

# Endossage<sup>®</sup> OPT



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## **Product Assistance**

The makers of Endossage are committed to the safe effective use of our products.

If you need any assistance in the operation of or have questions about our product, please contact your distributor or contact us directly at:

Info@gremedix.com

www.endossage.com

888-748-7077

Please have your product information ready including date and place of purchase along with your product serial number so we can more easily assist you with specific product concerns or questions.



## Warnings and Disclaimers



Endossage is not currently an FDA approved or classified medical device. The makers of Endossage make no specific claims and can not guarantee the efficacy or therapeutic value of Endossage.

Endossage is in the process of FDA device classification and therapeutic trial studies in multiple locations. Check our website for new information regarding updates to the device studies and FDA classification and approval status.

Endossage is not currently a prescription device, however the manufacturer strongly recommends users of the device consult their physician, therapist, or qualified medical professional before using Endossage. The manufacturer holds no liability regarding the use of Endossage for any purpose.

Endossage should be used only as directed in this manual and in conjunction with the advice and training of a qualified medical professional.



If at any time while using Endossage you experience pain, discomfort, or ANY adverse reaction, STOP using the product immediately! Contact your medical professional for advice. If you suspect a product defect or functional problem contact your distributor or contact us directly at:

[Info@gremedix.com](mailto:Info@gremedix.com)

or

888-748-7077

Please have your product information ready including date and place of purchase along with your product serial number so we can more easily assist you with specific product concerns or questions.

## Purpose and Indications

Endossage was developed to augment physical therapy treatments in the area of pelvic pain.

Endossage is designed to compliment such treatments that may involve the use of dilation, manipulation or massage, or trigger point therapies for a wide range of indications.

Individuals that have used Endossage have done so for the following list of indications:

- Painful Sexual Intercourse
- General Vaginal Pain
- High Tone Pelvic Floor Dysfunction
- Vaginismus
- Dyspareunia
- Vestibulodynia
- Vaginal Atrophy
- Vaginal Agenesis
- Vulvar Dermatoses
- Port Radiation Adhesions
- Pudendal Neuralgia

Potential indications may also include conditions stemming from postpartum vaginal trauma, post surgical discomfort from prolapse or bladder mesh surgeries, as well as other uro-gynecological situations.

Check with your qualified medical professional, physician, or physical therapist to discuss if Endossage might be right for you.

## Product Description

Endossage consists of three main components.

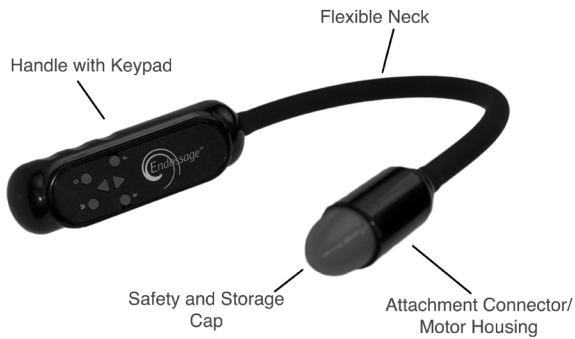
Endossage Base Control Unit includes:

Handle and Keypad

Flexible Neck

Attachment Connector/Motor Housing

Safety and Storage Cap



Power Adapter



Interchangeable Therapeutic Attachment



## Usage Environment

Endossage is an electromechanical device designed for use in a clinical or home use environment.

Endossage should be operated only in a room temperature climate controlled dry environment.

### \*\*\*\*\*CAUTION SHOCK HAZARD\*\*\*\*\*



Endossage should never be operated in extreme and/or outdoor climates or in areas where the device may become wet from the elements or areas which might allow splashing of water or immersion in water such as a bathroom or pool area.



Never immerse Endossage in water or other liquid. Do not wash Endossage Base Control Units under running water as it NOT water proof and will damage the electronic components.

Endossage should be used with the advice and recommendation of a qualified medical professional, physician, or physical therapist.

## Endossage Set-Up

Setting up Endossage is a simple process.

After removing Endossage from the package, be sure you have the following items:

- Endossage Base Control Unit
- Power Adapter
- Therapeutic Attachment (Your therapeutic attachment may vary depending on your purchase option)

1. Remove the storage cap from a selected attachment.

To remove the storage cap:

Hold the base of the attachment and the storage cap as shown.





