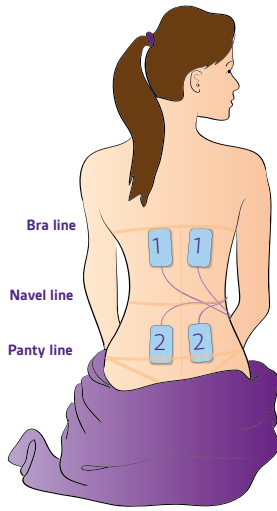


Suggested Electrode Placement Chart

The sticky electrode pads need to be placed in the correct position for maximum pain relief. It is preferable to obtain assistance from either your birthing partner or medical adviser when positioning the pads. Please read the following instructions carefully:

1. Ensure unit remains switched off. Carefully peel the pads from the plastic backing using your forefinger and thumb. Do not pull on the lead wires.
2. Position the top two pads (connected to the left socket CH1) approximately 4cm either side of the spine and 45cm above the imaginary navel line as seen in the diagram.
3. Position the bottom two pads (connected to the right socket CH2) approximately 4cm either side of the spine and 45cm below the imaginary navel line as seen in the diagram.



Electrodes can be used several times but the number of uses varies according to the condition of the skin.

Reference: Cluett E. (1994) SRN RM ADM PGCEA. Analgesia in Labour: A review of the TENS method. Professional Care of Mother and Child. Mar;4 (2): 502.

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Frequently Asked Questions

Q When shall I start using my Elle TENS 2?

A Use as early as you can after the onset of labour to allow time for your body's painkilling chemicals to rise.

Q Can I try the Elle TENS 2 before going into labour?

A Yes, place 2 pads attached to one leadwire on your forearm to feel the different pulse sensations following the instructions on page 8.

Q Can I combine the Elle TENS 2 with other medication?

A Yes, you can still use analgesics such as gas and air (entinox) or pethidine.

Q Can the Elle TENS 2 be used in hospital?

A Yes. However, a midwife may ask you to switch it off temporarily.

Q Can I use the Elle TENS 2 if I am considering a water birth?

A Yes, but not in the water itself.

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Using Your Elle TENS 2

- a) You are now ready to start using your Elle TENS 2. Switch the unit on by pressing the **ON/OFF** button. Ensure that the 'boost' button located at the top right of the unit is **NOT** pressed in. The Elle TENS 2 will always start up in BURST 1 mode.
- b) Begin by pressing the **CH1+** key. Each time you press this key, a small 'halfmoon' shape will appear on the screen increasing in number and size as the intensity is increased. You will begin to feel a pulsating sensation which will burst in time with the small arrow flashing on the screen. **Ensure that you increase the intensity slowly.**
- c) Repeat the previous step with the **CH2+** key. You will now feel a sensation in both sets of pads.
- d) **BURST 1 (use between contractions):** This is the first mode that you will use. It feels like a bursting, tingling sensation i.e. the pulses are off and on periodically. This mode will help to promote those all-important natural painkilling chemicals known as 'endorphins' and 'enkephalins'.

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e) BOOST 1 (use during contractions): When experiencing a contraction, simply press the 'boost' button located at the top right of the unit. The Elle TENS 2 will then switch automatically into the BOOST 1 mode for that extra surge of power required to combat the pain during contractions. This will feel like a continuous sensation.

f) Once the contraction has passed, simply release the 'boost' button. The Elle TENS 2 will return to the original BURST 1 mode. Continue this cycle during your early stages of labour.

Using the Contraction Timer

The first time you press the Boost Button, the Elle TENS 2 will automatically trigger the Contraction Timer (CT). This can be seen in the bottom right of the display. This measures the duration of your contractions in seconds. Once the contraction has passed and the Boost Button is released, the unit will trigger the Between Contraction Timer (BCT) which measures the time between contractions. This can be seen in bottom left of the display.

