# ITALIANO

**Please read these instructions for use carefully, keep them for future reference, make them available to other users and follow the instructions.**

## Introduction

### Dear customer,

We are delighted that you have chosen a product from our range. Our brand is a guarantee of high-quality products, meticulously tested, covering the fields of heat, weight, pressure, body temperature, pulse, gentle therapy, massage, beauty, baby care and air.

Kind regards,
The Beurer team

### What is the EM 50 Menstrual Relax?

Before and during their periods, many women experience cramp-like pain in the lower abdomen or suffer from severe period pain. Many women also suffer from conditions such as endometriosis, which cause pain in the lower abdomen. Often, this pain is so intense that it prompts them to seek immediate relief. The innovative Menstrual Relax is a self-adhesive TENS device with a heating function that helps to relieve menstrual pain and pain associated with endometriosis. Thanks to its integrated TENS technology, Menstrual Relax allows for localised pain relief. Menstrual Relax offers a total of 15 intensity levels.
To relieve pain in an even more comfortable way, it also offers the option of activating a soothing heat function. Made from medical-grade silicone, Menstrual Relax features an elegant design: ultra-thin and flexible, it adapts perfectly to the area of the body being treated. The high-tech switching circuit enables 20-minute treatments with efficient energy use (up to 6 treatments per full battery charge).
This safe and easy-to-use pain relief system guarantees a completely new experience in the treatment of lower abdominal pain.

### What is TENS and how does it work?

TENS (Transcutaneous Electrical Nerve Stimulation) refers to a device that generates electrical impulses used to stimulate the nerves through the skin. Clinically tested and approved, it is an effective, non-medical method with no side effects (when used correctly), designed for the treatment of pain of various origins and also useful for self-treatment. The pain-relieving or pain-suppressing effect is achieved, amongst other things, by inhibiting the transmission of pain to the nerve fibres and by increasing the natural release of endorphins, which reduce the perception of pain by acting on the central nervous system. The method is scientifically proven and medically approved.
Cases requiring the use of the TENS device must be specified by your doctor, who will also be able to provide the necessary information for self-treatment using TENS. TENS is clinically tested and approved for use in cases of period pain and for the relief of pain associated with endometriosis.
TENS devices work by transmitting electrical impulses to the skin. The gel pads act as a conductive medium and are subject to natural wear and tear. If the gel pads no longer provide sufficient adhesion, Menstrual Relax will not adhere fully to the skin and must be replaced to prevent skin irritation caused by a partial increase in current density.

## 1. Contents

Check the external condition of the packaging and ensure the contents are complete.
Before use, ensure that the device and accessories show no visible damage and that the packaging has been removed. If in doubt, do not use the device and consult your retailer or contact the Customer Service department indicated.
1 Menstrual Relax
2 self-adhesive gel pads
1 USB-C cable
1 user manual

## 2. Explanation of symbols

The following symbols are used in the user manual, on the packaging and on the device label:

| | |
|---|---|
| Pb Cd Hg | Dispose of the appliance in accordance with the European Directive on Waste Electrical and Electronic Equipment (WEEE) |
| | **WARNING** Warning of risk of injury or health hazards **CAUTION** The device is capable of displaying actual output values calculated at 10 mA at 5-second intervals. |
| | **Note** Indication of important information |
| | Manufacturer |
| | |
| | Type BF applied part |
| | Do not use in the presence of implanted electrical devices (e.g. pacemakers) |
| | Do not use near the heart |
| CE 0483 | This product complies with the requirements of current European and national directives. |
| IP 22 | Device protected against the ingress of solid objects ≥ 12.5 mm and against the oblique impact of water droplets |
| | Expiry date |
| | Read the instructions for use |
| Storage | Permissible storage temperature and humidity |
| Operating | Permissible operating temperature and humidity |
| | Separate the packaging components and dispose of them in accordance with local regulations. |
| | Packaging material identification label. A = material abbreviation, B = material code: 1–7 = plastic, 20–22 = paper and cardboard |
| | Separate the product and packaging components and dispose of them in accordance with local regulations. |
| | Importer symbol |

## 3. Intended use

### Use Menstrual Relax exclusively:

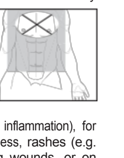
- On people.
- For personal use only.
- For the purpose for which they were designed and as described in these instructions for use. Any other use may be dangerous.
- For external use.
- For domestic and private use.
- With the original accessories supplied and available to order; otherwise, all warranty rights will lapse. The manufacturer accepts no liability for damage caused by improper or non-compliant use.

## 4. Warnings and safety instructions

**WARNING**

Use of the device does not replace medical examination and treatment. If you experience pain or illness, always consult your doctor first.
To prevent harm to your health, DO NOT use Menstrual Relax in the following cases:

- If you have an implanted medical device (e.g. a pacemaker).
- In the presence of metal implants (such as copper coils).
- If you have an insulin pump.
- In the presence of a high fever (e.g. > 39°C).
- In the presence of chronic or acute cardiac arrhythmias and other disorders of the cardiac conduction system.
- If you suffer from epilepsy.
- During pregnancy.
- If you have cancer.
- After surgery, so as not to interfere with the healing process due to increased muscle contractions.
- Near the heart. Stimulation electrodes must under no circumstances be used anywhere on the anterior chest wall (the area bounded by the ribs and sternum), particularly on either of the two large pectoral muscles. This may increase the risk of ventricular fibrillation and cause cardiac arrest.
- On the skull, around the mouth, the pharynx or the larynx.
- In the neck/carotid artery area.
- In the genital area.
- On skin affected by acute or chronic conditions (lesions or inflammation), for example, in cases of painful or painless inflammation, redness, rashes (e.g. allergies), burns, bruises, swelling and open or healing wounds, or on healing scars.
- In environments with high humidity (e.g. in the bathroom), in the bath or under the shower.
- Following the consumption of alcohol.
- Simultaneously with other high-frequency surgical devices.
- In cases of acute or chronic gastrointestinal disorders.



