



Malem Enuresis Alarms Instruction Booklet

IMPORTANT
**Please read instruction booklet
before use**

Best Results are obtained when:

- 1. Child is motivated and wants to be dry.**
- 2. Child wakes up to the alarm when activated.**
- 3. Parents/Guardians help to wake up the child when the alarm sounds especially at the early stages of treatment.**
- 4. No lifting, no nappies and no withholding fluids.**

Alarms cure by speeding up the natural process

Golden Rules

1. The child is 100% motivated and wants to be dry.
2. The child understands that waking up to the alarm is the treatment.
3. Parents must initially help the child to wake up when they hear the alarm as all children, including the dry ones, sleep soundly while at home.
4. The children should drink as much as they like.
5. Parents must not 'lift' the child to empty the bladder while the child is asleep.
6. No nappies or pull-ups.
7. Parents must praise and support the child.
8. Parental supervision is advised at all stages especially when setting up the alarm or changing the batteries (see page 33).

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Malem Enuresis Alarms

Instructions for the MO3, MO4, MO5, MO6, MO17 & MO24 alarms. For Bed-Mat alarms see PAGES 9-11

1. Insert sensor plug into alarm socket making sure the **Easy-Clip™ Sensor** lever is lifted up (see diagram). Do not unplug unless for cleaning or replacement. (Remove battery isolation tag if present)
2. Carefully attach the alarm to pyjama jacket or night dress close to the shoulder and thread cord inside top as shown. For small children, loop and tie cord to shorten length. Attach to material before wearing garment if preferable.
3. For Vibrating alarms, attach on the inside of close fitting top or T-shirt close to the collar bone.
4. For VCA (Light Emitting), attach in a position on client's or child's clothing where it can readily be seen by carer or nursing staff. Alternatively, attach alarm to the end of the bed where it can be seen by nursing staff and secure sensor/mat under bed sheet.
5. For **Easy-Clip™ Sensor**: Lift sensor clip lever, attach to the outside of close fitting underwear, at the location most likely to get wet first, by inserting material inside sensor jaws at the front and closing lever. (Dispose of insulating tag if present)



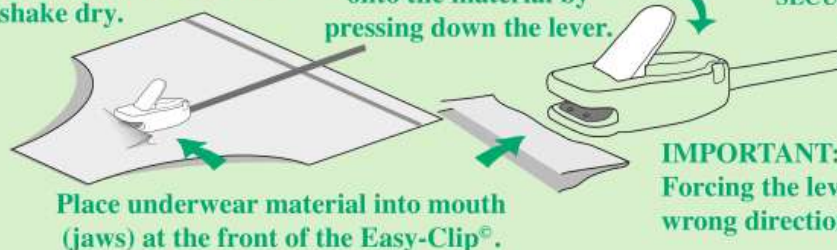
Lowering the lever without any dry material in the jaws will trigger the alarm and prevent the alarm from resetting. Lift the lever and press the reset button.

IMPORTANT:

Regularly **CLEAN** Easy-Clip Sensor in soapy water, rinse and shake dry.

Lock the Easy-Clip® onto the material by pressing down the lever.

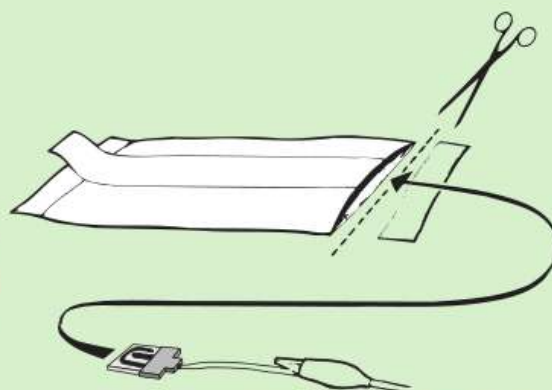
IMPORTANT: DO NOT PLACE ANY MATERIAL UNDER THE SECURING LEVER.



Place underwear material into mouth (jaws) at the front of the Easy-Clip®.

IMPORTANT: Forcing the lever in the wrong direction will break it.