## Endossage Set-Up con't

While applying slight pressure on the cap toward the attachment, rotate the cap counter-clockwise. The cap will disengage from the attachment and can be completely removed.



2. Inspect the attachment for any damage to the silicone cover or connecting surface.



If damaged in any way STOP - DO NOT USE.



## Endossage Set-Up con't

3. Remove the storage and safety cap from the Base Control Unit

To remove the safety cap:

Hold the Base Control Unit at the attachment connector/motor drive housing with one hand and the safety cap with the other as shown.



While applying slight pressure on the cap toward the attachment connector/motor housing, rotate the cap counter-clockwise. The cap will disengage from the attachment and can be completely removed.



## Endossage Set-Up con't

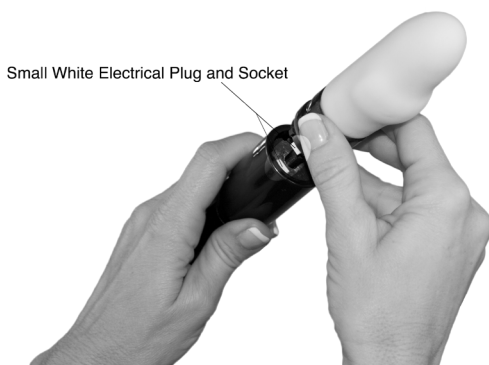
4. Connect the attachment to Base Control Unit.

To connect the attachment:

Hold the base of an attachment in one hand and the Base Control Unit at the attachment connector/motor housing in the other as shown.



Carefully position the attachment over the motor drive shaft such that the small white electrical plug of the attachment lines up with the small white electrical socket of the control unit as shown.



## Endossage Set-Up con't

Notice that the attachment has three locking tabs that are guided by three corresponding slots on the attachment connector/motor housing as you seat the attachment.



Gently slide the attachment down the motor shaft such that attachment seats down enough for the red O-ring to contact both the attachment connector/motor housing rim and attachment lip. You may need to wiggle the attachment slightly as the shaft slides up the inside of the attachment for it to seat completely.



Never operate the unit without the O-ring in place. Doing so will possibly damage the unit and may cause the attachment to disconnect while in use.

## Endossage Set-Up con't

Rotate the attachment clockwise. The attachment will engage the attachment connector/motor housing. You will feel and hear a slight click as it locks into place.



5. Plug the barrel end of the power adapter into the Base Control Unit as shown.



6. Connect the power adapter to a functioning 110 volt AC wall receptacle.

Endossage is now ready for use.



We strongly recommend covering the attachment portion with a probe cover or condom of choice to protect the attachment and promote cleanliness and hygiene and to decrease the risk of infection or adverse contact reaction.



## **How to Operate Endossage**

How you use Endossage is a subject best discussed with your medical professional. Below are instruction on how to use the controls and features of the device to achieve the therapy specified in your particular case.

After initial set-up, operating an Endossage unit is a simple process.

Operating the controls:

### **Massager Power On/Off - M Button**

To turn on the primary therapeutic motion of your device press the M button briefly. This should start the motor and you should see your attachment move as designed. To turn off the massager, press the M button again.

Note: When the unit is powered off or unplugged, all settings revert to their startup defaults.

### **Option Power On/Off - O Button**

Your attachment may have a secondary option such as low G vibration. To turn on the option briefly press the O button. To turn off the option press the O button again. For more information on an attachment option see your attachment instructions.

## How to Operate - con't

### Reverse Motion - R Button

To reverse the motion direction of the massager, press the R button once. The moving profile of the massager will start moving in the direction opposite from before the button was pressed. Press the R Button again to return to the original direction of travel. This can be done at any point and any number of times during the massager operation.

### Pulse Time - P Button

To shorten the period between when a massager automatically changes direction press the P button. This changes the “pulse” or period of oscillation of the device. Each press of the P button will halve the amount of time between direction reversal.

There are 3 settings of pulse; Full, 1/2, and 1/4. To cycle through the settings press the P button.

When the unit is first powered on, the setting is at Full. Pressing the button will change to 1/2. Pressing again will change to 1/4.

Once the unit is at 1/4 pressing the P button will increase the period back to 1/2 and then back to Full with a final press.

The user can thus cycle from Full to 1/2 to 1/4 to 1/2 to Full using this technique.

Tip: By briefly powering off the unit, all settings revert to the defaults and the pulse will return to Full immediately.