**WARNING**

### Before using the device, consult your doctor if you have:

- Acute illnesses, particularly in cases of suspected or confirmed hypertension, blood clotting disorders, a tendency towards thromboembolic diseases, and malignant tumours.
- Skin conditions of any kind or open wounds.
- Undefined chronic pain conditions, regardless of the area of the body.
- Diabetes.
- Sensory disorders of any kind involving reduced sensitivity to pain (e.g. metabolic disorders).
- Ongoing medical treatment.
- Discomforts that occur during stimulation treatment.
- Skin irritation caused by prolonged stimulation at the same point.

**WARNING**

- Keep the device out of reach of children to avoid any danger.
- This appliance may be used by children aged 8 years and over and by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, provided they are supervised or have been instructed in the safety precautions and understand the risks involved. Children must not play with the appliance. Cleaning and maintenance by the user must not be carried out by children unless they are supervised.
- If the device is not working properly or if you experience any discomfort or pain, stop using it immediately.
- Switch off Menstrual Relax before applying or removing it.
- Never modify Menstrual Relax (e.g. by cutting it) to avoid risks associated with an increase in current density.
- During the first few minutes of use, remain seated or lying down to avoid any unnecessary risk of injury in the rare event of a vagal reaction (feeling of weakness). Stop using the device immediately if you feel weak and raise your legs (for approx. 5–10 mins).
- Do not use Menstrual Relax whilst sleeping, driving or operating machinery.
- Do not use Menstrual Relax during any activities where an unexpected reaction (e.g. increased muscle contractions despite the reduced intensity) could pose a risk.
- Do not use the device at the same time as other devices that emit electrical pulses.
- The actual temperature of Menstrual Relax may vary depending on skin condition, age, the location of the pain, etc.
- If you feel too much heat, stop the treatment immediately. You can continue the TENS treatment without the heating function.
- Wait at least one hour after meals before starting to use Menstrual Relax.
- Do not apply Menstrual Relax to wet skin, as this may reduce the adhesive properties of the gel pads.
- Ensure that no metal objects (such as belt buckles or necklaces) come into contact with the electrodes during stimulation. If there is any jewellery or piercings (e.g. a belly button piercing) in the area where the device is to be applied, remove them before using the device to avoid burns.
- We do not recommend pre-treating the skin with oily creams or ointments.
- Do not use adhesive tape, bandages or other aids other than the special gel pads to apply Menstrual Relax to the skin. Otherwise, uneven adhesion of the gel pads may cause skin damage.

**WARNING**

### Instructions for using rechargeable batteries

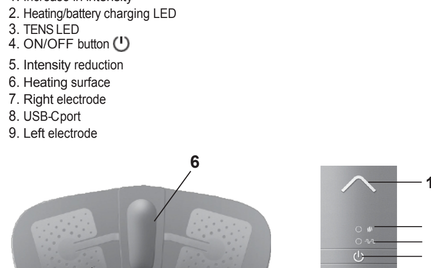
- If the liquid from the rechargeable battery comes into contact with the skin or eyes, rinse the affected areas with water and seek medical advice.
- Danger of swallowing! Children may swallow rechargeable batteries and choke. Therefore, keep rechargeable batteries out of the reach of children!
- If liquid leaks from the rechargeable battery, wear protective gloves when handling the device.
- Protect rechargeable batteries from excessive heat.
- Risk of explosion! Do not throw rechargeable batteries into a fire.
- Do not dismantle, open or crush rechargeable batteries.
- Use only the chargers specified in the user manual.
- Rechargeable batteries must be charged correctly before use. Follow the manufacturer's warnings and the instructions provided in this user manual to charge the batteries correctly.
- Before using the device for the first time, fully charge the rechargeable battery (see Chapter 6).
- To ensure the longest possible service life, fully charge the rechargeable battery at least once every 6 months.

**CAUTION**

- Protect the device from impact.
- Do not use the appliance if it appears to be damaged or is not working properly. In such cases, please contact customer service.
- Do not expose the device to direct sunlight or high temperatures.
- Protect the appliance from dust, dirt and moisture. Do not immerse the appliance in water or other liquids.
- Do not use this appliance on or near other heaters, heating elements such as dryers or ovens, or in the vicinity (~1 m) of short-wave or microwave devices (e.g. mobile phones), to avoid annoying power surges.
- If damaged or in case of doubt, do not use the appliance and consult your dealer or contact the Customer Service department indicated.
- In the event of defects or malfunctions, switch off the appliance immediately.
- Never attempt to open and/or repair the appliance yourself.
- Repairs may only be carried out by Customer Service or authorised dealers. Failure to do so will invalidate the warranty.