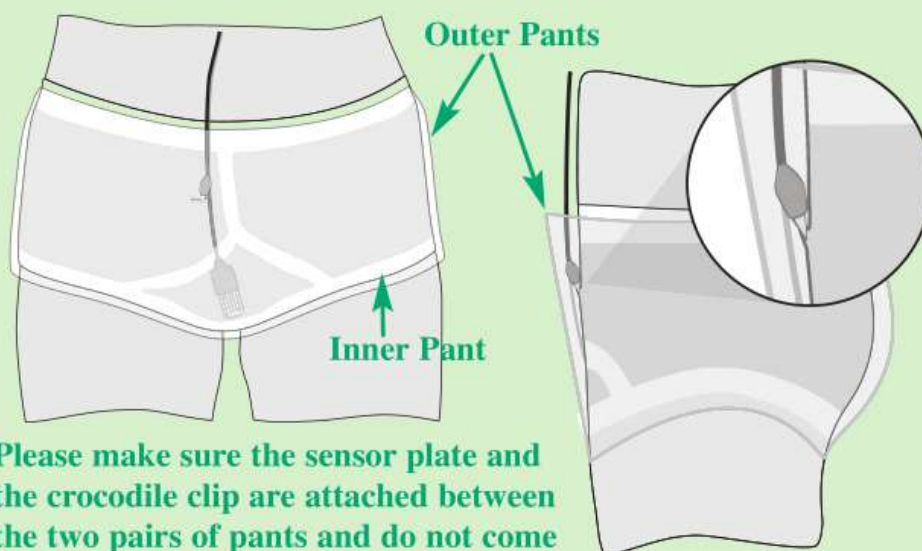
6. For **Standard Sensor**: Cut off one end of the absorbent pad (not supplied) and insert the sensor in between the layers. Anchor with the crocodile clip to prevent sensor from being pulled out. Uncover the backing strip and stick the pad inside a pair of close fitting pants, insuring the sensor is located where it will come in contact with the flow of urine.



**PLEASE NOTE THAT
SENSOR & CLIP ARE
GOLD PLATED.**

Boys who prefer not to use pads can sandwich the sensor between **TWO PAIRS** of cotton briefs (not boxer shorts) or place within fold of Y-Front, and anchor by locating the crocodile clip on the outside below the waistband of the pants. Adhesive tape may also be used to fasten the sensor plate correctly in the area of urine flow. The sensor plate and crocodile clip **must not** be in direct contact with the skin. Avoid nylon/polyester underwear.

7. For **Bed-Mat Sensor**: See instruction on page 9.



Please make sure the sensor plate and the crocodile clip are attached between the two pairs of pants and do not come in contact with the skin.

8. Upon waking up to the alarm, try to stop any more urine from being released from the bladder. Remove the Standard sensor and wipe dry with a cloth. Remove the Easy-Clip™ sensor and keep the lever up. Do **NOT** unplug the cable from the body of the alarm. Stop the sound or vibration by pressing the small reset button, use the lavatory to completely empty the bladder, replace the sensor into a fresh pad or clip to a dry pair of pants as before. **Always test alarm by wetting sensor or closing the Easy-Clip™ lever before use.**
Parental help in waking up children when the alarm sounds is reassuring and helpful especially during the first few nights.

Vibrating 'PCT'- Personal Continence Trainer

- a. The vibration signals the start of urination - retrain the bladder by tensioning the pelvic floor muscles. With practice, it is possible to stop urination until the toilet is reached.
- b. Note down the times of urination as they occur. Gradually, over a period of time, a pattern will be apparent and the bladder can be emptied before wetting.

Light Emitting 'VCA' - Visual Continence Alarm

- a. Can be used to give visual indication of urination so that the client is changed to prevent prolonged exposure of skin to urine with associated risk and complications.
- b. Can be used to develop a toileting regime by tabulating the client's urination times. A pattern can be established and the need for a bedpan or use of toilet anticipated.
 This can result in a significant reduction in management cost as well as an improvement in client's moral.

MO4 & MO4S Ultimate 1 Alarm

The choice of Sound/s Only, Sound/s and Vibration or Vibration Only is selectable by sliding the lever inside the battery compartment to setting 1, 2, or 3 accordingly. See diagram on page 15 and 16.

MO5 Ultimate 1 + Record Alarm

For choice selection of sound, vibration or recording see diagram on page 17. For MO17 see pages 21 and 22. For MO24 see pages 23 and 24.

Important

- **Rapid wakening on hearing or feeling the alarm is vital for success. Most children, including non-bedwetters, tend to sleep soundly and heavily at home. Better results are obtained if Parents/Guardians help to wake the child up on hearing the alarm. The child must wake up sufficiently to be able to recall the event in the morning.**
- Use the progress chart. Great encouragement is derived by seeing steady improvement.
- Always praise the user for a dry night; never scold or chastise for a wet night. Encouragement is the key to success. You can not help a child who does not want to help him or her self. Try and find out why they do not want to be helped, it could be some other problem.
- To avoid relapse use the alarm for a minimum of two weeks after dryness has been achieved. At the same time, increase fluid intake before sleep to achieve over learning and avoid possibility of relapsing at a later stage. Avoid fizzy drinks, tea, coffee & milk.

