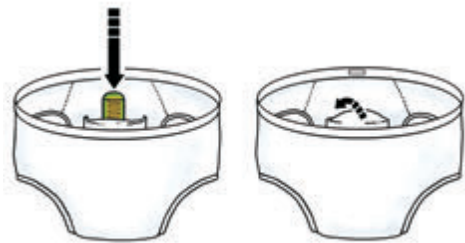


### How to prepare your child and yourself for the night

In order to carry out wake-up training successfully, you should begin by practicing all necessary steps several times with your child.

1. Get up
2. Go to the toilet
3. Empty the bladder properly
4. Exchange the sensor briefs with dry ones
5. Place the rinsed and dried sensor in the pouch of the clean briefs

In the beginning you should support your child with all the steps, until it manages alone. And don't worry if it takes a while before your child is able to get up in time and go to the toilet. It's a very normal process.



### How do I place the sensor in the sensor briefs?

The sensor must be pushed properly into the pouch with the gold side facing towards the body. When the flap is folded towards the body, the sensor is secured to prevent it from slipping out.

**Warning: Never place the sensor directly on your child's skin.**

You must use the supplied briefs.

### What should I do if my child is a deep sleeper?

Place the receiver in your bedroom, rouse your child as quickly as possible when the alarm sounds and under your supervision allow it carry out all the practiced steps.

### How do I clean and dry the sensor properly after a wake-up alarm?

Rinse the sensor under running water and clean it with a mild soap. Afterwards dry it carefully with a paper towel. The sensor is sufficiently dry when the LED stops flashing.

#### Warning:

**Please do not use a hairdryer, as this can be too hot, or towels, as they often contain residual moisture.**



### How can I support and motivate my child?

Wake-up training doesn't work overnight. It can take several months before your child is able to master waking up in time to empty its bladder. Never give your child the feeling that it is not learning fast enough but rather praise it for every success, however small. Only children with a strong sense of self-confidence can achieve long-term success with wake-up training.

### Wake up in time easily – with innovative sensor technology

Forget conventional wearable alarms and bell-and-pad alarms, and whatever good or bad things you've heard about them. The innovative sensor technology in Enutrain® Mobil is proven to work better and make wake-up training considerably easier.

### What advantages does Enutrain® have over wearable alarms?

Wearable alarms cannot distinguish properly between urine and sweat, as they always trigger the alarm as soon as the pants develop a higher electrical conductivity when wet. The modern sensor inside Enutrain® is constantly assessing the moisture on its surface and can thus distinguish between increased perspiration or drops of urine. This minimises false alarms and simplifies the therapy.

### How will my child learn to wake up in time with Enutrain®?

First a bit of theory: Many factors are involved in bedwetting, among others the delayed maturation of the "sleep-wake switch" in the central nervous system. Here the ability to wake up is limited and those affected are often not woken up by loud noises. Essentially one can differentiate between light sleepers and deep sleepers:

**Light sleepers** switch to a light sleep before bedwetting, but without a wake-up signal do not wake up in time. With light sleepers the receiver can usually be kept in the children's room from the beginning.

**Deep sleepers** don't react to noises and usually need to be woken up. This is where your support is required for training. In the beginning place the receiver in your bedroom and rouse your child as quickly as possible when the alarm sounds to accompany it to the toilet in time. As soon as your child reacts more spontaneously, you can try to set up the alarm in the child's room. If your child wakes up alone and carries out the practiced steps, the alarm can remain there. If there are still problems, continue providing support.

Note: Experience shows that with boys the urethra still contains a few drops of urine, which could trigger the sensor again. Teach your son how to properly wipe away the residual urine from the urethra.

### How long does wake-up training usually take?

In principle, the following applies: every case is unique. Bedwetting will by no means disappear overnight; rather, getting up in time will be learnt. Decisive for successful training and the maturation of the „sleep-wake-switch“ in the brain is the shortest possible time lapse between bedwetting and waking up. Helpful with this is also the so-called preicturition, which occurs with about 80% of children with enuresis nocturna: about 1-2 minutes before completely emptying the bladder a few drops are released, triggering the alarm. Should your child make it to the toilet quickly, the wake-up training period will be shorter.

### How can I successfully complete the wake-up training?

If your child no longer wets the bed and wakes up alone to go to the toilet, for safety you should continue the wake-up training for another two weeks. If your child remains dry, you can end the training. If there is another incident, repeat the wake-up training.

Distribution

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# ENUTRAIN®

## The intelligent enuresis wake-up trainer



User's Guide

# Enutrain® Mobil

## The easy way of waking up in time

### General information

Enutrain® Mobil is the intelligent wake-trainer for nighttime bedwetting (enuresis nocturna) and daytime bedwetting (enuresis diurna). The standard version comprises one receiver, one moisture sensor and two sensor briefs in your child's size.

Both the sensor and the receiver contain valuable electronic quartz crystals for wireless transmission. Please handle the device with care and also show your child how to use it carefully.

- Do not expose the sensor and receiver to any heavy knocks
- Prevent it from falling down on hard surfaces
- Remember to remove the sensor from the sensor briefs before washing them
- For day use your child should if possible carry the receiver in a bag



Questions concerning operation are answered in this guide. Please read through it carefully. Should you have any further technical questions, please contact the Procon Team (see back page for address) or refer to our website under [www.enutrain.de](http://www.enutrain.de). We wish you much success with the treatment.