## 5. Description of the appliance

1. Increase in intensity
2. Heating/battery charging LED
3. TENS LED
4. ON/OFF button
5. Intensity reduction
6. Heating surface
7. Right electrode
8. USB-C port
9. Left electrode



## 6. Start-up

### Charging the battery

**Note**

Before using Menstrual Relax for the first time, it is necessary
It must be charged for at least 2 hours. Follow the instructions below:

1. On the Menstrual Relax, open the cover of the USB-C port.
2. Connect the supplied USB-C charging cable to a USB mains adapter (power: max. 5 V/2 A; not included) and to Menstrual Relax.
3. Then plug the adapter into a suitable power socket.
4. During charging, the battery charge LED flashes green. When Menstrual Relax is fully charged, the battery it continuously.



**Note**

Slowly and carefully remove the protective film. Ensure that the self-adhesive gel pads are not damaged, as any damage or irregularities in the film could cause skin irritation.

### Applying the gel pads

1. Carefully remove one of the protective films.
2. Carefully apply the gel pad to Menstrual Relax and gently remove the second protective film. Ensure that the edges of the gel pad do not protrude from Menstrual Relax. Apply one gel pad to each electrode.



**WARNING**

Slowly and carefully remove the protective film. Ensure that the self-adhesive gel pads are not damaged, as any damage or irregularities in the film could cause skin irritation.

## 7. Use Starting to use

### Indications

Menstrual Relax has one heat setting, with a maximum temperature of up to 43 °C, and 15 intensity levels for use as a TENS device. We recommend starting with a low intensity level to get used to the device. Menstrual Relax is equipped with an automatic shut-off function. It switches off automatically after 20 minutes of use.

1. Stick Menstrual Relax to your lower abdomen.
2. To switch on the pad, briefly press and hold the ON/OFF button. The heating LED will flash green and Menstrual Relax will begin to heat up. If the heating LED heating LED flashes orange, charge Menstrual Relax as described in the section 'Charging the battery'.
3. To activate transcutaneous electrical nerve stimulation (TENS), briefly press the ON/OFF button. The TENS LED will flash. To start the stimulation, press the once. The lowest intensity is activated.
4. If you wish to use the TENS function without the heating function, press the ON/ . At this point, only the TENS LED will flash and you can start stimulation by pressing the ˄ button.
5. Use the ˄/˅ buttons to select the desired intensity level.
6. To switch off Menstrual Relax, press and hold the ON/OFF button for 3 seconds. The heating LED and the TENS LED will switch off.
7. After use, gently remove Menstrual Relax from your lower abdomen. To protect the gel pads, reapply the protective films to the pads.



**WARNING**

Ensure that the control unit is easily accessible during treatment so that you can stop the treatment immediately if it becomes uncomfortable.

### Instructions for use

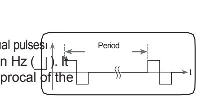
- Switch off Menstrual Relax before removing it.
- Take a break of at least 30 minutes between uses.
- Use Menstrual Relax at a frequency that makes it pleasant to use. Stop using it as soon as you find the effects of Menstrual Relax unpleasant.
- Menstrual Relax is equipped with a Body Loose function, which detects if the device has lost contact with the body. If there is no contact with the body, the device emits an audible signal and switches itself off. If, however, an audible signal is emitted whilst the device is attached to the body, clean the gel pads and try switching the device on again. If the audible signal continues, replace the gel pads.
- Replace the gel pads immediately as soon as their adhesive strength diminishes. Only reuse Menstrual Relax after replacing the gel pads. Otherwise, uneven adhesion of the gel pads may cause skin irritation.
- If you notice any annoying power surges, switch off Menstrual Relax and move it slightly.
- If you find that using Menstrual Relax significantly increases your menstrual flow, do not use it.

### Programmes

| Cycle | 1 | 2 | 3 |
|---|---|---|---|
| Pulse width | 100 µs | 250 µs | 75 µs |
| Pulse frequency | 100 Hz | 8 Hz | 85 Hz |
| Cycle time | 120 s | 120 s | 160 s |

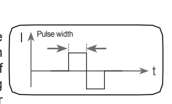
### Pulse frequency

The frequency indicates the number of individual pulses per second, and its value is expressed in Hz ( ). It can be determined by calculating the reciprocal of the period.



### Pulse width

This parameter indicates the duration of a single pulse in microseconds. The pulse width determines, amongst other things, the depth of penetration of the current, for which the following applies: large muscle masses require a greater pulse width.



## 8. Cleaning and care

**WARNING**

- After use, clean the device with a soft, slightly damp cloth. If the device is very dirty, dampen the cloth slightly with soapy water.
- Make sure that no water gets into the appliance. If this does happen, only use the appliance once it is completely dry.
- To ensure that the adhesive electrodes remain secure for as long as possible, clean them thoroughly with a damp, lint-free cloth.
- Do not use chemical detergents or abrasive products for cleaning.

