

# ovulay

Drug-free period pain relief

For a easy tutorial video  
and multi-language manual  
scan the QR code below



# Hello you, welcome to ovulay

Ovulay activates your natural pain control response. This guide will make it easy for you to use our wireless tens massager quick and safely.

- The Ovulay Tens massager is easy to apply and to use.
- The Ovulay Tens massager is a non-intrusive and drug-free therapy. It is the closest to a natural treatment for menstrual pain and discomfort.
- You can wear the Ovulay Tens comfortably under your clothes when needed and it allows you to continue with your normal daily activities.

We hope that once you are using Ovulay Tens, you will find that subsequent periods are easier than you have ever experienced before.

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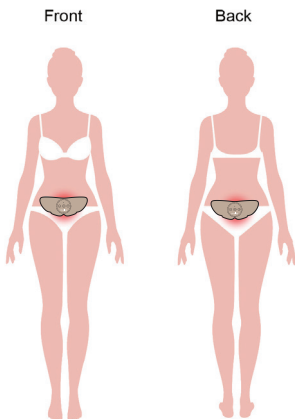
## 1. QUICK START.

### 1.1 Before using

Charge your Ovulay for 2 hours before use. After charging, clip your device onto the Gel Pad. (The device doesn't work until you put it onto the gel pad and place it on your skin.)

### 1.2 Stick on the Gel Pad

Make sure that your skin is dry and clean, then place the gel pad on your lower abdomen or back. You can wear your Ovulay discreetly while engaging in your usual day-to-day activities and exercise.



### 1.3 How to turn Ovulay on.

Press and hold the power button until the light comes on.

### 1.4 Modes

You can turn your Ovulay up to level 20, and it has 6 different pulse modes. To intensify, you can use the + and - on your device. To use the different pulse modes, click (don't hold) the power button to find a pulse mode to suit you.

### 1.5 Gel Pad care

After using your Ovulay, stick the gel pad onto the plastic sheet provided. The Gel pad will last up to 10-20 uses before it loses its stickiness.

### 1.6 Maintain your device

When you are not using your Ovulay, store it inside the box.

## 2. HOW IT WORKS

Ovulay is a non-intrusive and drug-free therapy for menstrual pain. The Ovulay massager is a TENS stimulator (transcutaneous electrical nerve stimulation) Ovulay is based on stimulation of the body's natural pulses, it creates transcutaneous electric impulses; these are transmitted to the nerves or muscle fibers through electrodes.

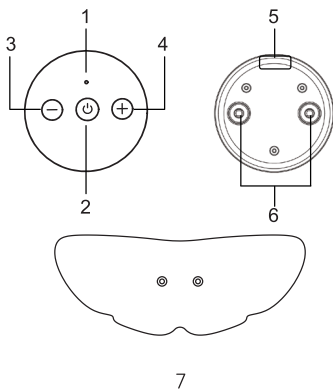
Electrical impulses from the electrodes, which are positioned on the painful area, stimulate the nerves to block the pain signals to the brain. These vibrations also help the muscle in the uterine area to relax; this results in a calming pain-releasing effect.

Low-frequency bursts of mild electrotherapy help activate the natural pain control response, releasing beta-endorphins that ease the pain felt. Ovulay has been specifically engineered for the relief of both primary and secondary menstrual pain, such as dysmenorrhea, endometriosis, or adenomyosis.

However, please consult a doctor for advice about the cause of pain.

