

Hiring a Boots Maternity TENS Unit

We would recommend that you reserve your TENS unit as early as possible to give you plenty of time to get used to how the unit works. Simply call into your local Boots store, fill out the hire form with a Boots trained healthcare advisor, and call to collect your unit on a specified date. Our fully trained healthcare advisors will demonstrate how to use the unit and answer any questions you might have.

Hiring a TENS unit costs €45. You'll also need to leave a deposit of €37, which will be refunded when the unit is returned. The hire period is for four weeks, but an extension period can be arranged if necessary. Simply contact a healthcare advisor at the Boots store that you hired the unit from.

Our fully trained healthcare advisors are available in store to help. For further advice and information, provided free of charge to all expectant mothers, call Tenscare on +44 1372 723434.

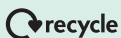
Alternatively, call our Customer Service helpline on 1 890 708091 (local rate, calls may be recorded for training purposes) between 8am and 6pm Monday to Friday and 9am and 4pm on Saturday.

Products may be subject to stock availability.

All details are correct at time of going to print – May 2010.

Boots Retail Ireland Ltd

97-35-496 62587



Maternity TENS Rental Service

Effective, drug-free pain relief during labour



Order now in store at
the pharmacy counter



Boots Maternity TENS Rental Unit

Giving birth is likely to be one of the most magical, exciting experiences of your life. But whether you've been through it before or are about to become a mum for the first time, you'll know it's going to be a lot of hard work.

Safe for you and your baby, the maternity TENS Rental Unit is an effective, drug-free method helping to relieve pain during labour.



What is TENS and how does it work?

TENS stands for Transcutaneous Electrical Nerve Stimulation and is a technology that provides tiny electrical impulses through the skin to the nerves via four electrode pads.

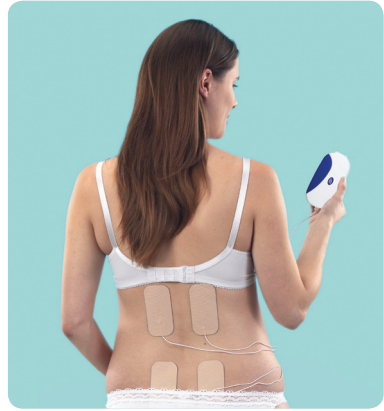
The innovative digital technology within the TENS machine blocks the pain signals from the womb and cervix and stimulates the release of the body's natural painkillers, endorphins.

How easy is it to use?

The TENS unit itself is a handy, compact device ideal for use at home and/or in hospitals. It consists of four self-adhesive electrode pads which are positioned on your back and attached by wires to a battery operated unit. With a simple push-button mechanism that releases a series of mild electrical pulses, you're in control of your pain relief at all times.

Positive effects can be felt as soon as you switch the unit on, and from the very beginning of labour to the birth of your baby, you can adjust the settings to suit your needs. Unlike some other methods of pain relief, it can be stopped at any time during labour and because the pain will vary in intensity, the unit features a boost button to give stronger pulses when you need them, such as during contractions.

The TENS unit couldn't be simpler to operate. Always fully read the easy-to-follow instructions, included with each unit before use. Remember to let your midwife or doctor know that you would like to use the TENS system during labour as you may find that you need to turn off the unit for a short time while monitoring equipment is being used.



Is it safe?

TENS has been used for years as an effective method of pain relief with no evidence that it can harm either mother or child in any way.

Unlike some pain medication, the Boots Maternity TENS Rental Unit doesn't cause drowsiness. It can be used in conjunction with other methods of pain relief.

If in any doubt, consult your pharmacist or a doctor about using your Boots Maternity TENS Rental Unit.

Before using, please note the following:

TENS should never be used to relieve undiagnosed pain. As it works by treating the symptoms of the pain, it is important that the source of pain is diagnosed by your doctor before treatment.

- **Do not use the unit in any of the following circumstances:**
 - During the first 26 weeks of pregnancy
 - On the abdomen at any stage of your pregnancy
 - If you have a pacemaker or serious heart rhythm problem
 - When driving or operating machinery
- **Consult your doctor before use if any of the following apply:**
 - If you have epilepsy
 - If the system is intended for use on children under the age of 12
 - If you are suffering from acute feverish conditions or infectious diseases
- **The pads should NOT be placed:**
 - On the carotid sinuses at the front of the neck (where you would feel for a pulse)
 - Over the eyes
 - On broken skin
 - On areas where you don't feel normal sensation