## 9. Accessories and spare parts

For accessories and spare parts, visit www.beurer.com or contact Customer Service in your country (see the list of addresses). Accessories and spare parts are also available in shops.

| Description | Item code or order code |
|---|---|
| 1 set of adhesive gel pads | 648.49 |

## 10. What should you do if you encounter problems?

| Problem | Possible cause | Solution |
|---|---|---|
| The device does not switch on when the ON/OFF button is pressed. | The battery is probably flat. | Fully charge the rechargeable battery. If the appliance still does not switch on, contact Customer Service. |
| The device does not adhere to the body. | The gel pads may be dirty or worn out. It is possible that the area of skin in question is not sufficiently clean. | Clean the adhesive surface of the gel pads with a damp, lint-free cloth. If the gel pads still do not stick, it is necessary replace them. |
| | | Before each application, clean the skin and avoid using lotions or oils. Shaving can improve adhesion of the gel pads. |
| No perceptible stimulation is being delivered. | The gel pads may be dirty or worn. Charge the rechargeable battery if necessary. | Ensure that the gel pads are in full contact with the area to be treated. |
| | | The battery is almost empty. Recharge it fully. |
| The gel pads are causing discomfort. | The gel pads are worn out. They can cause skin irritation due to the current not being distributed evenly across the surface. | Replace the gel pads. |
| The skin becomes red in the treatment area. | Redness of the skin under the gel pads that disappears quickly is not dangerous and is due to the strong localised stimulation of blood circulation generated by the TENS and the heat. | Stop the treatment immediately and wait until the skin has returned to normal. However, if skin irritation persists and causes itching or inflammation, consult your doctor before continuing treatment. The cause may be an allergy to the adhesive surface of the electrodes. |
| The skin beneath the heating surface becomes red. | Redness beneath the heating surface of Menstrual Relax is due to the strong stimulation of blood circulation in the heated tissue. | Your skin should return to normal shortly after treatment. However, if the redness persists and causes itching or inflammation, consult your doctor before continuing to use the heating . |
| Menstrual Relax becomes too hot. | | Press the ON/OFF button to switch off the heating function and use only the TENS function. |

## 11. Disposal

Dispose of used and completely discharged rechargeable batteries in the ap-
designated collection points, at hazardous waste collection points or at
The disposal of rechargeable batteries is a legal requirement. The following symbols are displayed on rechargeable batteries containing toxic substances:
Pb = battery containing lead,
Cd = battery containing cadmium, Hg = battery containing mercury.
To protect the environment, at the end of its life cycle, the device must not be disposed of with household waste, but taken to the appropriate collection points. Dispose of the device in accordance with the European Directive on Waste Electrical and Electronic Equipment (WEEE). If in doubt, contact the relevant local authorities regarding disposal.

Pb Cd Hg

## 12. Technical data

| Type | EM 50 |
|---|---|
| Output waveform | Biphasic square-wave pulses |
| Pulse duration | 75–250 µs |
| Pulse frequency | 8–100 Hz |
| Output voltage | Max. 80 Vpp (at 1000 Ω) |
| Temperature levels | 1 (up to 43 °C) |
| Output current | Max. 80 mA (into 1000 Ω) |
| Power supply | Rechargeable 320 mAh lithium polymer battery |
| Treatment duration | 20 minutes; the device switches off automatically at the end |
| Intensity | adjustable from 0 to 15 |
| Operating conditions | 5 °C – 41 °C (50 °F – 104 °F) with relative humidity of 15–90% |
| Storage conditions | 0 °C – 40 °C (32 °F – 104 °F) with relative humidity of 0 – 90 % |
| Dimensions | approx. 95 x 193 x 15 mm |
| Weight | 47 g |

Subject to technical changes.
The serial number is located on the device.

This device complies with the European standards EN 60601-1 and EN 60601-1-2 (corresponding to EN 55011, IEC 61000-4-2, IEC 61000-4-3, IEC 61000-4-8) and requires special precautions regarding electromagnetic compatibility. High-frequency mobile and portable communication equipment may affect the operation of this device. For more detailed information, please contact Customer Service or refer to the end of the instructions for use. The device complies with the requirements of the European Medical Devices Directive 93/42/EEC and the Medical Devices Act.

Functional testing and training in accordance with Section 5 of the Medical Devices Operator Ordinance (MPBetreibV) are not required for this device.
Furthermore, technical safety inspections in accordance with Section 6 of this directive are not required.

## 13. Information on electromagnetic compatibility

**WARNING**

- The appliance is suitable for use in any environment described in these instructions for use, including the home.
- In certain circumstances, where electromagnetic interference is present, the appliance may only be used to a limited extent. This may result, for example, in error messages or a malfunction of the display/appliance.
- Avoid using this appliance in the immediate vicinity of other appliances or when appliances are stacked, as this may cause them to malfunction. If it is nevertheless necessary to use them in this manner, you should monitor this appliance and the others to ensure that they are functioning correctly.
- The use of accessories other than those specified by the manufacturer or supplied with the device may result in significant electromagnetic interference or reduce the device's resistance to electromagnetic interference, leading to malfunction.
- Keep RF communication devices (including peripherals such as antenna cables or external antennas) at least 30 cm away from all parts of the device, including all supplied cables. Failure to do so may reduce the device's performance.
- Failure to comply may reduce the performance of the device.

## 14. Warranty / Support

For further information on the warranty and warranty terms, please refer to the warranty certificate provided.

*Possible errors and variations*

beurer Woman's Life

**EM 50**
**Menstrual Relax**

CE 0483

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2SH Golborne, United Kingdom

# TÜRKÇE

**Please read this user manual carefully, keep it for future reference, ensure it is accessible to other users, and follow the instructions contained within.**

## Product features

### Dear customer,

Thank you for choosing one of our products. Our high-quality products, which have been rigorously tested and are valued for their performance in areas such as temperature, weight, blood pressure, body temperature, heart rate, gentle therapy, massage, beauty, baby care and air quality, are trusted by customers all over the world.