## 2.2 Description

1	Short press the [ON/OFF] button to turn on the device; At treating mode, short press the [ON/OFF] button to select the treating modes; At treating mode, long press the [ON/OFF] button at 3 seconds to turn off the device.
2	Indicator light: Red light corresponding low power, Green light corresponding operation normal or charging finish.
3	'+' button: at standby mode or treating mode, press '+' button to increase the intensity.
4	'-' button: at treating mode, press '-' button to decrease the intensity.
5	Charge interface.
6	Snap: connect the button type electrode pad



### 3. PACKAGE CONTENTS

Your Ovulay Tens massager set contains:

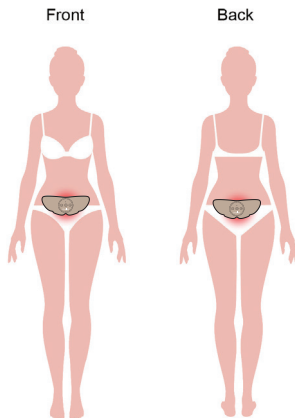
- 1 x Ovulay Tens device
- 2 x PU electrode pad
- 1 x User manual
- 1 x USB charging cable
- 1 x Charger

Use only with accessories recommended and supplied by Ovulay.

### 4. PLACEMENT

The two best spots to place your Ovulay, for maximum pain relief are:

1. On your lower back.
2. On your lower abdomen, in the vicinity of your groin.





For optimal relief, you want to place your Ovulay over the nerve roots that feed to sensory fibers in the uterus.

If after +/- 20 minutes relief has not been achieved, try adjusting the placement of the device slightly or try another position.

## 5. GEL APPLICATION

Make sure that the device is turned off before applying and before removing it from your skin. Your skin needs to be dry and clean before applying the gel pad.

It shouldn't be a problem to have some hair on the place of attaching the device however, if a large part of the gel pad is covered by hair, the device will be less effective. Please ensure that you wait 48 hours after shaving, waxing, or using hair removal cream to avoid skin irritation. The self-adhesive gels supplied can be used multiple times by one person only.

## 6. GEL PADS CARE AND REMOVAL

- To be able to get the maximum use from your gel pads you should make sure that at all times your skin is dry and clean before applying the gel pads to it. If instructions are followed correctly, the gel pads supplied last approximately 10-20 uses.
- When your gel pad no longer sticks to your skin, replace your gel pad with a new one. Extra gel pads can be purchased at [www.ovulay.com](http://www.ovulay.com)
- Make sure that your Ovulay is switched off before you remove your gel pad.
- To remove the gel pads, slowly peel them off from the corner.
- To put on a new gel pad you should remove the plastic from one side and then attach your gel pad to your Ovulay device.

## 7. BATTERY

To charge your device, either charge from your computer or laptop by using your USB charger cable or by plugging your cable onto a compatible charging adapter. Remove the charging cable and adapter from your Ovulay when charging is complete. Ovulay will last 5-10 hours on a fully charged battery.

## 8. WARNINGS

Tens devices have no curative value. Tens is a symptomatic treatment and as such suppresses the sensation of pain.

- Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or any other electric device. Such use can cause electric shocks, burns, electrical interface, and death. If you are in the care of a physician, consult with your physician before using this device.
- Do not apply electrodes near the thorax; the electrical current may increase your risk of cardiac arrest. Stimulation should not be applied directly over the eyes, covering the

mouth, or on the front of the neck (especially the carotid sinus). This can cause muscle spasms resulting in the closure of your airway, difficulty in breathing, or effects on heart rhythm, and blood pressure.

- Do not apply stimulation across your chest, or upper back crossing over the heart. The introduction of electrical current to this area may cause rhythm disturbances to your heart, which could cause death.
- Stimulation should not be applied to your head as the effect of stimulation on the brain are unknown.
- Only apply stimulation to normal intact, clean, healthy skin. Do not apply stimulation over open wounds or rashes, or over swollen, red, infected, inflamed areas or skin eruptions (e.g. phlebitis, thrombophlebitis, varicose vein).
- Do not apply stimulation when in the bath or shower.
- Do not apply stimulation while sleeping during the night.

- Do not use the device on children if you have not sought advice for pediatric use.
- Do not inhale or swallow small parts.