Hints

- **The Reset Button will stop the alarm from sounding only if the Standard Sensor plate is dry or the Easy-Clip™ lever is LIFTED OPEN and REMOVED from the underwear.**
- **Do not unplug the sensor from the Alarm.**
- There is no on/off switch that could allow the alarm to be switched off and ignored. Current drain on the batteries is minute except when the alarm is sounding.
- The sensor is positively locked to the alarm to prevent accidental disconnection. However, the sensor can be unlocked and detached for cleaning or replacement. **Do not unplug the sensor from the alarm during normal use.**
- It is intentional that one of the sounds of the Eight Tone Alarm (8T) does not stop immediately upon pressing the reset button.
- **REGULARLY CLEAN the Easy-Clip™ sensor in soapy water, rinse and shake dry to prevent “fluff” and urine accumulation inside the jaws which will prevent the alarm from being reset.**

Batteries (remove isolating tag if present) more important information on page 33
 Batteries are provided free of charge by ourselves during manufacture and units are tested prior to packaging. Batteries are safely secured within the alarm. **They should not be accessed by children.**

Batteries should be replaced only by adults.

Make sure battery cover is correctly fitted.

For model MO3 button size **Alkaline batteries** AG13 or equivalent. L1154, SP675H, V357, LR44, H1154, MR44, RW52, PX675, 675RP, HG13, SR44 or SG13. See diagram on page 14.

PLEASE DO NOT USE ZINC AIR BATTERIES (also known as hearing aid batteries) AS THEY CONTINUOUSLY DISCHARGE REGARDLESS OF BUZZING AND ARE UNABLE TO SUSTAIN POWER TO THE ALARM. (They have a sticker when new and tiny holes on the +ve side). **Do not allow ribbon to slip between batteries.**

For **Ultimate 1 Alarm, Model MO4, MO4S & MO24**, use 2 x AAA Alkaline batteries (see diagram on pages 15,16 & 24). For **Ultimate 1 + Record Alarm, Model MO5 and MO17** use 3 x AAA Alkaline batteries (see diagram on pages 17 & 22). For Model **MO6**, use 4 x AA Alkaline batteries. To change the batteries, remove the battery cover. Take special care to observe correct polarity when replacing all the batteries (see diagram on page 19). Make sure batteries are not loose within the compartment and contacts clean. Do NOT mix old and new batteries.

Batteries do tend to deteriorate during use and storage and it is advisable to test the unit before use; this can be simply done by moistening the finger and touching the sensor or closing the Easy-Clip™ lever. The alarm should always sound, vibrate or light up. If the unit does not respond, replace the batteries. In use, the batteries should not be expected to last more than 1-2 months, so it is advisable to test the unit regularly. Maximum continuous operating time is about 60 minutes per set of button batteries and up to 10 hours for the AAA Alkaline batteries.

Important - please remove batteries and clean sensor if the alarm is not going to be used for some time.

Choice Selection

To change setting combination for MO4 & MO5 remove battery cover and slide lever inside battery compartment (see diagram on pages 15 and 17). Position 1 = Sound/s Only. Position 2 = Sound/s + Vibration. Position 3 = Vibration Only. For MO4S see page 16.

To select message or sound for MO5 & MO6 (see diagram on pages 17, 19 & 20). To record a new message make sure the selection switch is in message position, then press record button and speak into the microphone at the back of the alarm. Maximum recording time is 10 seconds. **Recording a message from Mum or telephone tones is very effective. For MO17 see page 22. For MO24 see pages 23 and 24.**

Sensors

Sensors are an important component and must always be clean and dry. The crocodile clip is gold plated and should be used to anchor the sensor in the correct position on the outside of the under pants. **Wash clean with soapy water and rinse. Remove any material from jaws of Easy-Clip™ sensor. Dry before use. See pages 2, 3 & 13. DO NOT force the Easy-Clip™ sensor lever in the wrong direction.**

Sensor Wire

The wire that connects the sensor to the alarm unit is a vitally important link. The wire is sufficiently flexible to be comfortable in use but sufficiently robust to ensure long life. It will not however tolerate abuse, being bitten or chewed. **Do not use the wire to pull the sensor out of the pad or underwear - always undo the clip.** Do not clip the crocodile clip to the sensor wire. Do not unplug the sensor from the body worn alarms.