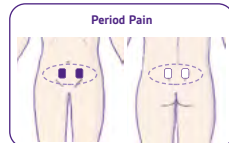
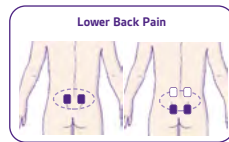
Useful Information

1. Continue stimulation for as long as necessary, unless you experience discomfort.
2. If you stimulate for a number of hours ensure the pads do not become dry. If this occurs, switch off the unit, disconnect the electrodes, and apply a small drop of water to them.
3. The pads can be used several times. Replace the pads when they stop sticking to the skin. Replacement pads are available from www.babycaretens.com.
4. Always ensure that the unit is switched off before you remove all the leads and pads. Do not pull the wires. ALWAYS remove the jack plug from its socket by holding the plug between the forefinger and thumb and pulling gently.
5. The Elle TENS 2 can also be used as a standard TENS unit for relief of numerous conditions, including after pains and post operative pains. It is worth bearing this in mind if you have a caesarean section. Please seek medical advice first.

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Post-Natal Pad Placement Diagrams

KEY:
 = first pair of electrodes
 = second pair of electrodes.
 N.B. Electrodes supplied with this unit are all the same colour - the black and white squares show suggested electrode placement only.



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Recalling your contraction history

To recall a list of your last 5 'Contraction Times' (CT) and 'Between Contraction Times' (BCT) press the **CH1-** and **CH2-** buttons simultaneously. The last recorded set of BCT and CT times are shown as 1.

Use **CH2+** to go back to previous sets (eg. 2, 3, 4, 5) or forward again by pressing the **CH2-** key. Recalling the contraction history will not interrupt the functionality of the unit. N.B. To avoid losing contraction history, do NOT switch unit off. To return back to the original mode screen, (which will have continued counting in the background) press the **CH1-** and **CH2-** buttons together again.

The Mode Button

There are two mode ranges available on the Elle TENS 2, each with a Burst and Boost function.

Mode 1 (BURST 1 and BOOST 1), which has been described above, is primarily used for the earlier stages of labour.

Mode 2 (BURST 2 and BOOST 2) usually used when your labour

advances and your contractions become more frequent.

Press the **Mode** Button to switch between mode ranges. You will see from the User Display, that the number on the centre right of the display will change from 1 to 2 (and viceversa). N.B. Both modes are interchangeable and can be used according to your preference, not necessarily for the stage of labour you are in.

The Opti-Max Key

This provides extra versatility to your Elle TENS 2. Increasing or decreasing the **OptiMax** Key will allow you to either heighten or lessen the level of pulse power transmitted to the electrode pads. Pressing the OptiMax Key either + or will increase or decrease OptiMax sensation. This is extremely useful for the final stages of labour when you need an extra surge of power. There are 5 OptiMax levels: 50, 100, 150, 200 and 250µs (microseconds). The unit will always start up at OptiMax 150µs, which is exactly half way between the highest and lowest setting. N.B. The Elle TENS 2 starts up in BURST 1. The BCT only appears after one cycle of pressing the Boost button on and off.

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Elle TENS 2 Technical Data

Programme	Display	Output Frequency/Duration
Burst	Burst 1	Pulse Frequency (150µs) Pulse Width (150µs) 1 burst per second, 3 pulses per burst*
Burst	Burst 2	Pulse Frequency (80Hz) Pulse Width (150µs) 2 bursts per second, 8 pulses per burst*
Boost	Boost 1	Pulse Frequency (80Hz) Pulse Width (150µs) continuous*
Boost	Boost 2	Pulse Frequency (100Hz) Pulse Width (150µs) continuous*
Output Channel	Dual Channel	
Output Waveform	Symmetrical bi-phasic rectangular	
Output Voltage	0 - 55v zero to peak adjustable in 15 steps at 500µA load	
Output Intensity	0 - 100µA adjustable in 15 steps at 500µA load Intensity level will drop back to zero after programme changes	

*Pulse width adjustment does not change when switching between Burst and Boost modes. Default pulse width is 150µs. There are 5 adjustable pulse widths selectable in all modes: 50, 100, 150, 200 and 250µs.

Equipment type Dual Channel Digital TENS Classification This unit is fully compliant with IEC Directive 93/42/EEC, CE mark required for CE mark approval. This unit is intended for cephalic use only. *Colour code with other mode equipment with not compatible when we receive BURST and BOOST mode is selectable in all modes: 50, 100, 150, 200, 250	Unit Size 115mm x 55mm x 28mm	Unit Weight 75 grams	Output JAKS CE touch-proof jacks	Display Digital LCD - 8 seven segment digits and a round 90° pointer.	Automatic Power Off Will switch off after 5 minutes if not used	Battery Low Detect 2.2v - 4.0 2v	Battery 2x 1.5v AA Battery (Type: R6)	Operating Environment Temperature 0-40°C Relative Humidity 10-90% Air pressure 700 (hPa) - 1050 (hPa)	Storage and Transport Environment Temperature 0-40°C Relative Humidity 10-90% Air pressure 700 (hPa) - 1050 (hPa)
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Scan here!