## 9. PRECAUTIONS

- Consult with your physician prior to using the device after a recent surgical procedure, as stimulation may disrupt the healing process.
- Be careful when using stimulation over areas of skin that lack normal sensation.
- If you have suspected or been diagnosed with heart disease or epilepsy, you should follow recommendations of your physician.
- The long-term effects of electrical stimulation are unknown.
- The safety of electrical stimulation during pregnancy has not been established.
- There is a possibility that you will experience skin irritation or hypersensitivity due to the electrical stimulation or the conductive medium (gel).

- Keep this device out of the sight of children.

## 10. ADVERSE REACTIONS

- Possible skin irritation beneath the gel pad applied to the skin or electrode burns under the electrodes may occur.
- On very rare occasions, first-time users of TENS report feeling light-headed or faint. We recommend that you use the product while seated until you become accustomed to the sensation.
- If the stimulation makes you uncomfortable or if you experience any adverse reactions from this device, stop using the device immediately and consult your physician.

## 11. MAINTAINING YOUR DEVICE

- Do not use your Ovulay in water, and keep it away from anything that contains water, as the moisture may affect your device.
- Use this device only with the Gel pads and accessories provided by Ovulay.

- Do not place the unit near excessive heat as it may affect your Ovulay.
- Do not place the device in direct sunlight, as long-term exposure to sunlight may damage your Ovulay.
- Keep the device away from lint and dust, as long-term exposure may affect the charging socket and connector.

### **Environmental conditions**

- Operating Temperature +0°C to +40°C
- Operating humidity 10%RH to 93%RH
- Operating Atmospheric Pressure 700hPa to 1060 hPa
- Storage/Transport Temperature -25°C to +70°C
- Storage/Transport Humidity 8% to 93%. RH  
Storage/Transport Atmospheric Pressure 700 hPa to 1060 hPa

### **Service and Maintenance**

- The user is the intended operator.
- Use only as directed, and consult your doctor if pain or symptoms persist. The Ovulay Tens massager is a non-invasive treatment and should be used only on uninjured skin.

- Do not service the device while in use.
- The Ovulay Tens massager is not medication.

## 12. WARRANTY

In addition to your statutory rights, Ovulay agrees that if any defect in materials or workmanship appears in this product within one year of the original date of consumer purchase, it will repair or replace the product in question. This applies only if the product has been used for domestic and intended purposes and has not been damaged through misuse, accident or neglect and has not been modified or repaired by anyone other than Ovulay or its authorized agents.

If a defect appears, please check that the article is being used in accordance with the provided instructions and if so, return it with this warrant and the certificate of purchase to Ovulay.

Note: only authorized service agents should carry out repairs to the device.

If you require technical documents, please contact Ovulay. Batteries are not included in this warrant.



### 13. MOST ASKED QUESTIONS

- **Can I use Ovulay on other parts of my body?**

Yes, you can. Check out the WARNINGS section for more information.

- **Can I use Ovulay with an IUD/copper coil?**

Yes, Ovulay is safe to use with an IUD / copper coil.

- **Can Ovulay help my IBS cramps?**

Yes, it can help your IBS cramps.

- **Can Ovulay help to ease endometriosis/adenomyosis/PCOS?**

Yes, you may find Ovulay helps ease the associated pains.

- **How long does my Ovulay need to charge?**

For the first charge, we recommend 2 hours. After that 1 hour should be enough.

- **From what age can you use Ovulay?**

We recommend starting using Ovulay from the age of 16; if younger there should be supervision. Ovulay is used correctly.

- **Does Ovulay contain latex?**

No, Ovulay contains no latex.

- **How long can I use a gel pad?**

Each pad lasts up to 10-20 uses. Replacements can be purchased at [www.ovulay.com](http://www.ovulay.com)

- **Can I use Ovulay with a pacemaker?**

Please consult your doctor before using Ovulay with a pacemaker.

- **Is it a problem if I fall asleep using Ovulay?**

It's safe to fall asleep with your Ovulay but we recommend not using it whilst sleeping.

Thank you for choosing  
**ovulay**

We hope you enjoy using Ovulay and that your next period will be the easiest you have ever experienced.

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