beurer

EM 42



Menstrual Relief

Instructions for use.....2

READ THIS MANUAL COMPLETELY AND CAREFULLY BEFORE USING THIS PRODUCT

KEEP THIS MANUAL IN A SAFE LOCATION FOR FUTURE REFERENCE

Distributed by
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Questions or comments?
Call toll free 1-800-536-0366 or contact info@beurer.com

ENGLISH

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SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE

If the instruction manual is damaged or if you no longer have the instruction manual in your possession, please contact customer service. See warranty for service contact.

1. IMPORTANT SAFETY NOTES

READ THIS ENTIRE MANUAL, THE SAFETY SECTION AND ALL INSTRUCTIONS AND WARNINGS COMPLETELY AND CAREFULLY BEFORE USING THIS PRODUCT. FOLLOW ALL SAFETY INSTRUCTIONS AND WARNINGS TO AVOID HAZARDOUS SITUATIONS AND TO MAKE CORRECT USE OF THIS PRODUCT.

Signs and symbols

Whenever used, the following signs identify safety and property damage messages and designate a level of hazard or seriousness.

	This is the safety alert symbol. It alerts you to potential personal injury hazards. Obey all safety messages that follow this symbol to avoid possible injury or death.
 **WARNING**	Indicates a potentially hazardous situation, which, if not avoided, could result in death or serious injury.
 **CAUTION**	Indicates a potentially hazardous situation, which, if not avoided, may result in minor/moderate injury.
NOTICE	Addresses practices not related to personal injury, such as product and/or property damage.
	**IMPORTANT** The device can emit effective output values above 10 mA, averaged over every 5-second interval.
	Do not use the device with a pacemaker.

	**Isolation of applied parts Type BF** Galvanically isolated applied part (F stands for "floating"); meets the requirements for leakage currents for type B.
	Do not use near the heart.
IP22	Device protected against foreign objects ≥ 0.49 in (12.5mm) and against water dripping at an angle.
	Expiry date
	Read the instruction manual
	Temperature limitation
	Humidity limitation
SN	Serial Number
	The device is Magnetic Resonance (MR) unsafe with a projectile Hazard)

⚠ WARNING – To reduce the risk of fire, electric shock, or serious personal injury:

- Only use this device for the purpose for which it was developed and in the manner specified. Any improper use can be hazardous.
- Remove all jewelry or body piercings before using the device.
- Do not use this device at the same time as other devices that emit electrical pulses, such as TENS devices.
- The device is only for private use and is not intended for medical or commercial purposes.
- The manufacturer assumes no liability for damages caused through improper or wrong use.
- If you are in any doubt, do not use and contact customer service.
- Only use the device with the accessory parts supplied.
- For hygienic reasons, use the device only on one person.
- In rare instances, skin irritation in the region of the electrodes may occur.
- The device is only designed for use by healthy adults. Keep the device away from children.
- Keep the device away from heat sources.
- Never use the device near microwave ovens or microwave devices (e.g. cell phones) as they can affect operation.
- Never use the device while you bathe or shower. Do not store or keep the device where it can fall into a bathtub or sink.
- Check the device regularly for wear and damage. If you find such signs, discontinue use and contact customer service.
- Switch off the device immediately if it malfunctions.
- If the device does not work properly or you feel unwell or experience pain, stop using it immediately.
- Switch off the device before attaching or removing it.
- Do not modify the device in any way (e.g. by cutting it), as this will produce a higher current density and may be dangerous.
- During the initial few minutes, use the device while sitting or lying down, to minimize the risk of accidental injuries arising from vagal responses (feeling of faintness) that have been infrequently reported as a side effect. If you feel faint, switch off the device immediately, lie down and support the legs in an elevated position (approx. 5–10 minutes).
- Do not use this device if you have any of the following:
  - Implanted electrical devices (e.g. pacemakers)
  - Metal implants near the application site
  - Cardiac arrhythmia

