

**Before You Start**

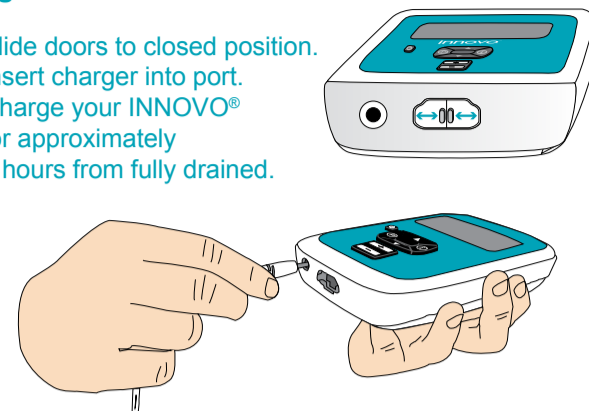
- 1 a • Read the instruction manual and watch the instructional video on myinnovo.com
- b • Charge the battery.
- c • It is recommended to wear thong underwear or no underwear with INNOVO®.
- d • Prior to treatment, always use the restroom and empty your bladder.



- Included with your INNOVO®.
- 1. INNOVO® Controller
- 2. Charger
- 3. INNOVO® Shorts
- 4. Spray
- 5. INNOVO® Cable
- 6. Neck Strap
- 7. Instruction Manual
- Before you begin, read the INNOVO® Contraindications and Warnings in the instruction manual

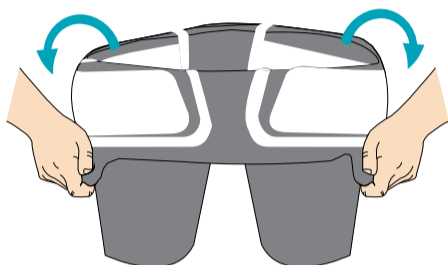
**Charging INNOVO®**

- 3 • Slide doors to closed position.
- Insert charger into port.
- Charge your INNOVO® for approximately 5 hours from fully drained.

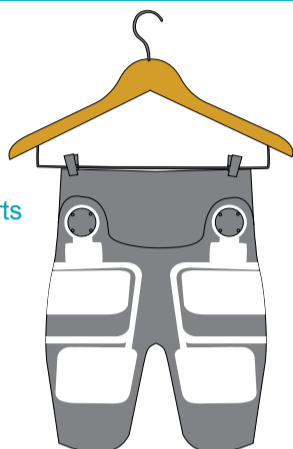


**Preparing INNOVO®**

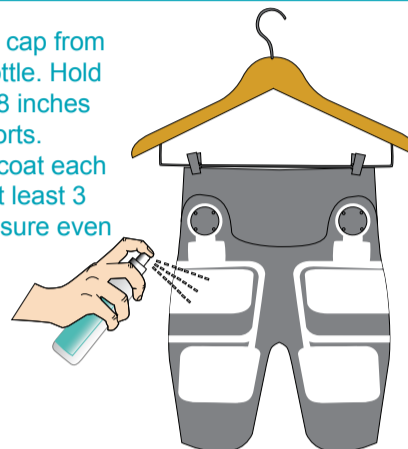
- 4 • Turn the Shorts inside out so the electrodes are visible.



- 5 • Hang Shorts up prior to using the spray.



- Remove the cap from the spray bottle. Hold the bottle 6-8 inches from the Shorts. Thoroughly coat each panel with at least 3 sprays to ensure even coverage.



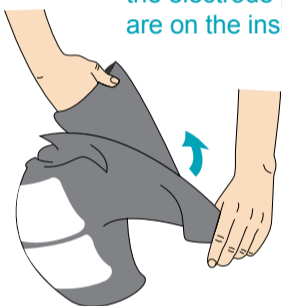
- 6 • Make sure to spray all 8 electrode panels.



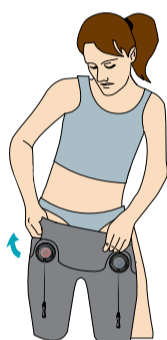
- The Shorts must be sprayed before every use

**Put On The Shorts**

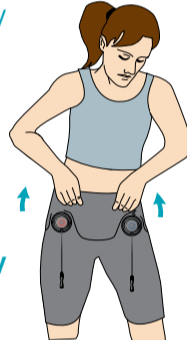
- 7 • Reverse the Shorts so the electrode panels are on the inside.



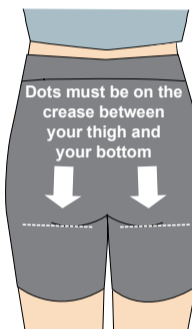
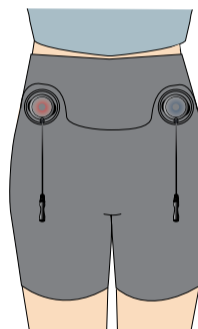
- 8 • Pull on the Shorts until the waistband is sitting comfortably above your hips. The red and blue connectors should be to the front, with the wash label to the rear.



