

# How *VibraLITE*<sup>®</sup> can help with:

---

## **INCONTINENCE (UNINTENTIONAL LOSS OF URINE)**

The inability to hold urine until getting to a toilet and unwanted urine leakage during physical activity are very common and frustrating problems to millions. "VibraLITE" is great for Discreet Voiding Reminders. Use the Countdown Timer or Preset Alarms to remind you to use the bathroom at intervals or at predetermined time schedules. (i.e. a schedule of two-hour intervals or at specified times during the day). This voiding scheduling will help avoid incontinent episodes. This "going" not just when you have the urge has proven effective

Set the Countdown Timer for 2 hours and the Vibrations on the wrist will alert you that it is time to void. The Auto-Repeat Feature on the Countdown Timer will automatically reset and countdown for the preset time each time it reaches zero. These "interval" reminders are preset once and continue to repeat until you turn the countdown OFF with a push of a button. The Quick Reset Feature allows you to reset to the original time (i.e. 2 hours) when you need to void prior to leaving home and want to use the ongoing 2-hour reminders again after such an interruption in the routine.

Should your daily schedule (i.e. while driving home, during an appointment, lining up in the school lunch room etc.,) interfere with voiding with regular spaced "interval" reminders, you have the option of presetting variable reminders to remind you to void prior to these inappropriate times. Set an alarm to activate before you are in an activity that is close to the two hours intervals

Also use "VibraLITE" to remind you to take any medications at the correct time. Set an alarm to remind you to do your daily Kegel (Pelvic Floor) Exercises or for any other reminders needed during the day.

---

### **DISCLAIMER**

GLOBAL ASSISTIVE DEVICES, INC. DOES NOT ACCEPT ANY RESPONSIBILITY WHATSOEVER FOR ANY INCONVENIENCE OR NONCOMPLIANCE FOR MEDICATION OR ANY OTHER PURPOSE THE "VibraLITE" WATCH IS USED FOR.

CONSULTATION WITH YOUR MEDICAL PROVIDER SHOULD ALWAYS BE DONE WHEN ATTEMPTING TO CONTROL OR TREAT ANY MEDICAL CONDITION.