- Acute illness
- Epilepsy
- Malignant diseases
- Skin injuries or cuts
- Pregnancy
- Insulin Pump
- An increased tendency to bleed, e.g. after an acute injury or a fracture. The stimulation current can trigger or exacerbate bleeding.
- Recent operation when muscle contractions could impair the healing process
- A high frequency surgical device connected
- Low or high blood pressure
- High fever
- Psychosis
- Swollen or inflamed regions

• To avoid damage to health, we strongly advise NOT using this device in the following situations:
  - Serious illnesses, in particular if you suspect or have been diagnosed with high blood pressure, a blood coagulation disorder, propensity to thrombo-embolic conditions or recurrent malignant growths.
  - Any skin conditions.
  - Unexplained chronic pain in any part of the body.
  - Diabetes.
  - Any sensory impairment that reduces the feeling of pain (e.g. metabolic disorders).
  - Receiving medical treatment.
  - In the event of complaints linked to stimulation treatment.
  - Suffering from persistently irritated skin due to long-term stimulation at the same site.
• Do not use this device:
  - On the head, as it could cause seizures.
  - On the neck/carotid artery, as it could cause cardiac arrest.
  - On the pharynx or larynx, as it could cause muscle spasms leading to suffocation.
  - Near the upper chest, since it could increase the risk of ventricular fibrillation leading to cardiac arrest.
  - Near the heart. The electrodes must not be placed on opposite sides of the chest or in any placement that allows the current to pass through the chest as this can increase the risk of ventricular fibrillation and include cardiac arrest.



  - In the genital area.
• Do not use when asleep, when driving a vehicle or when operating machinery.
• Do not use the device after consuming alcohol.
• Do not use the device in cases of acute or chronic diseases of the gastrointestinal tract.
• Do not use the device whilst undertaking any activity where an unexpected reaction (e.g. strong muscle contractions even at low intensity) could be dangerous.
• The actual temperature of the device may vary depending on the condition of your skin, your age, the location of the pain etc.
• If the heat function feels too hot, stop treatment immediately. You can continue the TENS treatment without the heat function.
• Wait at least one hour after eating before starting treatment with the device.
• Do not use the device on wet skin as this impairs the adhesion of the gel pads.
• Pre-treating the skin with greasy creams or lotions is not recommended.
• Do not use adhesive tapes, bandages or any medium other than the gel pads provided to adhere the device to your skin, as the uneven adhesion of the gel pads could lead to skin lesions.
• If in doubt, consult your doctor.

- The device does not be used in Magnetic Resonance (MR) environment because it is unsafe and with a projectile hazard.

⚠ Warning / Note of battery

- Risk of explosion! Risk of fire! Failure to comply with the following points can result in personal injury or cause overheating, leakage, venting, breakage, explosion, or fire on the battery.
- Always use the correct or supplied charging cable/charger/ mains adapter for charging.
- If batteries/charging cables/chargers are defective, stop using them and dispose of them properly as soon as possible (see chapter on disposal).
- Do not throw the device or batteries into a fire.
- Exposure of batteries to an environment with extremely high temperatures or an extremely low air pressure may result in explosion or leakage of flammable liquids and gases.
- Never forcibly discharge, heat, disassemble, open, crush, deform, encapsulate, modify, or knock the device or batteries.
- Never short-circuit batteries or the connections of the battery-powered device.
- Protect the device or batteries from direct sunlight, rain, heat, and water.
- In order to achieve a battery service life as long as possible, fully charge the battery at least every 3-6 months.

⚠ CAUTION – To reduce the risk of personal injury or product/ property damage:

- Protect the device from strong impact.
- Do not use the device if it shows signs of damage or does not function properly. In such cases, contact Customer Service.
- Do not expose the device to direct sunlight or high temperatures.
- Protect the device from dust, dirt and humidity. Never immerse the device in water or other liquids.
- Do not attempt to repair the device yourself. Contact customer service for all repairs.