Fault Finding

- a) **Unit fails to sound:-** replace batteries, ensure correct polarity. Always use "fresh batteries". Do not use Zinc/Air batteries (the ones with the small holes in the positive side and sticker when new). Make sure ejector ribbon has not slipped between batteries. Make sure battery contacts are clean and free from deposits. Make sure batteries are not loose and are making good contact. Ensure the alarm has not been flooded.
- b) **Unit will not turn off:-** sensor plate is wet (Dry sensor). Sensor is faulty or has a damaged wire replace sensor. Easy-Clip™ sensor lever is closed or material is wet, lift lever, remove material & press the reset button. Easy-Clip™ is dirty and requires cleaning see page 2. Batteries are nearly exhausted please replace batteries. Alarm is or has been flooded.
- c) **Intermittent buzzing:-** faulty sensor. Loose or flat batteries in the battery compartment. Damaged wire.
- d) **IMPORTANT:** If alarm sound is distorted, **remove batteries**, activate the sensor by wetting, unplug the sensor and press the reset button. Add batteries back into alarm and plug sensor back in. Alarm sound should return back to normal when activated.

Guarantee

Under normal usage the Malem Alarm Unit is guaranteed for a period of **three months** from purchase. **This excludes batteries, sensors, Wander-Mats, Dialysis-Mats, Bet-Mats, flooding, misuse or accidental damage.** If the alarm should malfunction during this period please contact us **before sending**. Please remove the batteries and decontaminate the unit/sensor before returning. (see below). Do not return flooded or contaminated alarms.

Repairs and Reconditioning



If your alarm requires repair, we will exchange it for a new one (repairs are not undertaken for hygiene reasons). Please contact us by telephone, e-mail or in writing, for the cost of this service. Please decontaminate the unit before return.

Cleaning


Alarm Unit: Wipe clean alarm and safety pin using mild detergent or skin disinfectant. Use a damp cloth and dry thoroughly. **NEVER IMMERSE IN WATER.**

Standard sensor and all Mats: Rinse with detergent and dry thoroughly. **Easy-Clip™ sensor:** Lift lever and regularly clean in warm soapy water, rinse and shake dry. **If the alarm is to be reused by another client/patient/child then use a new sensor or Bed-Mat. The National Guidelines states one child, one sensor.** To replace the sensor, unlock the sensor by lifting the small tag and gently pulling the plug out of the alarm.

Electrical Safety

Designed to meet all Department of Health and British Standard BS5724 Part 1, RE1004/03 and IEC performance, construction and safety requirements. Maximum current across the sensor is less than 10µA. BSI certificate No.: 115627. BSI EMC test certificate No.: EZ000505. Electrical Safety Symbol  Type BF.  Marked.

Disposal

At the end of the alarm working life, please dispose of the product at a special local Authority Differentiated Waste Collection Centre.   RoHS

Malem Bed-Mat Enuresis Alarm

Instructions for MO3, MO4, MO5, MO6, MO17 & MO24

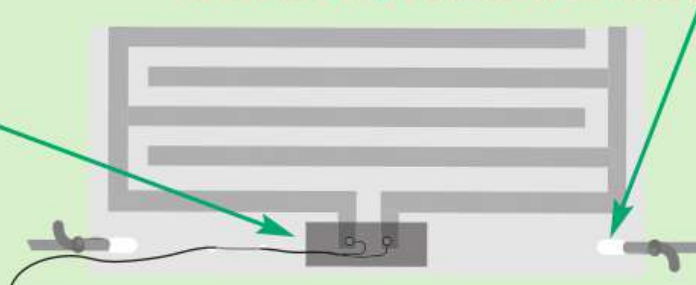
- Under no circumstances should any of the alarms be attached to the users' clothing when using a Bed-Mat.
- Place a clean and dry Bed-Mat correct side up over the mattress in the area which is normally wetted and gently tie down.
- Cover the Bed-Mat with a Clean Dry **Cotton sheet and/or Bath Towel** and make the bed up as usual. Avoid nylon/polyester sheets as they can cause 'false' alarms due to increased perspiration. Adjust cover thickness over the mat to suit.
- Do not place plastic sheets directly under the Bed-Mat as condensation will cause the alarm to trigger. (See diagram page 10)
- Attach the Bed-Mat wire to the chosen Malem Alarm and place the alarm beside the bed apart from the Vibrating alarm which can be placed under the pillow.
- Please tuck in the Bed-Mat wire so that it is not in the way for getting in and out of bed.
- Upon waking to the alarm, try to stop any more urine from being released and use the lavatory to completely empty the bladder.
- The alarm sound can be stopped ONLY when the Bed-Mat wire is unlocked from the alarm and the reset button is pressed.
- The Bed-Mat must be wiped clean with detergent and dried then replaced in a freshly made bed, as before, for reuse.
- Adjust the loudness of the sound with the volume control. (MO6, MO17 and MO24)
- To test the alarm, place a damp cloth across the foil tracks on the Bed-Mat.
- Bed-Mat sensitivity can be reduced by sliding switch on side of MO6 Alarm. (See diagram on page 19)

