

Patient Information

Pelvic Floor Service Biofeedback Stimulation (STIM) Trainer

Introduction

Muscle stimulation (known as STIM) is used to treat conditions affecting nerve and muscle fibres and this type of treatment is supported by good research evidence.

The NeuroTrac Continence device is used for people with very weak pelvic floor muscle strength resulting in reduced bowel or bladder control. It sends electrical signals to enable you to contract your pelvic floor muscles more effectively in order to improve bowel control.

The STIM unit is provided on loan to you during your course of treatment and remains the property of the Pelvic Floor Service at Shrewsbury and Telford Hospitals NHS Trust. A rectal probe is provided with the unit and is yours to keep when treatment is completed.

It can also be utilised with various biofeedback devices that can be purchased online. If you are considering any such purchase or need any further information about this therapy please ask your Pelvic Floor Nurse Specialist.

Please bring the device and probe with you to all biofeedback appointments for inspection and cleaning.

Is STIM suitable for anyone?

No, you will have been assessed by your health professional for your suitability for STIM. The device must only be used as prescribed.

It should not be used:

- By people with certain types of heart pacemakers
- During pregnancy
- By people with undiagnosed pain conditions
- By people with undiagnosed skin, vaginal or rectal conditions
- With people who have diminished mental capacity or physical competence
- On anaesthetised or desensitized skin
- When driving a vehicle or operating dangerous equipment


Safety Instructions

- Do not immerse the unit in water or any other liquid
- Keep unit out of reach of children
- If in doubt about use of STIM unit please contact the Pelvic Floor Nurse Specialist for advice
- Only use CE marked rectal probe electrode supplied with the unit. This is for your use only.

DO NOT place the electrode:

- Over carotid sinus nerves
- Over larynx or trachea
- Inside mouth
- Over the area of the heart
- Over your facial area

Using the STIM Unit

1. Your health professional will set up, demonstrate and lock the unit in the correct programme for you so that it is ready for use. Please leave the lead wire connected to the unit at the right hand socket. A 9 volt battery is provided but can be replaced as necessary.
2. Remove the rectal probe from its packaging. Connect the red and black pin connectors from the rectal probe to the end of the lead wire. Either way round will work fine.
3. Ensure the rectal probe is clean before use. **DO NOT SWITCH IT ON UNTIL AFTER INSERTION.** Apply water-based lubricant gel (such as KY jelly) to the probe. Cream or grease is not suitable as the lubricant must be electrically conductive
4. Lying on your left side or on your back with your knees bent, insert the probe into your back passage up to the neck of the probe with the metal plates facing to the sides. DO NOT sit on the probe after insertion.
5. Turn on the unit by pressing the on/off button  once. The unit will automatically open the programme already set for you.
6. Hold down the **+** button located on the right side of the unit as shown below until you feel a strong but comfortable current. The strength of the current may be adjusted by pressing the right sided **+** symbol to increase it or the right sided **-** symbol to decrease it.



The STIM unit assists your pelvic floor muscles to contract.

Squeeze your anal sphincters as tight as you can each time you feel the contraction. Remember to keep breathing during the contraction then relax completely in between.

The programme will start automatically counting down from 20 minutes to zero.

You should use the unit as follows once or twice daily:

- **Week 1** **5 minutes**
- **Week 2** **10 minutes**
- **Week 3** **15 minutes**
- **Week 4** **20 minutes if you are able**

Press the on/off button once to exit the programme at any time.

ALWAYS SWITCH OFF THE DEVICE FIRST BEFORE REMOVING THE RECTAL PROBE.

Use the pull handle to remove the probe. DO NOT pull on the lead wire.

Carefully clean the rectal probe before and after use. Wash the probe in mild, soapy water, rinse and return to storage in the plastic bag.

Replace battery when the low battery indicator appears on the screen.

Troubleshooting

If the probe becomes disconnected or the lead wires do not conduct the electrical current the milliamp level will return to zero and the affected channel will flash on and off.

Examine all lead wires before use for any loose connections or damage. Do not stretch the lead wires as this can affect normal function. Store lead wires carefully after each use.

Remove battery if unit is not in use for an extended period (ie.1 week or more).

Contact your health professional if you experience any problems with the device.

Contact details for more information

Pelvic Floor Nurse Specialist

Royal Shrewsbury Hospital

Telephone: 01743 261083 (24hr answerphone)

Further information is available from;

- **Patient Advise and Liaison Service (PALS)**

PALS will act on your behalf when handling patient and family concerns, they can also help you get support from other local or national agencies. PALS, is a confidential service.

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691

Princess Royal Hospital, Tel: 01952 282888

Other Sources of Information

- **The Pelvic Floor Society**

A national multi-professional body involved in supporting excellence in clinical practice, education and research, clinical standards, patient information and engagement in the commissioning of pelvic floor services.

Telephone: 020 7973 0307

Website: www.thepelvicfloorsociety.co.uk

- **Verity Medical**

For further information about the NeuroTrac Continence device

Website: www.veritymedical.co.uk

- **Bladder and Bowel Foundation**

For more information about bladder and bowel conditions, treatment and support

Telephone: 0870 770 3246

Website: www.bladderandbowelfoundation.org

- **NHS 111**

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.

Telephone: 111 (free from a landline or mobile)

Website: www.nhs.uk

- **Patient UK**

Provides leaflets on health and disease translated into 11 other languages as well as links to national support/self help groups and a directory of UK health websites.

Website: www.patient.info

- **Self-Help UK**

This is a directory of self-help groups and charities.

Website: www.selfhelp.org.uk

Website: www.sath.nhs.uk

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