2. INTRODUCTION

Many women experience abdominal cramps and severe period pain before and during their period. Many women also suffer from illnesses that cause lower abdominal pain, which is often so strong that women seek immediate pain relief. The Menstrual Relief is a self-adhesive TENS device with heat function to provide pain relief for menstrual discomfort and pain.
Transcutaneous Electrical Nerve Stimulation (TENS) involves electrical stimulation of nerves through the skin. TENS is an effective nonpharmacological method for treating different types of pain from a variety of causes and has no side effects when administered correctly.

TENS devices pass electrical currents over the skin via gel pads, which are subject to natural wear and tear. Replace gel pads when they no longer adhere.

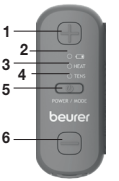
3. PACKAGE CONTENTS

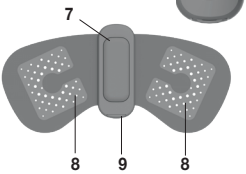
Check that the exterior of the delivery cardboard packaging is intact and make sure that all components are present. Before use, ensure that the device and accessories show no visible damage and all packaging material has been removed. If you have any doubts, do not use the device and contact your retailer or the specified Customer Service address.

1 x Menstrual Relief EM 42
2 x Self-adhesive gel pads
1 x USB-C cable
1 x Instruction manual

4. PARTS AND CONTROLS

1. Intensity Up Button
2. Battery Level LED Indicator
3. Heat Indicator LED
4. TENS Indicator LED
5. Power / Mode Button ⏻
6. Intensity Down Button
7. Heating Pad
8. Electrodes
9. USB-C Port



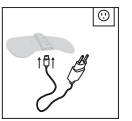


5. TO USE

Charging the Battery:

Before first use, and whenever the Battery Level LED Indicator flashes orange, the internal battery pack must be charged for at least two hours.

1. Open the USB-C Port cover and attach the provided USB-C cable. Connect the other end of the cable to a USB power source, such as a computer or suitable AC Adapter (5VDC, 2A output, not included).
2. The Battery Level LED Indicator will flash orange while the device is charging and will illuminate steadily when charging is complete.

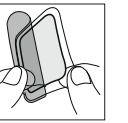


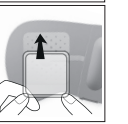
NOTE: The device cannot be used while it is charging.

Attaching the Gel Pads:

WARNING: To avoid serious personal injury, use the device only around the abdomen. Do not use on head, neck, or chest area.

1. **Before each treatment session, ensure the skin underneath the device is clean and free of creams or oils.**
2. Lay the device down with the electrodes facing up. Take a gel pad, remove one of the protective films from the adhesive, and attach the exposed adhesive side of the gel pad to one of the electrodes.
   Remove the other protective film (and keep for later usage).
3. Repeat step 2 for the other gel pad/electrode.





Treatment

This device has 15 intensity levels and an on/off heat function. It also contains an auto shutoff feature that will shut it off after 20 minutes of use.

NOTE: Take out from maximum/minimum storage temperature, before using the device and wait for at least 10 minutes.

1. Attach the device securely to your lower abdomen. Note that the device can detect whether it is in good contact with your body and will beep and shut off if you attempt to use it without sufficient skin contact. If the device is attached securely and still will not operate properly, shut it off and clean the gel pads before trying again.



2. Press and hold the Power Button to activate the device. The Heat Indicator LED will flash green and the device will begin to heat up.
3. Press the Power Button again to activate the TENS function; the TENS Indicator LED will flash green. To begin treatment, press the Intensity Up Button to activate TENS at level one.
4. To cancel the Heat Function, press the Power Button again; the Heat Indicator LED will shut off.
5. To increase intensity, press the Intensity Up Button repeatedly until the desired level is achieved. To decrease the intensity, press the Intensity Down button.

6. When treatment is finished, press and hold the Power Button to shut the device off (if the auto shutoff was not activated).

After treatment, carefully remove the device from your abdomen and reattach the protective films to the exposed adhesive surfaces of the gel pads.