A Women's Guide to Drug Free Pain Relief

Grab your download

Instructions for use

ELLE TENS 2

Babycare TENS

Guarantee

Your Elle TENS 2 machine is guaranteed for a period of 1 year against manufacturer's defects. Please record purchase details in the space provided below for your record purposes. The guarantee does not include leads, electrodes or battery. Applies to purchases only.

Date of purchase: _____

Invoice number: _____

Babycare TENS

Body Clock Health Care Ltd
 108 George Lane, South Woodford,
 London E18 1AD

Tel (+44) (0)20 8532 9595
 Fax (+44) (0)20 8532 9551
www.babycaretens.com
 e-mail customercare@babycaretens.com

MedEnvoy Global B.V.
 Prinses Margrietplantsoen 33,
 Suite 123, 2595 AM
 The Hague, The Netherlands

Babycare TENS is part of the
 Body Clock group of companies

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1639
 Jan 2026 (10)
 Model: D-BC138T
 ELLE2-IFU-1

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 This manual is recyclable

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Elle TENS 2

Quick Reference Guide

If you are in labour, please use the quick reference guide set out below. It is however recommended that you read the section entitled "Setting Up Your Elle TENS 2" found on page 5 to obtain the best performance from your unit.

Before using the Elle TENS 2, please read the contraindications and warnings on pages 1 and 2.

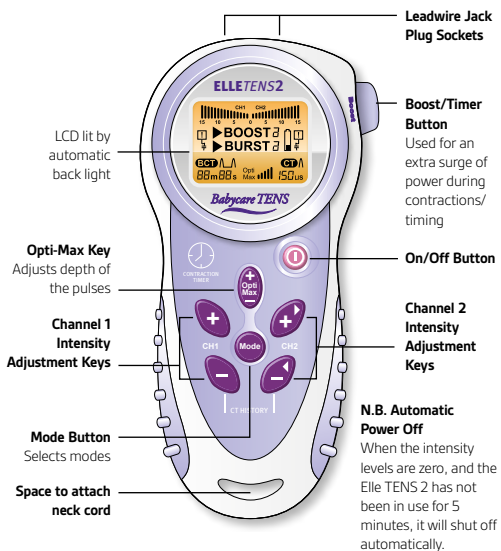
1. Ensure the Elle TENS 2 unit is switched off.
 2. Insert 2 x AA batteries in the compartment at the back of the unit (see figs 1 and 2, page 6).
 3. Insert the leadwire plugs into the top of the unit (see fig 3, page 6).
 4. Insert the pins at the other end of the leadwires into the sockets attached to the electrode pads. Do not remove the electrodes from their backing at this stage (see fig 4, page 6).
5. Position the electrode pads on the body as indicated on page 7. A pair of electrodes must be connected to each lead wire in order for you to feel any sensation. The electrode pads must be peeled away from their backing and placed directly on your body for you to feel any sensation.
 6. Make sure that the 'boost' button at the side of the unit is NOT pressed in. This ensures that the unit will start in the BURST 1 mode (see page 3).
 7. Press the (on/off) to turn the unit on.
 8. Now push the (CH1+) key until you feel a pulsating sensation.
 9. Repeat the same with the (CH2+) key.
 10. At the onset of a contraction press the 'boost' button for the additional surge of power needed to combat the pain.
 11. Release the 'boost' button once the contraction has passed and continue in the BURST 1 mode as before.

Contraction Timer: Please see pages 8 and 9 of this manual to access the Contraction Time (CT) and Between Contraction Time (BCT) features.

Controls For The Elle TENS 2

The Elle TENS 2 is very simple to use. However, it is essential to read these instructions to obtain the most out of the unit.

Please ensure that all of the contraindications and precautions have been read thoroughly. See pages 1 and 2.



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Explanation of Symbols on Unit

Equipment providing a particular degree of protection against electric shock particularly regarding allowable leakage currents having an F type (floating) applied part.