We hope you enjoy using your new device. The
Beurer Team

### What is the EM 50 Menstrual Relax?

Many women experience cramp-like abdominal pain or severe period pain before and during their menstrual cycle. Conditions such as endometriosis also cause abdominal pain in many women. Often, the pain is so severe that women wish they could be relieved of it as soon as possible. The innovative Menstrual Relax device is a self-adhesive TENS device with a heat function, developed to relieve pain experienced during the menstrual period or caused by endometriosis. Thanks to the TENS technology used, Menstrual Relax allows pain to be treated precisely at the point of origin. The Menstrual Relax device has a total of 15 intensity levels.
An additional heating function is also available to ensure that symptoms are relieved even more effectively. Made from medical-grade silicone, the stylishly designed Menstrual Relax is very thin and flexible, and moulds perfectly to the area of the body being treated. The advanced electronic circuit enables 20-minute treatments that make efficient use of energy (up to 6 applications can be performed on a single battery charge). A safe and easy method for reducing pain, Menstrual Relax offers users a whole new experience in managing pain.

### What is TENS and what can it do?

TENS (transcutaneous electrical nerve stimulation) involves the electrical stimulation of nerves through the skin. TENS is a clinically proven, effective method for treating pain caused by specific conditions; it does not rely on medication and, when applied correctly, has no side effects. You can easily administer the treatment yourself. The pain-reducing or pain-preventing effect is achieved, amongst other reasons, by preventing the transmission of pain to the nerve fibres and by reducing the sensation of pain through its effects on the central nervous system, as well as through the release of higher levels of the body's own endorphins. This method is scientifically proven and medically approved.
Any clinical condition that makes the use of TENS appropriate should be clarified by the doctor treating you. Your doctor will also provide you with information on the benefits of TENS treatment that you can administer yourself. It has been clinically tested and approved that the use of a TENS device alleviates period pain and relieves endometriosis pain.
TENS devices work by delivering electrical current to the body through the skin. The gel pads, which act as the transmission medium, are subject to natural wear and tear. If sufficient contact with the gel pads is no longer possible and the Menstrual Relax pads do not adhere to cover the entire skin surface, the pads must be replaced. Otherwise, the partially increased current intensity may cause skin irritation.

## 1. Contents of delivery

Check the contents of the delivery to ensure that the cardboard packaging has not been damaged from the outside
and that the contents are complete. Before using the device, ensure that there is no visible damage to the device or its accessories and that all packaging materials have been removed. Do not use the device if you have any concerns; contact your retailer or the customer service address provided.
1x Menstrual Relax
2x Self-adhesive gel pads 1x USB-C cable
1x This user guide

## 2. Explanation of symbols

The following symbols are used on the device, in the user manual, on the packaging and on the model label:

| | |
|---|---|
| Pb Cd Hg | This product must be disposed of in accordance with the EU Directive on waste electrical and electronic equipment (WEEE) |
| | **WARNING** Warning regarding risks of injury or health hazards **CAUTION** The device may produce effective output values exceeding 10 mA at 5-second intervals. |
| | **Note** Note regarding important information |
| | Manufacturer |
| | |
| | BF-type application part |
| | Must not be used if electrical implants (e.g. pacemaker) are fitted |
| | Must not be used in the vicinity of the heart |
| CE 0483 | This product complies with the requirements of the relevant European and national directives. |
| IP 22 | The device is protected against foreign objects 12.5 mm and larger and against water dripping at an angle |
| | Expiry date |
| | Read the user manual |
| Storage | Permissible storage temperature and humidity |
| Operating | Permissible operating temperature and humidity |
| | Separate the packaging components and dispose of them in accordance with local authority regulations. |
| | Marking used to identify packaging material. A = material abbreviation, B = material number: 1–7 = plastics, 20–22 = paper and cardboard Separate the product and packaging components and |
| | dispose of them in accordance with local authority regulations. |
| | Importer symbol |

## 3. Intended use

### Only use the Menstrual Relax device:

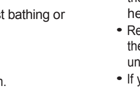
- on humans.
- Use it on yourself.
- Use it in accordance with its intended purpose and as described in this user guide. Any use other than as intended may be dangerous.
- For external use only.
- It is designed for use in the home or for personal use.
- Furthermore, use only with the original accessories supplied or available to order. Otherwise, the warranty will be void. The manufacturer is not liable for damage resulting from improper or incorrect use.

## 4. Warnings and safety instructions

**WARNING**

Use of the device does not replace medical examination or treatment. Therefore, always consult your doctor first in the event of any pain or illness!
To prevent any adverse health effects, DO NOT USE the Menstrual Relax device in the following situations:

- If you have electrical implants (e.g. a pacemaker).
- If you have metal implants (e.g. copper IUDs).
- If you use an insulin pump.
- If you have a high temperature (e.g. > 39 °C).
- In cases of known or acute heart rhythm disorders and other cardiac conduction and excitation disorders.
- Seizure disorders (e.g. epilepsy).
- During pregnancy.
- In cases of existing cancer.
- After surgery where stronger muscle contractions could impair the healing process.
- Near the heart. Stimulation electrodes must not be placed in any part of the anterior chest wall (comprising the ribs and sternum), particularly in the two large chest muscles. This could increase the risk of ventricular fibrillation and lead to cardiac arrest.
- In the skull, mouth, oropharynx and larynx.
- In the neck/carotid artery region.
- In the genital region.
- On acutely or chronically diseased (injured or inflamed) skin (e.g. painful and painless inflammation, redness, itching (e.g. allergy), burns, grazes, swelling, and open wounds or those in the healing process, as well as surgical scars).
- In places with high humidity, such as the bathroom, or whilst bathing or showering.
- After consuming alcohol.
- Also when connected to a high-frequency surgical device.
- In the event of acute or chronic diseases of the digestive system.