### Where can I get more sensor briefs from?

You can order sensor briefs in packs of two from Procon.

### Can I treat two or more children in one household?

Yes, that's possible. Please contact the Procon Team directly for this.

### Is the radiation really not harmful for my child?

You don't need to have any concerns regarding a high exposure to radiation. The power signal of the sensor is only 5 milliwatts, which is less than one thousandth of the signal of a conventional mobile phone, and it is only emitted when the alarm sounds. The receiver does not emit any radiation.

### How long does the sensor last for?

The sensor has a gold-plated surface and is sealed to protect the electronics and battery from the corrosive urine. With careful handling (like promptly drying it after bedwetting) it will last for about one year.

### How long does the battery last for?

The sensor is permanently on alert yet consumes very little electricity. Upon delivery the battery will last for about 1000 alarm cycles in the first year. Thereafter you should reckon with reduced serviceability.

### What should I do in the event of damage to the devices?

Damages due to improper use and through tampering with the sensor and receiver will not be covered under the warranty. In the event of faults, please contact the suppliers or the Procon Team.

### Important information about the receiver

In addition to a button, the receiver also features a light-emitting diode (LED), which provides you with information about the current status of the device.

### How do I switch the receiver on?

Hold the button down for about half a minute, until the green LED flashes twice and the device beeps twice.



### How can I tell if the device has been switched on correctly?

After switch-on the operational status of the receiver is indicated with a green light that flashes on and off continuously.

### How do I switch the receiver off?

Hold the button down for about one second until the diode turns red.

Then release your finger and the device will beep when it switches off.



### How do I select the different alarm options?

In the default setting the receiver emits an acoustic alarm. If you would like another option, switch the receiver on and wait until the operation status is indicated with a flashing green light. Then press the button down until the LED alternates between flashing in red and green.

Now you can select the desired alarm option by pressing the button:

Press 1x: vibration alarm

Press 2x: combination alarm with beeping and vibration

Press 3x: acoustic alarm with beeping



After the selection the device is ready for operation.

The receiver retains the selected option until you change the setting again.

### How can I tell if the batteries are still fine?

When the receiver flashes the red light instead of the green one, the batteries should be changed shortly. When the battery is almost empty, the receiver will beep and the red light will flash before it switches off.



### What does it mean when the receiver has no reaction?

Usually when the receiver has no light or sound it means that the batteries are empty. If after properly replacing the batteries there is still no reaction, it could be faulty. In this case, please contact the supplier or the Procon Team.

### How to I replace the batteries?

The receiver is equipped with 2 AAA batteries, which you can easily exchange. Please make sure that you use new batteries and insert them with the correct polarity (+ on + and - on -). Under normal circumstances the batteries have a lifespan of about four months.

### What does the LED display on the moisture sensor?

- If the sensor is **ready for use**, the LED will not be on.
- If the **alarm sounds**, the LED signal will flash very quickly for 12 seconds.
- As long as the sensor is **damp**, the LED will flash slowly. When everything is dry, the signal stops and the sensor is ready for use again.

### How do I test the wireless connection?

Place the receiver next to the child's bed and touch the gold side of the sensor in the child's bed with a moistened finger. With a secure connection the alarm receiver will be triggered within two seconds. Thereafter place the receiver in the parents' room and repeat the sensor testing from the child's bed.



### What is the range of the wireless signal?

Under normal circumstances the wireless signal between the sensor and the receiver works at a distance of up to 20 metres, including through thick walls.

### What could interfere with the wireless connection?

Sources with strong electromagnetic waves like TVs, computers, telephones and especially transformers for halogen lamps can interfere with the wireless connection. Should Enutrain® not function in your house, please remove all the named devices from the power plug and repeat the wireless connection test. In many homes the electromagnetic waves are concentrated under the ceiling of the room. For this reason it is advisable that children do not sleep in bunk beds while doing the wake-up training with Enutrain®.

### How do I test the battery for the moisture sensor?

The battery for the sensor usually lasts for about one year. To test the battery condition, simply activate a practice alarm with a moistened finger. If the LED does not flash, the battery is depleted. It cannot be exchanged. If needed, please contact your doctor so that he or she can prescribe you a replacement sensor.

### Can I use rubber mats or rubber sheets with Enutrain®?

Children get statically charged at night when the mattress is covered with a rubber sheet, which can trigger a false alarm. For this reason rather use a molleton sheet as a mattress protection.

### Can I use nappies and panty liners with Enutrain®?

The sensor can only reliably trigger the alarm when it comes into contact with the first drops of urine. Nappies and panty liners usually have moisture-retaining materials that are unsuitable for wake-up training. For the duration of the treatment please use the included sensor briefs.

### Technical details

Power supply	Battery 2 x AAA 1.5v
Operating frequency	423.92 MHz
Transmission power/Range	5 MW pulsed, 15 to 20 metre linear distance
Size / Weight	10.9 X 6.5 X 2.0 cm, 120 g
Manufacturer	PROCON GmbH, Hamburg