## How to Operate - con't

### Speed Controls ▲▼ Buttons

Endossage starts at the highest speed setting at start-up. If desired, the speed of the attachment motion can be adjusted to a more appropriate setting.

Endossage has 8 discreet speed levels.

To decrease to the next lower speed level, press the ▼ button.

To increase to the next higher speed level, press the ▲ button.

When the power to the unit is switched off or if the unit is unplugged, the speed is automatically reset to the highest speed setting.



## **How to Operate - con't**

### **Flexible Neck**

Endossage OPT has a unique flexible neck which allows the user to articulate and position the attachment with relation to the base control unit in such a way that the device use is most comfortable and relaxing for the user.

It is important for the user to properly handle and position the flexible neck so as not to damage parts of the device and also achieve the best positioning

To adjust the flexible neck, grasp the device with two hands. Place one hand on the end of the flexible neck closest to the base control unit. Place the other hand at the other end of the flexible neck at the base of the attachment connector/motor assembly as shown.



## How to Operate - con't

Holding firmly, manipulate the neck to a shape or position you require. The neck is moderately stiff so as to keep the shape desired and may require some effort to articulate, however excessive force should never be used or required.

If needed you can place your hands on any points along the flexible neck as well to achieve the required shape.



NEVER hold the device by the attachment to bend the flexible neck. Force used to bend the neck while holding by the attachment may break the attachment!



If you have difficulty manipulating the flexible neck, check for damage to the device. If the device appears defective, contact your distributor or contact us for more information. If the product appears sound, speak to your medical professional for more guidance.

## **Endossage Product Care**

Endossage requires minimal maintenance and care if used as directed. Proper cleaning and storage both extend the life of the product and reduce the risk of infection or reactions from bacteria or other contaminants that may come in contact with the device.

### **Cleaning**

#### **Base Control Unit**

Before cleaning, be sure the safety and storage cap along with the included red O-ring are installed on the attachment connector/motor housing of the device. Failure to install the cap may result in liquid contaminating the electronics and mechanism resulting in poor product performance or product failure.

GreMedix recommends using bleach based disinfecting wipes on the exterior components of the base control unit and flexible neck portions of the device for cleaning and disinfecting purposes. Clean the unit with the wipes to remove any visible dirt or contaminants. Allow the unit to dry completely before storage or use.

Do NOT use harsh chemicals such as ammonia, concentrated lye, glass cleaners or household cleaners. These substances contain chemicals that may degrade the surface finish of the product and may affect physical properties of the device. Isopropyl alcohol may be used only on a very limited basis and will degrade the product integrity over time as well.

## **Endossage Product Care con't**

### Attachments

Before cleaning, be sure the storage cap along with the included red O-ring are installed on the connector end of the attachment. Failure to install the cap may result in liquid contaminating the mechanism resulting in poor product performance or product failure.

To remove surface dirt and particles, the attachment can be cleaned with regular soap and water while the storage cap is in place. The attachment should be cleaned and rinsed thoroughly and allowed to air dry.

To disinfect the attachment the manufacturer recommends bleach based disinfecting wipes on the silicone and plastic surfaces. After disinfecting with the wipes, we recommend rinsing the attachment thoroughly with clean running water to minimize any irritation that may be caused by the disinfecting solution. The attachment should be then left to air dry before storage or use.

Do NOT use harsh chemicals such as ammonia, concentrated lye, glass cleaners or household cleaners. These substances contain chemicals that may degrade the surface finish of the product and may affect physical properties of the device. Isopropyl alcohol may be used only on a very limited basis and will degrade the product integrity over time as well.

Always inspect the silicone surface of the attachments for nicks or cuts. If any are found, DO NOT USE the attachment. Discard the attachment and use a new one.

## **Endossage Product Care con't**

### **Storage**

#### **Base Control Unit**

When not in use, it is recommended that the base control unit and power adapter be stored in the original foam padded box with the storage and safety cap installed. This will help keep the unit clean for future use and offer protection from accidental damage. One attachment may also be stored in the base unit storage box. Additional attachments should be stored in the purchase box with the storage cap installed and in a clean zipper lock storage bag if possible.