NOTE: Wait at least 30 minutes before starting another treatment session.

CAUTION:

- If you experience unpleasant electrical current spikes, shut the device off and reposition it.
- If you find that your menstrual flow becomes much heavier after treatments, discontinue use.

6. CARE, MAINTENANCE AND DISPOSAL

- Clean the device with a slightly moistened cloth. In case of more extreme soiling you can also moisten the cloth with mild soapy water.
- Never drop the device.
- Prevent water from entering the device. If water reaches any internal parts, dry them completely before using again.
- Do not use any harsh chemicals or abrasive cleaners.
- Do not machine wash.
- To ensure that the gel pads retain their adhesion for as long as possible, clean them carefully with a damp, lint-free cloth.
- You can obtain replacement gel pads directly from www.shop-beurer.com (item no. 664.98)

Disposal

Observe the local regulations for material disposal. Dispose of the device in accordance with local regulations. If you have any questions, please contact the local authorities responsible for waste disposal.

7. TROUBLESHOOTING GUIDE

Problem	Possible cause	Solution
The device does not switch on when the ON/OFF button is pressed.	The battery may be depleted.	Charge the battery. If the device still does not work, contact Customer Service.
Gel pads do not adhere to the skin.	The gel pads may be dirty or worn. Skin in the treatment area may be rough or not clean enough.	Clean the surface of the gel pads with a damp, lint-free cloth. If adhesiveness does not improve, replace gel pads.
		Clean the skin before treatment. Do not use lotions or oils. Shave area if necessary.
Cannot feel stimulation in treatment area.	The gel pads may be dirty or worn.	Clean pads as described above.
	The battery may be depleted.	Charge battery.
Unpleasant sensation felt underneath gel pads.	Pads are worn and cannot evenly distribute current.	Replace the gel pads.
Skin in the treatment area turns red.	Redness can be caused by increased blood flow in the treatment area caused by the device; this is normal.	Redness should go away a few minutes after treatment. If redness persists, or if you experience any itching or inflammation, contact your doctor.

The Menstrual Relief becomes too hot.	Treatment duration too long.	Press the Power button to shut off the heat function and continue with TENS treatment only.

8. TECHNICAL SPECIFICATIONS

Model	EM 42 Menstrual Relief
Type	FT610-B
Channel	1
Output waveform	Biphasic rectangular pulse
Pulse length	100 µs
Pulse frequency	100 Hz
Output voltage	Max. 110 V_{pp} +/- 10 % (at 1000 Ω)
Heat output	109 °F (43 °C)
Output current	Max. 110 mA_{pp} +/- 10 % (at 1000 Ω)
Voltage supply	320 mAh lithium polymer battery
Treatment time	20 minutes to auto shutoff
Intensity Levels	15
Operating conditions	41° - 104° F (5° - 40° C) non-condensing relative humidity up to 90%
Storage conditions	32° - 104 °F (0° - 40° C) non-condensing relative humidity up to 90%
Transport conditions	-13° - 158 °F (-25° - 70° C) up to 90 % relative humidity
Dimensions	3.7 x 7.6 x 0.6 inches (95 x 193 x 15 mm)
Weight	1.01 oz (28.8 g)
Gel pad usage cycles	20 times

9. FCC COMPLIANCE INFORMATION

Menstrual Relief EM 42

Responsible Party – U.S. Contact Information
Beurer North America LP
1 Oakwood Boulevard, Suite 255
Hollywood, FL 33020
United States
1-800-536-0366
info@beurer.com

FCC Compliance Statement
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.
Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
Consult the dealer or an experienced radio/TV technician for help.