**WARNING**

### Before using the device, consult the doctor treating you in the following circumstances:

- Acute conditions, particularly where there is a risk of or existing high blood pressure, blood clotting disorders, thromboembolic diseases or malignant tumours.
- All skin conditions or open wounds.
- In cases of chronic pain of unknown cause, regardless of the body part affected.
- Diabetes.
- In all sensory disorders that cause reduced pain perception (e.g. metabolic disorders).
- In cases where medical treatments are being administered concurrently.
- In cases of complaints arising from stimulation therapy.
- Persistent skin irritation caused by prolonged stimulation at the same electrode site.

**WARNING**

- Keep the device out of the reach of children to prevent potential hazards.
- This device may be used by children aged 8 years and over, and by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge, provided they are supervised or have been instructed in the safe use of the device and are aware of the potential hazards associated with its use. Children must not play with the device. Cleaning and user maintenance must not be carried out by children unless they are under supervision.
- If the device is not working properly, or if you feel discomfort or experience pain, stop using it immediately.
- Switch off the Menstrual Relax device before inserting or removing it.
- Do not modify the Menstrual Relax device (e.g. by cutting it). This increases the current intensity and can be dangerous.
- Use the device whilst sitting or lying down during the first few minutes, so that you do not expose yourself to the risk of unnecessary injury due to the vagal reaction (dizziness) that may occur in the most severe cases. If you start to feel dizzy, switch off the device immediately and keep your legs elevated (for approx. 5–10 minutes).
- Do not use the Menstrual Relax device whilst sleeping, driving or operating machinery.
- Do not use the Menstrual Relax device whilst performing activities where an unexpected reaction (e.g. stronger muscle contractions despite low intensity) could be dangerous.
- Do not use this device at the same time as other devices that deliver electrical impulses to your body.
- The actual temperature of the Menstrual Relax device may vary depending on factors such as skin condition, age and the location of the pain.
- If you feel the heat is too high, stop the treatment immediately. You can continue the TENS treatment without using the heating function.
- Wait at least one hour after eating before starting to use the Menstrual Relax device.
- Do not use the Menstrual Relax device on wet skin, as this may adversely affect the adhesive properties of the gel pads.
- During stimulation, ensure that metal objects such as belt buckles or necklaces do not come into contact with the electrodes. If you are wearing jewellery or have piercings (e.g. a belly button piercing) in the treatment area, you must remove them before using the device; otherwise, localised burns may occur.
- It is not recommended to apply oily creams or ointments to the skin beforehand.
- Do not use adhesive tape, plasters or other aids other than the gel pads provided to attach the Menstrual Relax device to your skin. Otherwise, the gel pads may not adhere evenly, which could cause skin damage.

**WARNING**

### Information regarding the use of rechargeable batteries

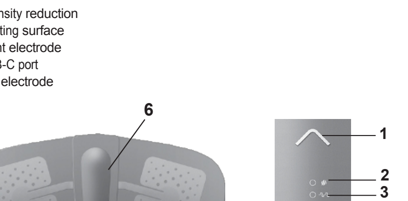
- If the liquid in a rechargeable battery cell comes into contact with the skin or eyes, rinse the affected area with water and seek medical advice.
- Choking hazard! Small children may swallow rechargeable batteries and choke as a result. Therefore, keep rechargeable batteries out of the reach of small children!
- If a rechargeable battery leaks, always wear protective gloves before handling the device.
- Protect rechargeable batteries from excessive heat.
- Risk of explosion! Do not throw rechargeable batteries into a fire.
- Do not break, open or crush rechargeable batteries.
- Only use the chargers specified in the user manual.
- Rechargeable batteries must be charged correctly before use. Always follow the manufacturer's instructions or the instructions in this user manual to ensure correct charging.
- Fully charge the rechargeable battery before first use (see Section 6).
- To maximise the service life of the rechargeable battery, fully charge it at least once every 6 months.

**CAUTION**

- Protect the device from heavy impacts.
- Do not use the device if it is damaged or not working properly. In such cases, contact customer services.
- Do not expose the device to direct sunlight or high temperatures.
- Keep the device away from dust, dirt and moisture. Never immerse the device in water or other liquids.
- Do not use the device near or on top of other heating appliances, such as tumble dryers or ovens, and do not use it near short-wave or microwave devices (such as mobile phones) (~1 m), as this may cause disruptive current spikes.
- Do not use the device if you have any doubts; contact your retailer or the customer service address provided.
- In the event of a fault or malfunction, switch off the device immediately.
- Never attempt to open and/or repair the device yourself.
- Ensure that repairs are carried out only by customer services or an authorised dealer. Failure to observe this will invalidate the warranty.