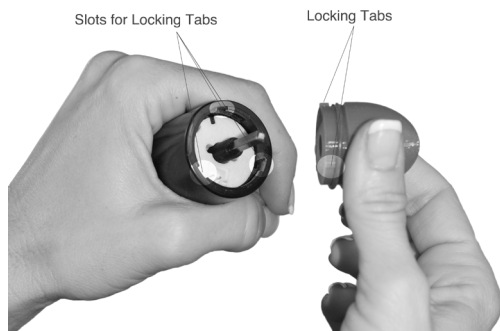
To install the safety and storage cap:

Hold the safety and storage cap in one hand and the Base Control Unit at the attachment connector/motor housing in the other as shown. (Light colored portion for clarity. Standard units will be black in color)



## **Endossage Product Care con't**

Carefully position the safety and storage cap over the motor drive shaft. Notice that the safety and storage cap has three locking tabs that are guided by three corresponding slots on the attachment connector/motor housing as you seat the safety and storage cap.



Gently slide the safety and storage cap down the motor shaft such that safety and storage cap seats down enough for the red O-ring to contact the attachment connector/motor housing.

Rotate the attachment clockwise. The safety and storage cap will engage the attachment connector/motor housing. You will feel and hear a slight click as it locks into place.



## Endossage Product Care con't

### Attachments

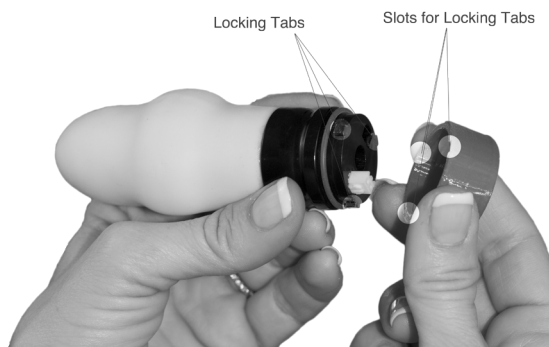
Cleaned attachments should be stored in the purchase box with the storage cap installed and in a clean zipper lock storage bag if possible.

To install the storage cap:

Hold the base of the attachment and the storage cap as shown.



Notice the three locking tabs on the attachment that correspond to three slots on the storage cap. Align the tabs on the attachment with the slots on the cap and insert the attachment until the red O-ring is in contact with both the attachment lip seat and the safety cap rim.



## **Endossage Product Care con't**

While applying slight pressure on the cap toward the attachment, rotate the cap clockwise.

The cap will engage the attachment and can be completely removed. You will feel and hear a slight click as it locks into place.





## **Troubleshooting**

### **Hard to connect attachment**

- Check for damage to connector tabs. If damaged, replace attachment.
- Check for damage to small electrical plug. If damaged, replace attachment.
- Check for debris on connector plug and surfaces of both the adapter and the base unit. Remove debris if found.
- Verify that base attachment connector/motor housing attachment point is in the correct position for attachment alignment. With unit off and unplugged, gently turn the drive shaft counter-clockwise to align small electrical connector to starting point.
- Ensure O-ring is in place

### **Attachment will not disconnect**

- Ensure the attachment is rotated fully counter-clockwise before attempting removal. Rotate fully.
- Wiggle attachment gently while removing. Some slight force is required at times due environmental conditions causing material expansion and contraction.

### **Attachment not moving, slow, or intermittent movement**

- Check to be sure unit is plugged in to a live outlet and turned on. Connect unit to good outlet and turn on.
- Check attachment for physical damage. Replace if damaged
- Ensure attachment is fully engaged to base unit with O-ring in place. Install O-ring if missing and reattach.
- Check for damaged drive shaft on base unit. If damaged contact us for help.
- With attachment removed, verify movement of drive shaft. If no movement and unit is powered on properly, contact us for help.

## **Product Quick Guide**

### **Removing Safety and Storage Cap (page 9)**

Depress gently and rotate counter-clockwise.

### **Installing Attachment (page 10)**

1. Align attachment locking tabs and electrical connector with base connector slots and electrical socket.
2. Slide attachment down drive shaft guided by tabs, slots and electrical connector until attachment O-ring is in contact with motor housing rim.
3. Gently press attachment toward control unit motor housing while rotating clockwise until the attachment clicks into place.

### **Button Overview (pages 13-15)**

- M - Massager/Attachment On/Off
- O - Option On/Off
- R - Reverse attachment motion
- P - Change oscillation pulse duration
- Speed Buttons ▲ ▼  
Increase or decrease motion speed

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