Warning - refer to pages 1-2 of these instructions.

EU Representative.

This unit needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENT.

Display Symbols And Their Meanings

BURST

BURST is used at the onset of labour and in between contractions. There are two Burst modes available indicated by a 1 or 2. You can switch between them by pressing the Mode Button (see page 9).

BOOST

The Boost Button at the top right of the unit activates the BOOST mode. This function is used during contractions. There are two Boost modes available indicated by a 1 or 2. You can switch between them by pressing the Mode Button.



BETWEEN CONTRACTION TIMER
Starts by pressing the Boost Button, this automatically measures the time interval between your contractions.

BURST 1 BURST 2

MODE 1 AND 2
There are two mode ranges available each with a Burst and Boost function (see page 9).

Please keep device away from sprays of water or rain.

IP22 The first number 2: Protected against access to hazardous parts with a finger, and the jointed test finger of 12 mm Φ , 80 mm length, shall have adequate clearance from hazardous parts, and protected against solid foreign objects of 12.5 mm Φ and greater. The second number 2: Protected against vertically falling water drops when enclosure tilted up to 15°. Vertically falling drops shall have no harmful effects when the enclosure is tilted at any angle up to 15° on either side of the vertical.

Denotes a product which must be disposed of safely.

Batch code identifying the production run of the unit.

Unique device identifier - Human and machine-readable unique identifier of the individual unit indicating its product code, batch number and date of manufacture.



LOW BATTERY INDICATOR
This sign will start flashing if the batteries run low. If this is the case, change both batteries. Please refer to page 5 and 6 for instructions.



POWER BAR
This shows the output from 0 to 15 for both channel 1 and 2. Each segment represents approx 7% of the total output.



CONTRACTION TIMER
Starts by pressing the Boost Button, this automatically records the duration of your contractions.



OPTI-MAX
Indicates the Opti-Max output. Refer to page 9 for more details.



PAD CONTACT WARNING
(safety cut-out)
This symbol will appear if any of your pads are not attached securely to the skin.

How Will The Elle TENS 2 Help Your Pain?

TENS (Transcutaneous Electrical Nerve Stimulation) works by passing mild electrical impulses through the skin, via electrode pads, into the nerve fibres which lie below. The TENS impulses help your body produce its own pain killing chemicals, such as 'endorphins' and 'encephalins'.

The level of pain relief obtained varies from person to person. Some find that the Elle TENS 2 provides all the pain relief required during the whole of labour, whereas others find that other analgesics are also needed during the later stages of labour.

Introduction To The Elle TENS 2

The Elle TENS 2™ is an efficient method of drug-free pain relief. This powerful digital TENS unit is smooth, sophisticated and simple to use. It has been cleverly crafted by Babycare TENS specifically for home use for mums-to-be, for the management of pain for labour and beyond.

Contraindications

1. Do NOT use if you have a demand-type pacemaker or implanted electrical device.
2. Do NOT use on infants or people not capable of expressing their intentions.

Warnings

1. Do NOT use before 37 weeks of pregnancy unless advised by a medical professional.
2. Do NOT place the electrodes over your abdomen when pregnant.
3. Check with your healthcare professional before use if you suffer from a heart condition, epilepsy, undiagnosed pain, varicose veins, recent scarring, have any metal implants, or any doubts whatsoever.
4. Do NOT use if you experience an allergic reaction to the electrodes.
5. Do NOT place electrodes/probes across or through the head, near the eyes, covering the mouth, on the front or sides of the neck (especially the carotid sinus), on the chest and upper back crossing over the heart, directly over your heart or an area of broken, inflamed, infected or numb skin unless under medical supervision.
6. Do NOT use in the presence of tuberculosis, malignant tumours, extreme blood pressure, high fever or acute inflammatory disease, unless under medical supervision.
7. Do NOT immerse this device in any liquid. Keep it away from sources of excessive heat and flammable gas.
8. Do NOT drop this unit onto a hard surface.
9. Do NOT attempt to dismantle, open up or repair this device. Instead, return it to the manufacturer.

1

Setting Up Your Elle TENS 2

Check the following contents:

- 1 x Elle TENS 2 Unit
- 1 x Pack of 4 Self Adhesive Electrodes (40mm x 100mm)
- 2 x Leadwires
- 2 x AA Batteries
- 1 x Carrying Pouch
- 1 x Easy-Release Neck Cord
- 1 x Instruction Manual
- 1 x EMC documentation

The Assembly Stage

Make sure the unit is switched off.

