

Patient Information

Pelvic Floor Service Simplex Home Biofeedback Trainer



Introduction

Pelvic floor exercises are often advised when the muscles involved in bowel continence are weak. Unfortunately it is difficult to tell how well you are exercising these muscles. The NeuroTrac Simplex home biofeedback trainer provides you with visual 'feedback' during pelvic floor exercises so you can tell how effectively you are working your pelvic floor to improve your bowel control.

Is the home trainer suitable for everyone?

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

An Anuform rectal probe is provided with the unit and is yours to keep when treatment is completed. This fits many biofeedback devices which are available for sale from healthcare suppliers should you wish to continue using it. If you need any further information about this therapy please ask your Pelvic Floor Nurse Specialist.

The home trainer 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. **Please bring the device and probe with you to all biofeedback appointments.**

Using the Unit

- Your health professional will set up, demonstrate and lock the unit in the correct programme so that it is ready for use. Please leave the lead wire connected to the unit.
- The red and black pin connectors from the Anuform probe are connected to the end of the lead wire. Either way round will work fine.
- Ensure the rectal probe is clean before use. Apply a water-based lubricant gel to the probe.
- Lying on your left side, 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. Lie comfortably resting your head on a pillow.
- When you feel ready to begin, turn on the unit by pressing the on/off button once. The unit will automatically open the programme already set for you.
- Begin by relaxing completely so that only one yellow bar is lit.
- Press the **start** button to begin. The device prompts you to work and rest your anal sphincter muscle intermittently. You will hear a double-beep when the arrow on the left of the display points to **work**.
▲
- Aim to make the centre display light up green and beep each time you work your anal sphincter muscle, contracting it as quickly and tightly as you can.
- Relax completely when you hear a single-beep and the arrow points down ▼
Keep relaxed until the next double-beep.
- Ensure only one yellow bar remains lit between each contraction by relaxing completely.
- At the end of the workout a work average (WAV) is given. Keep a note of this to record your progress. Further data from the trainer will be used to assess your muscle performance and tailor your exercise programme.
- To exit the programme at any time, press the on/off button once.
- 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 after use. Wash the probe in mild, soapy water, rinse and return to storage in the plastic bag.
- The programme will be set according to your individual needs. You should use the unit once or twice daily.
- Remove 9v battery if unit is not in use for an extended period (ie.1 week or more). Replace the battery when the low battery indicator appears on the screen.

Safety Instructions

Do not immerse the unit in water or any other liquid

Keep unit out of reach of children

Only use CE marked rectal probe supplied with the unit. This is for your individual use only.

It is important that you practice pelvic floor exercises between using the home trainer 2 to 3 times a day.

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.

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

Contact details for further 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

- **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

- **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

Website: www.sath.nhs.uk

Information Produced by: The Pelvic Floor Team. Adapted from Verity Medical Operator's Manual

Date of Publication:

Due for Review on:

© SaTH NHS Trust



Proud To Care



Make It Happen



We Value Respect



Together We Achieve