## 5. Device description

1. Increasing intensity
2. Temperature/rechargeable battery charge indicator LED
3. TENS LED
4. On/off button
5. Intensity reduction
6. Heating surface
7. Right electrode
8. USB-C port
9. Left electrode



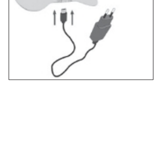
## 6. First use

### Charging the rechargeable battery

**Note**

You must charge the Menstrual Relax device for at least 2 hours before using it for the first time. To do this, follow these steps:

1. Open the cover of the USB-C port on the Menstrual Relax device.
2. Connect the USB-C charging cable supplied with the device to a USB power Connect it to the adapter (output: max. 5 V/2 A, not included in the scope of delivery) and the Menstrual Relax device.
3. Then plug the power adapter into a suitable socket.
4. During charging, the rechargeable battery charge indicator LED flashes green. Correct use When the trual Relax is fully charged, the rechargeable battery's LED indicator will remain lit green.

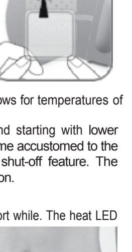


**Note**

Menstrual Relax cannot be used whilst charging. Ensure that the skin does not come into contact with the electrodes during charging.

### Applying the gel pads

1. Carefully remove one of the protective layers.
2. Carefully stick the gel pad onto the Menstrual Relax device and carefully peel off the second protective layer. Ensure that the edges of the gel pad do not extend beyond the Menstrual Relax device. Stick one gel pad onto each electrode.



**WARNING**

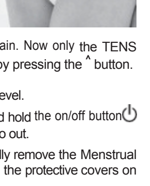
Carefully and gently remove the protective film. Ensure that the self-adhesive gel pads remain undamaged; otherwise, any damage or roughness on the film may cause skin irritation.

## 7. Getting Started

### Note

The Menstrual Relax device features a heat setting that allows for temperatures of up to 43°C
and 15 intensity levels for TENS therapy. We recommend starting with lower intensity levels during the first few sessions until you become accustomed to the device. The Menstrual Relax device has an automatic shut-off feature. The device switches off automatically after a 20-minute session.

1. Stick the Menstrual Relax device to your lower abdomen.
2. To turn it on, press and hold the on/off button for a short while. The heat LED will flash green and the Menstrual Relax device begins to heat up. If the heat LED is flashing orange, charge the Menstrual Relax device as described in the "Charging the rechargeable battery" section.
3. To switch off the electrical muscle stimulation (TENS), press and hold the on/off button . The TENS LED will flash. Press the ˄ - button once to start stimulation. The lowest intensity will be activated.
4. Use the TENS function without heating If you wish to do so, press the on/off button again. Now only the TENS LED will flash, and you can start the stimulation by pressing the ˄ button.
5. Use the ˄/˅ buttons to select your desired intensity level.
6. To switch off the Menstrual Relax device, press and hold the on/off button for 3 seconds. The heat LED and TENS LED will go out.
7. Once you have finished using the device, carefully remove the Menstrual Relax device from your lower abdomen. Replace the protective covers on the gel pads to protect them.



**WARNING**

Ensure that the control unit is within easy reach so that treatment can be stopped immediately if you feel any discomfort during the session.

### Information about the application

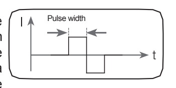
- Switch off the Menstrual Relax device before removing it from your body.
- Take a break of at least 30 minutes between sessions.
- Use the Menstrual Relax device at a frequency that does not cause you discomfort. Stop using the device if you no longer find the Menstrual Relax functions soothing.
- The Menstrual Relax device features a Body-Loose function that detects whether the device is in contact with the body. If sufficient contact with the body cannot be established, the device will emit a beep and switch off automatically. If the device continues to beep even though it is positioned on the body, clean the gel pads and try restarting the device. If a continuous beep is heard, replace the gel pads.
- Replace the gel pads immediately if their adhesive strength decreases. Only use the Menstrual Relax device again after replacing the gel pads. Otherwise, uneven adhesion of the gel pads may cause skin irritation.
- If you feel uncomfortable current spikes, switch off the Menstrual Relax device and move it slightly.
- If you notice a significant increase in your menstrual flow whilst using the Menstrual Relax device, stop using it.

### Programmes

| Menstrual cycle | 1 | 2 | 3 |
|---|---|---|---|
| Pulse width | 100 µs | 250 µs | 75 µs |
| Pulse frequency | 100 Hz | 8 Hz | 85 Hz |
| Cycle time | 120 s | 120 s | 160 s |

### Pulse frequency

Frequency is expressed in
in Hz (Hertz). Frequency can be calculated by converting the period .



### Pulse width

The pulse width and the duration of a single pulse are specified in microseconds. The pulse width also determines the depth of penetration of the current, and the following generally applies: a larger pulse width is required for larger muscle mass.



## 8. Cleaning and maintenance

**WARNING**

- Wipe the device with a soft or slightly damp cloth after use. If it is very dirty, you may dampen the cloth with mild soapy water.
- Take care to ensure no water gets inside the device. If water does get inside, do not use the device again until it is completely dry.
- To ensure that the adhesive electrodes retain their adhesive properties for as long as possible, clean them carefully with a lint-free, damp cloth.
- Do not use chemical or abrasive cleaning agents when cleaning.