- a) Press and rotate the belt clip at the back of the Elle TENS 2 in either direction to reveal the battery compartment.
- b) Release the battery compartment cover and insert 2 x AA batteries ensuring the positive (+) and negative (-) terminals are correctly positioned as marked in the battery compartment. Replace the cover.

1

Contraindications

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6. Do NOT use in the presence of tuberculosis, malignant tumours, extreme blood pressure, high fever or acute inflammatory disease, unless under medical supervision.
7. Do NOT immerse this device in any liquid. Keep it away from sources of excessive heat and flammable gas.
8. Do NOT drop this unit onto a hard surface.
9. Do NOT attempt to dismantle, open up or repair this device. Instead, return it to the manufacturer.

1

10. Do NOT modify this equipment device in any way or interconnect it with any other equipment not described in these instructions for use.
11. Do NOT use while driving, operating potentially dangerous machinery or using a microwave.
12. Do NOT use in close proximity (e.g. 1m) to shortwave or microwave therapy equipment to avoid instability in the stimulator output.
13. Be aware of the risk of strangulation and asphyxiation from lead wires. Do NOT use this device while asleep.
14. Do NOT use battery or power sources other than those specified in these instructions.
15. Electronic monitoring equipment (such as ECG monitors and ECG alarms) may not operate properly when TENS is in use.
16. Do NOT use if you experience an allergic reaction to the electrodes. Mild temporary skin irritation can occur following long-term application. STOP using the device. Seek medical assistance.
17. Using this device with high-frequency surgical equipment may cause burns. Users should seek medical advice when use of this equipment is required.
18. Keep out of the reach of children and babies. They may be at risk of strangulation by entanglement in lead wires or choking by swallowing small parts or accessories.
19. It is unsafe to use accessories, detachable parts and materials not described in these instructions for use. Only use specified accessories.
20. Keep this device away from lint and dust. Long term exposure may affect the connections.
21. Do NOT use if the device or

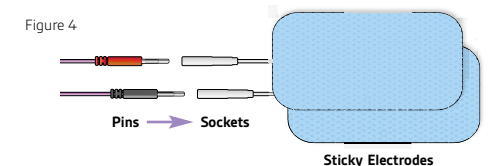
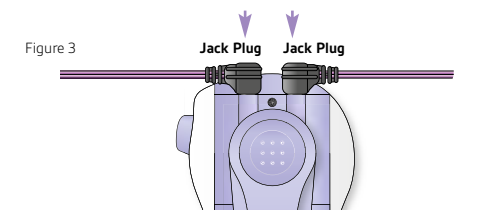
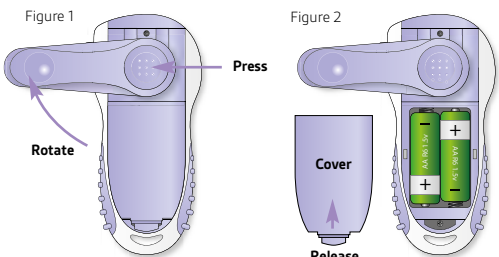
22. accompanying accessories are opened or damaged.
23. A mild shock may be caused if one electrode is accidentally removed. In the event of this happening the unit should be turned off immediately.
23. Never use TENS to mask undiagnosed pain since this could require urgent treatment.

Cautions/Precautions

1. Read all instructions before use.
2. This unit needs special precautions regarding EMC and needs to be used according to the EMC information provided in the accompanying EMC document.
3. Turn device off if an electrode detaches unexpectedly since this may cause a mild shock.
4. Electrodes should only be positioned as recommended for childbirth (see page 7), unless otherwise stated by your midwife or medical adviser.
5. Continue stimulation for as long as needed, unless you experience discomfort.
6. If you stimulate for a number of hours ensure the pads do not become dry. If this occurs, switch off the unit, disconnect the electrodes, and apply a small drop of water to them.
7. If damaged, do NOT use. Return to supplier.
8. The device shall not be serviced or maintained while in use.
9. Remove the batteries when not in use.
10. Do NOT use if you experience an allergic reaction to the electrodes.

2

Useful Diagrams



5

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