Under NO circumstances should any of the alarms be attached to the users' clothing when using a Bed-Mat.



Holes for tying Bed-Mat to the mattress.

If using a plastic protective mattress sheet place adhesive tape over the Bed-Mat lower contacts.



Use a BATH TOWEL to cover the Bed-Mat and cotton sheet. Adjust towel thickness to suit.



Pillow

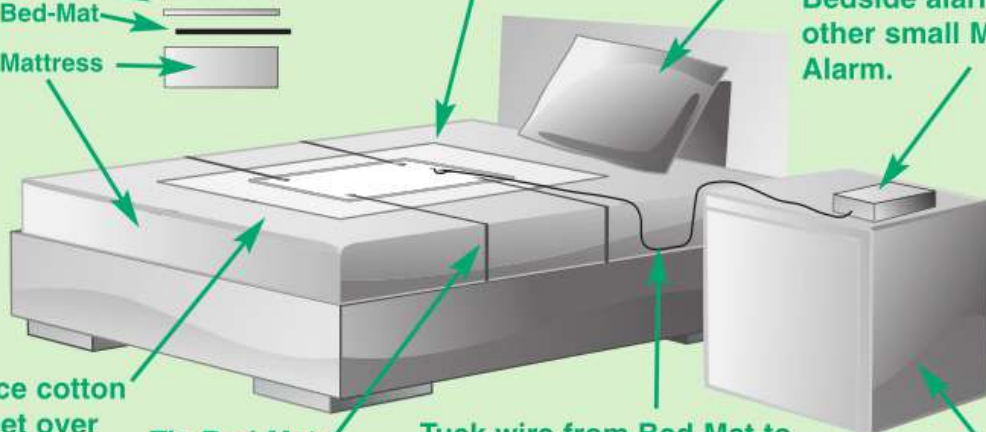
Bedside alarm or other small Malem Alarm.

Place cotton sheet over Bed-Mat.

Tie Bed-Mat around mattress.

Tuck wire from Bed-Mat to alarm away neatly to prevent tripping or entanglement.

Bedside table



Important

- Rapid wakening on hearing the alarm is vital for success but parents believe that bed-wetting children are very heavy sleepers so better results are obtained if parents help to wake the child when the alarm sounds especially during the first few nights.
- To avoid relapse use the alarm for at least 2 weeks after dryness has been achieved. At the same time, increase fluid intake before sleep to achieve over learning and avoid possibility of relapsing at a later stage. Avoid fizzy drinks, tea, coffee and milk.
- Use the progress chart. Great encouragement is derived by seeing steady improvement.
- Always praise the user for a dry night; never scold or chastise for a wet night. Encouragement is the key to success.

Hints

- The reset button will stop the alarm from sounding only if the Bed-Mat is dry or disconnected.
- The Bed-Mat positively locks to the alarm to prevent accidental disconnection. However, it must be unlocked before attempting to reset the alarm.
- Please use a **thicker cotton sheet or place a bath towel** above the Bed-Mat if sweating is triggering the alarm prematurely. Avoid plastic and man-made fibres as they may cause static discharge and false alarm. Reduce alarm sensitivity. (See diagram on page 19)
- Treat the Bed-Mat with care. Avoid folding it or jumping over it.
- Please replace the Bed-Mat with a new one if it has deteriorated and use a new one with each child. (National Guidelines)
- Please note that sleeping directly on an uncovered Bed-Mat or touching it by hand may trigger the alarm.
- Do not place plastic sheets directly under the Bed-Mat as condensation may trigger the alarm.