- Do not pull directly on the cables.



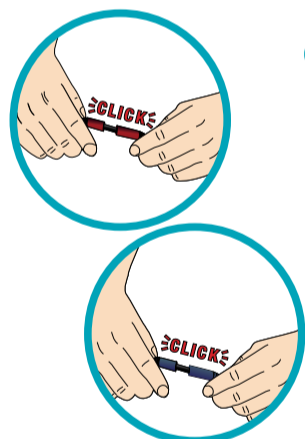
- 9 • Ensure the whole surface of each electrode is in full contact with your skin.
- Double check the positioning of the dotted lines printed on the rear of the Shorts.



Dots must be on the crease between your thigh and your bottom

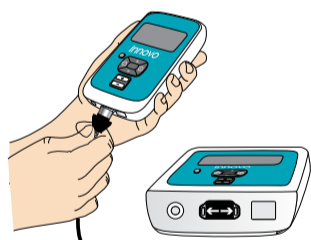
**Before Using INNOVO®**

- 10 • Connect both ends of red cables together.
- Connect both ends of blue cables together.

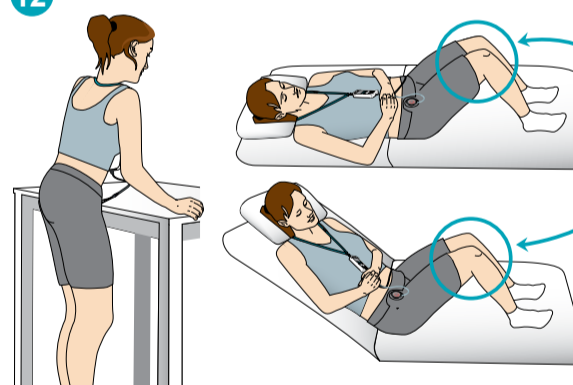


**Important:** You will hear the cables click together when securely connected.

- 11 • Connect the cable to the controller. You may need to slide the doors open.



- 12 • Choose whether you will carry out your session in the standing, reclining or lying position.

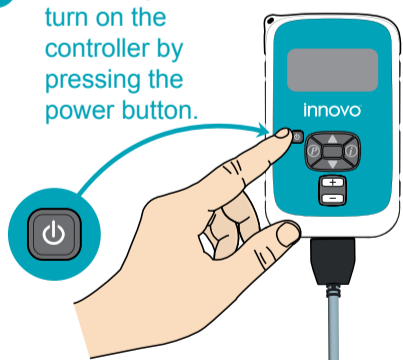


Both knees must be bent

For best results, we recommend you use INNOVO® in the standing position. For more information please see Step 4 of manual.

**Using The Controller**

- 13 • When in position, turn on the controller by pressing the power button.
- 14 • Press the + button to start your 30 minute session and increase the intensity.



INNOVO® Size	2	3	4	5	6	7	8	9	10
Minimum Target Intensity	38	42	46	50	54	58	62	66	70

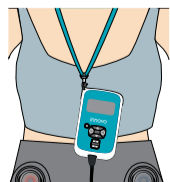
- As you increase the intensity on the controller you will start to feel your pelvic floor contracting. With an effective pelvic floor contraction you will feel a sensation of "squeezing", "tightening" and or "lifting up" between your legs.

- The sensation changes as you increase the intensity:
1. Low intensity - gentle tingling;
  2. Moderate intensity - contraction of the buttocks;
  3. Therapeutic intensity - contraction of the pelvic floor.

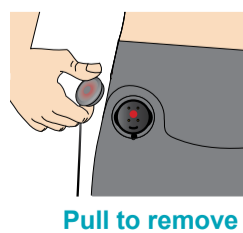
It is important to experience a pelvic floor contraction to benefit from the therapy, and you should aim to use INNOVO® at the strongest intensity you can comfortably tolerate.

**During And After Your Session**

- 16 • Attach neck strap if needed for hands free option during your 30 minute treatment.
- 17 • If you need to move during your treatment, pause the treatment by pressing the on/off button briefly. Ⓜ will appear on screen
- After your session, press the on-off button for 2 seconds to switch the controller off.

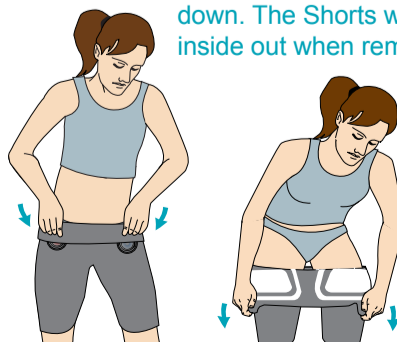


- 18 • Remove the cables from their sockets.



Pull to remove

- 19 • Remove the Shorts by pulling the waistband down. The Shorts will be inside out when removed.



- 20 • While inside out, fold the Shorts per the figure below ensuring the electrodes remain flat.
- Store the product for your next treatment session.