10. WARRANTY

5-Year Limited Warranty for Original Purchaser

Your Beurer Menstrual Relief, Model EM 42, is warranted to be free from defects in materials and workmanship for a period of five (5) years from the date of purchase under normal conditions of intended use and service. This warranty extends only to the original retail purchaser and does not extend to retailers or subsequent owners.
We will, at our option, repair or replace the Beurer Menstrual Relief, Model EM 42 without additional charge, for any part or parts covered by this written warranty. No refunds will be given. Repair or replacement is our only responsibility and your only remedy under this written warranty. If replacement parts for defective materials are not available, we reserve the right to make product substitutions in lieu of repair or replacement.
For warranty service, contact our customer service department at 1-800-536-0366 or info@beurer.com with a description of the problem. If the issue is deemed to fall within the scope of the 5-Year Limited Warranty, you will be asked to mail the product (at your cost) in its original package along with proof of purchase, your name, address, and phone number. If the issue is not deemed eligible under warranty, we will provide a quotation for repair or replacement, including return shipping fees.

Third-Party Repairs

This warranty complies with the federal Magnuson–Moss Warranty Act. You may use third-party parts or services for repairs without voiding this warranty, unless the repair itself causes damage to the product. We encourage you to retain your proof of purchase and contact our customer service team with any questions.

Unauthorized Sellers

This warranty applies only to products purchased from us. Products purchased from unauthorized sellers — including third-party platforms or online marketplaces (such as eBay or unverified Amazon sellers) — are not covered by this warranty. This policy is in place to protect customers from counterfeit, altered, or used products that may not meet our quality standards.
If you're unsure whether your seller is authorized, please contact our support team.

Exclusions

This warranty does not cover damage caused by misuse or abuse; accident; the attachment of unauthorized accessories; alterations; improper installation; misapplication; lack of reasonable care; unauthorized repairs or modifications; improper electrical/power supply; worn batteries; normal wear and tear; power loss; dropped product; failure to follow instructions; lack of recommended maintenance; transit damage; theft; neglect; vandalism; or environmental conditions.
This warranty is void if the product is used in a commercial or business environment.
The maximum liability under this warranty is limited to the actual purchase price paid, as confirmed by proof of purchase. The warranty is effective only in the country where the product was purchased and used.

Legal Notice

This warranty gives you specific legal rights, and you may have other rights which vary from state to state.
THE WARRANTY PROVIDED HEREIN SHALL BE THE SOLE AND EXCLUSIVE WARRANTY. ANY IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO THE LENGTH OF THIS WRITTEN WARRANTY.

IN NO EVENT SHALL WE BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES ARISING FROM USE OR INABILITY TO USE THE PRODUCT.
We do not authorize any third party — including retailers or resellers — to modify the terms of this warranty.
This warranty does not apply to opened, used, repackaged, or resold products, including those sold through online auctions or unauthorized channels.

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Assembled in Taiwan

Annex 1 – Electromagnetic Compatibility

A1.1 Important information regarding Electro Magnetic Compatibility (EMC)

With the increased number of electronic devices such as computers and mobile (cellular) telephones, this device in use may be susceptible to electromagnetic interference from other devices, even if it complies with CISPR emission requirements. Electromagnetic interference may result in incorrect operation of this device and create a potentially unsafe situation. Besides, this device should also not interfere with other devices. In order to regulate the requirements for EMC (Electro Magnetic Compatibility) with the aim to prevent unsafe product situations, the IEC 60601-1-2 standard has been implemented. This standard defines the levels of immunity to electromagnetic interferences as well as maximum levels of electromagnetic emissions for medical devices. This device conforms to this IEC 60601-1-2 standard for both immunity and emissions. Nevertheless, special precautions need to be observed: The use of the device adjacent to or stacked with other device should be avoided because this could result in improper operation. In case such use is necessary, the device and the other device(s) should be observed to verify that they are operating normally.

A1.2 Guidance and manufacturer's declaration – Electromagnetic emission

This device is intended for use in the electromagnetic environment specified below. The user of this device should make sure it is used in such an environment.