If used with Wander-Mat Sensor (WM):

- a) **Activation by applied pressure:** place the Wander-Mat (WM) in the appropriate position depending on the way you wish to use it. The Wander-Mat can be placed beside the bed or near the door so that treading on the Mat will activate the alarm. Please place a door mat over the Wander-Mat so as not to trip over the Wander-Mat. Plug into the alarm and place away safely. See page 28.
- b) **Activation by removal of pressure:** place the Wander-Mat (WM) over the mattress but under the sheet, in a position so that the user is laying over it or place on a chair so that the user is sitting on it. Plug the Wander-Mat wire into the 'inverter' then plug the inverter wire into the alarm and place away safely. If the user gets out of bed or out of the chair, the alarm will be activated. See page 28.
- c) Once the alarm is triggered, the LED will be flashing. The buzzer sound can be silenced by pressing the reset button on the top of the alarm. If the sensor remains wet or active then the alarm will sound again within 5 seconds.

If used with Dialysis-Mat Sensor (DM):

- a) Select the correct side of the Mat with shiny tracks up.
- b) Place the Mat over the chair arm.
- c) Plug the Mat wire into the alarm, tuck the wire and place the alarm out of the way in a safe place. See page 27.
- d) Test the Mat by placing a slightly wet tissue over the tracks. The alarm should sound.
- e) If sweating is likely to activate the alarm and sound the alarm cover the Mat surface with tissue paper. Adjust thickness to suit.
- f) Rest patients arm over the Mat.
- g) Wipe Mat clean and dry before use again.

Sensors

Easy-Clip®: Length 79 cm. Keep lever up when not in use. Clean sensor regularly. See page 2 and 26. Forcing the lever in the wrong direction will break it.

Standard: Length 79 cm. Keep clean and wipe dry. The sensor plate and crocodile clip **MUST NOT** be in direct contact with the skin. See pages 3 & 26.

Bed-Mat: 54 x 42 cm. Wire length 220 cm. Keep clean and wipe dry. Always cover with cotton sheet as well as a bath towel. Under no circumstances should the alarm be attached to user's clothing when used with a Bed-Mat. See page 26.

Wander-Mat (Large): 75 x 40 cm. Wire 150 cm. Use pressure on or pressure off (for pressure off use with 'inverter'). See pages 28, 29 and 30.

Wander-Mat (Small): 40 x 37 cm. Wire 150 cm. Use pressure on or pressure off (for pressure off use with 'inverter'). See pages 28, 29 and 30.

Dialysis-Mat: 22 x 17 cm. Wire 100 cm. Keep clean and wipe dry. See page 27.

Malem Ultimate 1S Enuresis Alarm

MODEL MO4S

Sound Selection Switch

Slide to:

1 = Single Sound

Only selected sound will be activated when alarm is triggered

8 = 8 Sequential Sounds

One of the 8 sounds will be activated each time the alarm is triggered.



Lift up lever to attach alarm to garment. **FORCING** the lever in the wrong direction will break it

Lower lever down to lock garment to the alarm

Press button repeatedly until the desired sound, then slide sound selection switch to lock in position 1.



Slide folded garment material between the body of the alarm and lever grip

Reset / Sound Selection button



Carefully attach to garment near shoulder

LIFT TO OPEN

OPEN

Twist slotted screwdriver to slide battery cover

Use 2 x AAA Alkaline batteries
Please observe correct polarity when replacing batteries and keep contacts clean.

Combination Selection Switch

Slide to:

S For Sound/s only

V&S For Sound/s and vibration

V For Vibration only

Sensor locking socket

Do NOT unplug sensor unless for cleaning

Volume selection switch

L = Low

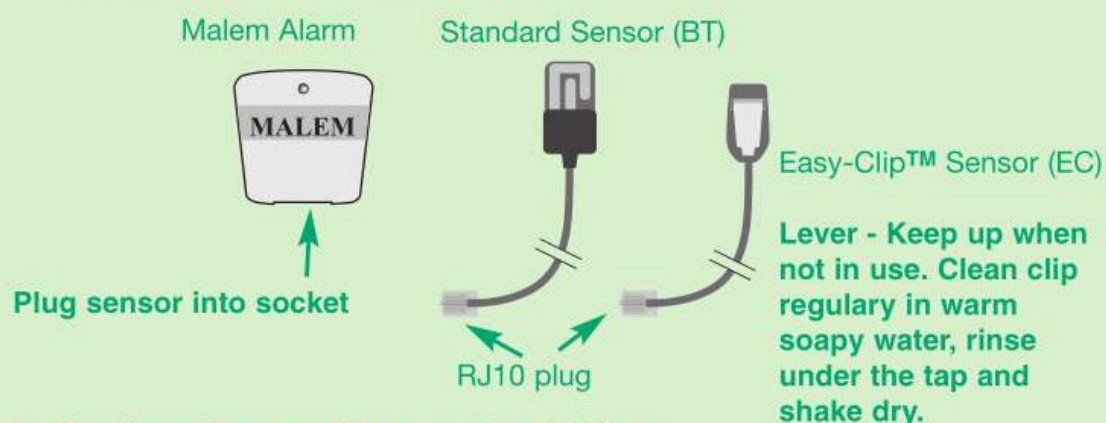
M = Medium

H = High

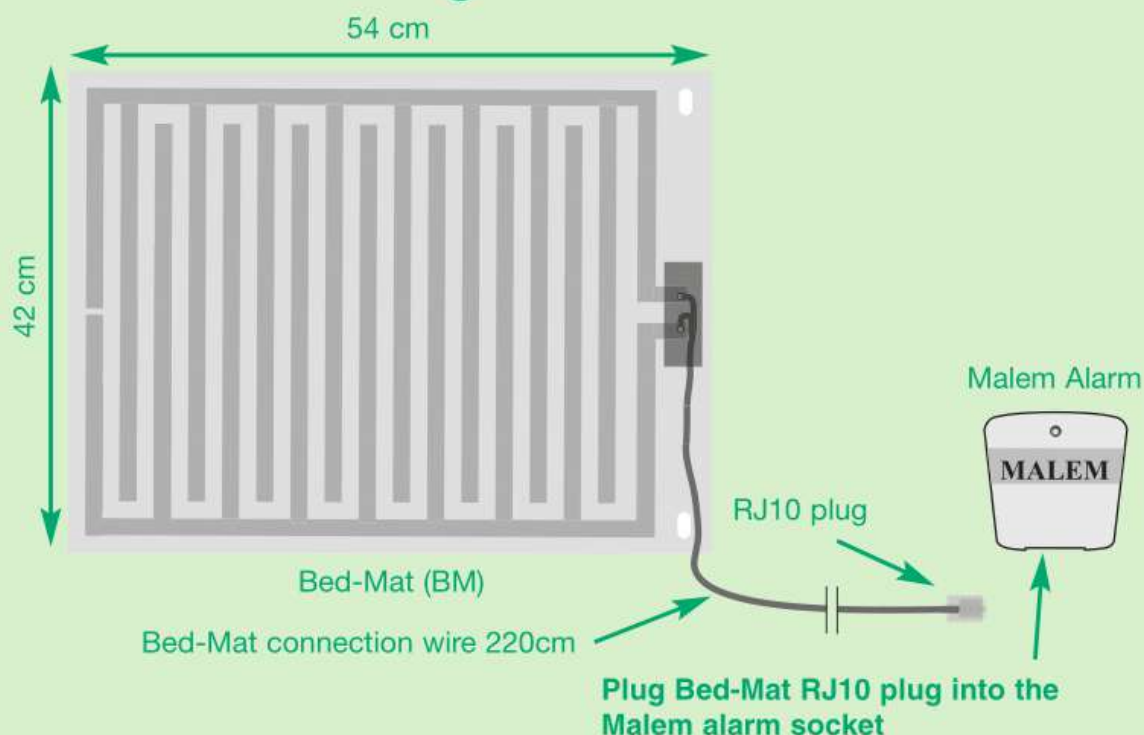
Use Alkaline batteries ONLY

Activation of the alarm using different sensors

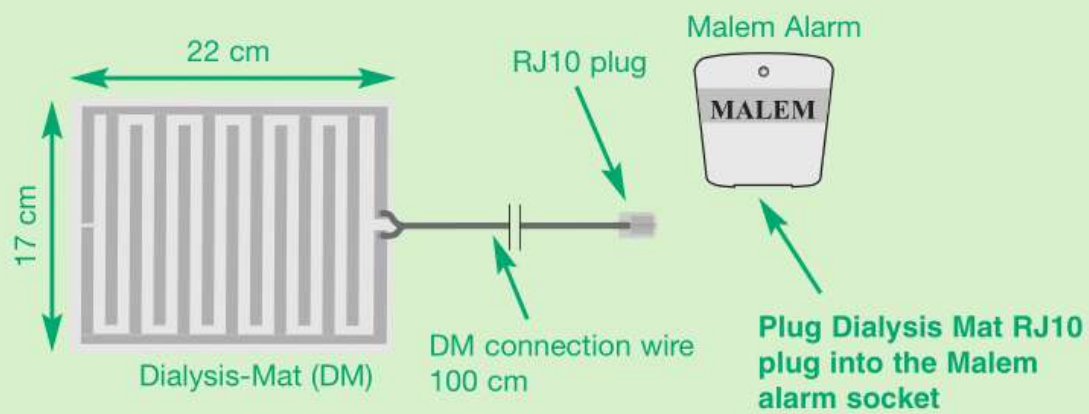
1. Activation by Easy-Clip™ Sensor or Standard Sensor