## 9. Accessories and spare parts

For spare parts and accessories, visit www.beurer.com or contact the relevant service centre in your country (see the list of service centres). Spare parts and accessories are also available in shops.

| Description | Product or order number |
|---|---|
| 1 x Self-adhesive gel pad set | 648.49 |

## 10. Troubleshooting

| Problem | Possible cause | Solution |
|---|---|---|
| The device does not switch on when the power button is pressed. | The rechargeable battery may be flat. | Fully charge the rechargeable battery. If the device still does not turn on, contact customer services. |
| The device does not stay on the body. | The gel pads may be dirty or worn. The area of your skin where you have placed the device may not be clean enough. | Clean the adhesive surface of the gel pad with a lint-free, damp cloth. If the gel pads still do not adhere firmly, they should be replaced. |
| | | Clean your skin before each use; do not use skin creams or care oils before application. Shaving the skin may . |
| No stimulation can be felt. | The gel pads may be dirty or worn. The rechargeable battery may need charging. | Ensure the gel pads are firmly attached to the application area. |
| | | The rechargeable battery is almost flat. Fully charge the rechargeable battery Charge it. |
| Gel pads feel uncomfortable. | The gel pads are worn out. As they cannot provide an even and full-surface current distribution, they may cause skin irritation. | Replace the gel pads. |
| Redness is appearing on the skin in the application area. | Redness that appears under the gel pad but disappears quickly is not dangerous; this may be caused by increased blood circulation in the area due to TENS and heat. | Stop the treatment immediately and wait for the skin to return to normal. However, if the skin irritation persists and you start to feel itchy or if the area becomes inflamed, consult your doctor before using the device again. You may be allergic to the adhesive surface . |
| The area of skin beneath the heating surface turns red. | The reddening of the area beneath the Menstrual Relax heating surface can be explained by the increased blood circulation in the warmed tissues. | The skin will return to normal shortly after use. However, if the redness persists or if itching or inflammation develops, . |
| The Menstrual Relax device gets very hot. | | Press the on/off button to stop the heating function and use only the TENS function . |

## 11. Disposal

Used, fully discharged rechargeable batteries must be disposed of by placing them in specially marked collection bins, or by handing them in at designated waste collection points or electrical appliance retailers. The disposal of rechargeable batteries is your legal responsibility. These symbols are found on rechargeable batteries containing hazardous
substances: Pb = Battery contains lead,
Cd = Battery contains
cadmium, Hg = Battery
contains mercury.
To protect the environment, the device should not be disposed of with household waste once its useful life has ended. The device can be disposed of via appropriate waste collection centres in your country. The device is subject to the EU Directive on Waste Electrical and Electronic Equipment (WEEE)
- Waste Electrical and Electronic Equipment) in the correct manner
. If you have any questions regarding the disposal process

Contact the relevant authorities in your area.

Pb Cd Hg

## 12. Technical specifications

| Tip | EM 50 |
|---|---|
| Output waveform | Biphasic rectangular pulses |
| Pulse duration | 75–250 µs |
| Pulse frequency | 8–100 Hz |
| Output voltage | Max. 80 Vpp (for 1000 Ω) |
| Temperature ranges | 1 (max. 43 °C) |
| Output current | Max. 80 mA (for 1000 Ω) |
| Power supply | Rechargeable lithium polymer battery, 320 mAh |
| Operating time | 20 minutes, after which the device switches off automatically. |
| Intensity | Adjustable between 0 and 15 |
| Terms of use | 5 °C – 40 °C (41 °F – 104 °F) (for 15–90% relative humidity) |
| Storage conditions | 0 °C – 40 °C (32 °F – 104 °F) (for 0–90% relative humidity) |
| Dimensions | approx. 95 x 193 x 15 mm |
| Weight | 47 g |

We reserve the right to make
technical changes. The serial
number is located on the appliance.

This device complies with European standards EN60601-1 and EN60601-1-2 (compatibility with EN 55011, IEC 61000-4-2, IEC 61000-4-3, IEC 61000-4-8) and This device is subject to specific measures relating to electromagnetic compatibility. Please be aware that portable or mobile high-frequency communication systems may interfere with this device. You can request further information from the customer service address provided or find it in the final section of the user manual. This device complies with the European Directive 93/42/EEC on medical devices and the German Medical Devices Act.

In accordance with Section
5. .
Similarly, in accordance with Article
6. .

## 13. Information on electromagnetic compatibility

**WARNING**

- The device can be operated in all environments specified in this user manual, including residential premises.
- In environments with electromagnetic interference, the device's functions may be restricted depending on the situation. As a result, error messages may appear, for example, or the screen/device may shut down.
- This device must not be used immediately adjacent to or stacked on top of other devices; otherwise, the device may malfunction. If such use is absolutely unavoidable, this device and the other devices must be monitored to ensure they are functioning correctly.
- The use of accessories other than those specified or supplied by the manufacturer of this device may result in increased electromagnetic interference or reduced electromagnetic compatibility, and may cause the device to malfunction.
- Keep portable radio frequency communication devices (including peripherals such as antenna cables or external antennas) at least 30 cm away from all parts of the device (including all cables supplied). Failure to observe this may adversely affect device performance.
- Failure to observe this may adversely affect device performance.

## 14. Warranty/service

Detailed information regarding the warranty and warranty conditions can be found in the warranty brochure supplied with the device.

*We reserve the right to make changes and correct errors*

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