Test Standard	Test Item	Test Level	Electromagnetic environment – Guidance
EN 55011 / CISPR 11	Conducted Emissions of Powerline	Group 1	The device uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
EN 55011 / CISPR 11	Radiated Emissions	Class B	This device is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
EN/IEC 61000-3-2	Harmonic Current Emission	Not applicable (Note 1)	–
EN/IEC 61000-3-3	Voltage Fluctuations and Flicker	Not applicable (Note 1)	–

Test Standard	Test Item	Test Level	Electromagnetic environment – Guidance
Note 1: The power supply of this device is from battery (DC voltage), so Harmonic current emission, Voltage fluctuations & flicker, EFT, Surge, CS and DIP tests are not applicable for this device.			
Note 2: Standards applicable to other modes or EM ENVIRONMENTS of transportation for which use is intended shall apply.			

A1.3 Guidance and manufacturer's declaration – Electromagnetic immunity

This device is intended for use in the electromagnetic environment specified below. The user of this device should make sure it is used in such an environment.

Test Standard	Test Item	Test Level	Electromagnetic environment – Guidance
IEC 61000-4-2	Electrostatic discharge	Contact: ± 8 kV; Air:±2 kV, ±4 kV, ±8 kV, and ±15 kV	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%. Portable and mobile RF communications equipment should be used no closer than 30 cm (12 inch) to any part of this device.
IEC 61000-4-3	Radiated RF EM fields	10 V/m; 80 MHz to 2.7 GHz; 80% AM at 1 kHz	Portable and mobile RF communications equipment should be used no closer than 30 cm (12 inch) to any part of this device.
IEC 61000-4-3	Proximity fields from RF wireless communications equipment	Not applicable (Note 1)	–
IEC 61000-4-4	Electrical fast transients / bursts	Not applicable (Note 1)	–
IEC 61000-4-5	Surges line-to-line	Not applicable (Note 1)	–
IEC 61000-4-6	Conducted disturbances induced by RF fields	Not applicable (Note 1)	–
IEC 61000-4-8	Rated power frequency magnetic fields	30 A/m 50 Hz and 60 Hz	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
IEC 61000-4-11	Voltage dips and interruptions	Not applicable (Note 1)	–
ISO 7637-2	Electrical Transient Conduction along Supply Lines	Not applicable (Note 2)	–
Note 3: The power supply of this device is from battery (DC voltage), so Harmonic current emission, Voltage fluctuations & flicker, EFT, Surge, CS and DIP tests are not applicable for this device.			
Note 4: Standards applicable to other modes or EM ENVIRONMENTS of transportation for which use is intended shall apply.			

A1.4 Recommended separation distance between portable and mobile RF communications equipment and this device

This device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of this device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and this device as recommended below, according to the maximum output power of the communications equipment.

Test frequecy (MHz)	Band (MHz)	Service	Modulation	Maximum power (W)	Immunity test level (V/m)	Separation distance (m)
385	380-390	TETRA 400	Pulse modulation [b] 18 Hz	1.8	27	0.3
450	430-470	GSMR 460; FRS 460	FM [c] ±5 kHz deviation 1 kHz sine	2	28	0.3
710 745 780	704-787	LTE Band 13, 17	Pulse modulation [b] 217 Hz	0.2	9	0.3
810 870 930	800-960	GSM 800/900; TETRA 800; iDEN 820; CDMA 850; LTE Band 5	Pulse modulation [b] 18 Hz	2	28	0.3
1720 1845 1970	1700-1990	GSM 1800; CDMA 1900; GSM 1900; DECT; LTE Band 1, 3, 4, 25; UMTS	Pulse modulation [b] 217 Hz	2	28	0.3
2450	2400-5800	Bluetooth; WLAN; 802.11 b/g/n; RFID 2450; LTE Band 7	Pulse modulation [b] 217 Hz	0.2	9	0.3
5240 5500 5785	5100-5800	WLAN 802.11 a/n	Pulse modulation [b] 217 Hz	0.2	9	0.3

a) For some service the uplink frequency are included.
b) The carrier shall be modulated using a 50% duty cycle square signal.
c) As an alternative to FM modulation, 50% pulse modulation at 18 Hz may be used because while it does not represent actual modulation, it would be worst case.

Subject to errors and changes