2. Activation using a Bed-Mat:

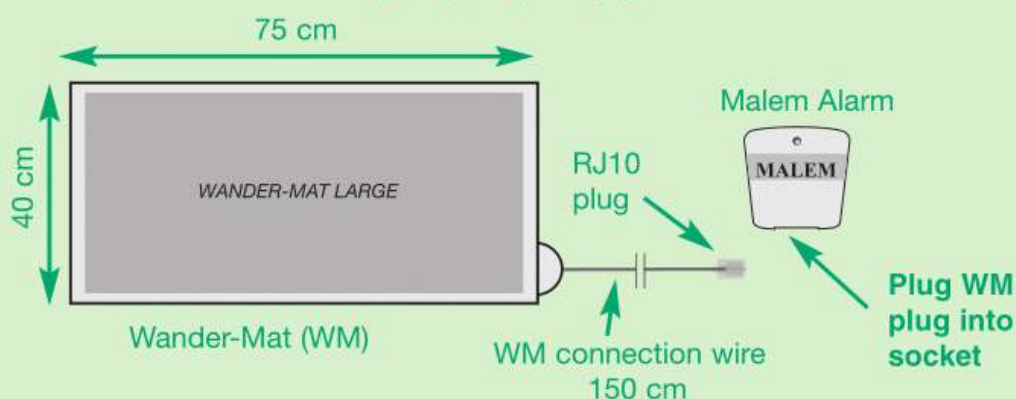


3. Activation using a Dialysis-Mat



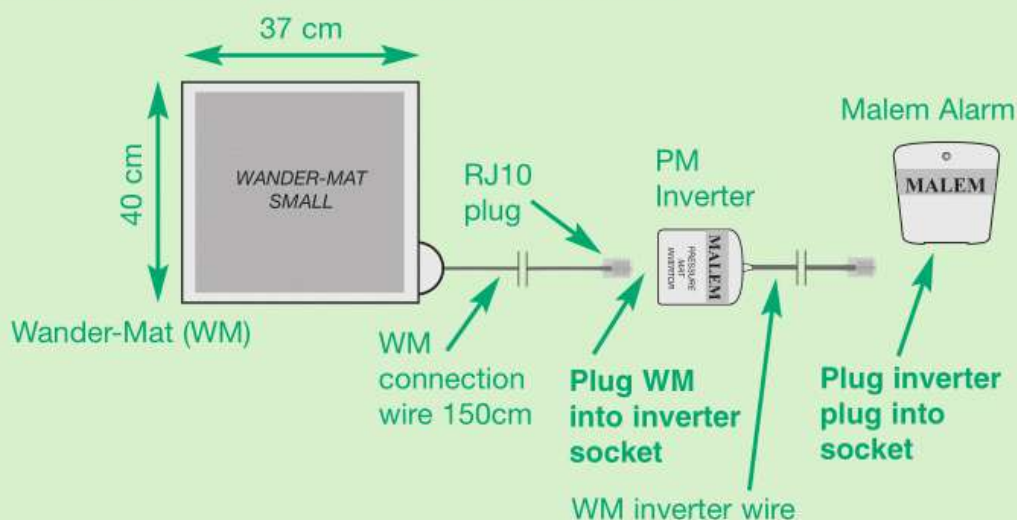
Wander-Mat with inverter (Large and Small)

4. Activation by applying pressure:



5. Activation by removing pressure:

(user **must be** lying in bed or sitting over WM in a chair)



Please note that pressure must be applied to the Mat BEFORE attempting to set up the connection.

Battery Warning

Battery changing should not be done by children. This device has small parts with potential choking hazard. Insert batteries in correct orientation as shown. Remove exhausted batteries as they will leak and damage the metal contacts. Never mix different battery types nor new and used batteries. Do not short circuit the supply terminals. Do not recharge. Use only recommended Alkaline batteries.

Batteries

DO NOT use the alarm if the battery door is faulty. Batteries should only be placed/replaced by an adult. Please make sure the battery cover is correctly fitted following removal of the battery isolation tag (if present) or replacement/removal of batteries. See page 6 for battery information.