

Your Questions

Waiting for that big day to finally arrive is exciting, but it is perfectly natural to feel a little apprehensive. You will be thinking about how to make giving birth as easy as possible - preparation is essential.

Babycare TENS has become the most popular choice for mums-to-be as it is specifically designed to combat pain during childbirth. This is a safe, effective drug-free method of pain relief, which still allows you to use other analgesics, such as pethadine or gas-and-air if you wish.

WHAT IS TENS?

TENS stands for Transcutaneous Electrical Nerve Stimulation, and has successfully been used for many years by pregnant women and professional midwives worldwide to treat labour pain.

HOW DOES BABYCARE TENS WORK?

At the onset of labour, simply apply the four pads to your back as shown in the accompanying instructions and switch the TENS unit on. You will feel a pleasant pulsing sensation. This will help to raise the level of your own pain relieving chemicals known as endorphins. When experiencing a contraction, press the booster button for the extra surge of power needed to combat the pain. When the contraction ends, press the booster button again - it is that simple!

WHAT IS SUPPLIED WITH A BABYCARE TENS?

- Soft carrying pouch
- 2 leads + 1 spare
- 4 large self-adhesive electrodes
- batteries + 1 spare
- simple to use instructions

WHY SHOULD I USE A BABYCARE TENS?

Babycare TENS make only the highest quality products known for their excellent design and ease of use. Babycare TENS provides unrivalled customer care. All Babycare TENS are compliant with European medical device regulations.

User feedback has shown that Babycare TENS are most effective during the first stage of labour, and help the mother to remain in control, stay alert, and considerably reduce drug intake. Most importantly, there are no known side effects for you or your baby.

CAN I USE AN ORDINARY TENS MACHINE?

No. Babycare TENS machines are specifically designed for childbirth. They use larger pads than conventional TENS and include a booster button,

which is very important for relieving pain during contractions.

WHAT ARE THE MAIN DIFFERENCES BETWEEN THE LADY TENS, THE FEMME TENS AND THE ELLE TENS?

The Lady TENS is a pre-set hand held unit, which is the simplest of the three units. The booster button is part of the unit itself.

The Femme TENS is a more flexible machine as you can change the intensity of each channel as well as the speed and the depth of the pulses. The booster button is detachable.

The Elle TENS is the latest in digital technology which incorporates the features of both the Lady TENS and the Femme TENS. It has an integrated booster button and the ability to switch between two different burst and boost ranges at the touch of a button to ensure maximum pain relief.

CAN I TRY THE UNIT BEFORE GOING INTO LABOUR?

Yes. Just try two pads on your forearm to feel the different pulse sensations. Remember to follow the instructions on the back of the electrode packet to keep them fresh for the big day. It is recommended that you order an extra pack at £3.50 for practising.

CAN BABYCARE TENS BE USED WITH OTHER METHODS OF PAIN RELIEF?

Yes, in conjunction with gas and air or pethidine.

CAN I USE A TENS IF I AM CONSIDERING A WATER BIRTH?

Yes, but not in the water itself. Remember that TENS is effective right from the start of your labour. You will need it well before you enter the water.

Normally, a midwife will ask you to enter into the water when you are between 4-5cm dilated.

CAN BABYCARE TENS BE USED IN HOSPITAL?

Yes, but you may have to switch it off temporarily if the midwife requires you to do so.

ARE BABYCARE TENS MACHINES SAFE?

Yes. They are designed for labour. However, do not use before the 37th week of pregnancy unless under medical supervision. If you suffer from epilepsy or have any doubts whatsoever consult a medical professional. If you use a demand type pace maker you should not use a TENS machine.

There are no known side effects for you or your baby.

CAN I USE BABYCARE TENS AFTER MY BIRTH?

Yes. Babycare TENS machines have been cleverly designed for use after labour too. You can use your machine for:

- shoulder pain from breast feeding
- menstrual pain
- back pain
- after pains
- post-operative pain following a caesarian section

WHAT HAPPENS IF MY BABY ARRIVES LATE?

Please give us a ring. If we are notified in advance we will extend the 30-day hire for another 7 days after which a charge of £5 per week applies.

WHEN DO YOU SEND ME THE BABY CARE TENS UNIT?

We usually send the unit 3 weeks before your due date.

HOW LONG DOES IT TAKE TO ARRIVE?

All Babycare TENS units are sent by first class post. However, please allow 3-5 working days for delivery.

WHAT HAPPENS IF MY DUE DATE IS LESS THAN 3 WEEKS AWAY?

Do not worry. We offer you a next working day delivery service* for an extra £4.50, as long as your order is placed before 2pm between Monday and Friday. Simply call us on 8070 389 5576 to arrange.

*Next working day delivery does not include weekends. Units ordered on Friday will arrive on Mondays Units ordered on Saturday or Sunday will arrive on Tuesday.