



# 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**

# Malem Bed-Mat Enuresis Alarm

## Instructions for MO3, MO4, MO5 and MO6

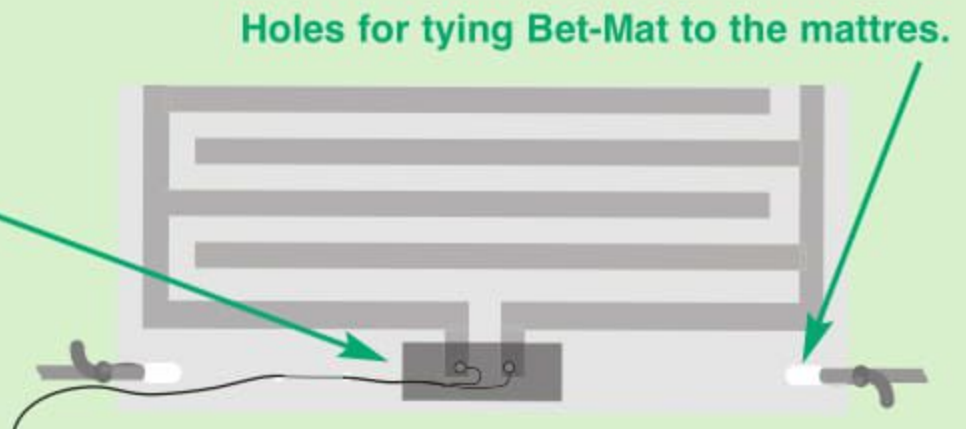
- Under no circumstances should any of the alarms be attached to the users' clothing when using a Bed-Mat.
- Place a clean and dry Bed-Mat correct side up over the mattress in the area which is normally wetted and gently tie down.
- Cover the Bed-Mat with a Clean Dry **Cotton sheet and/or Bath Towel** 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 only)
- 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 17)



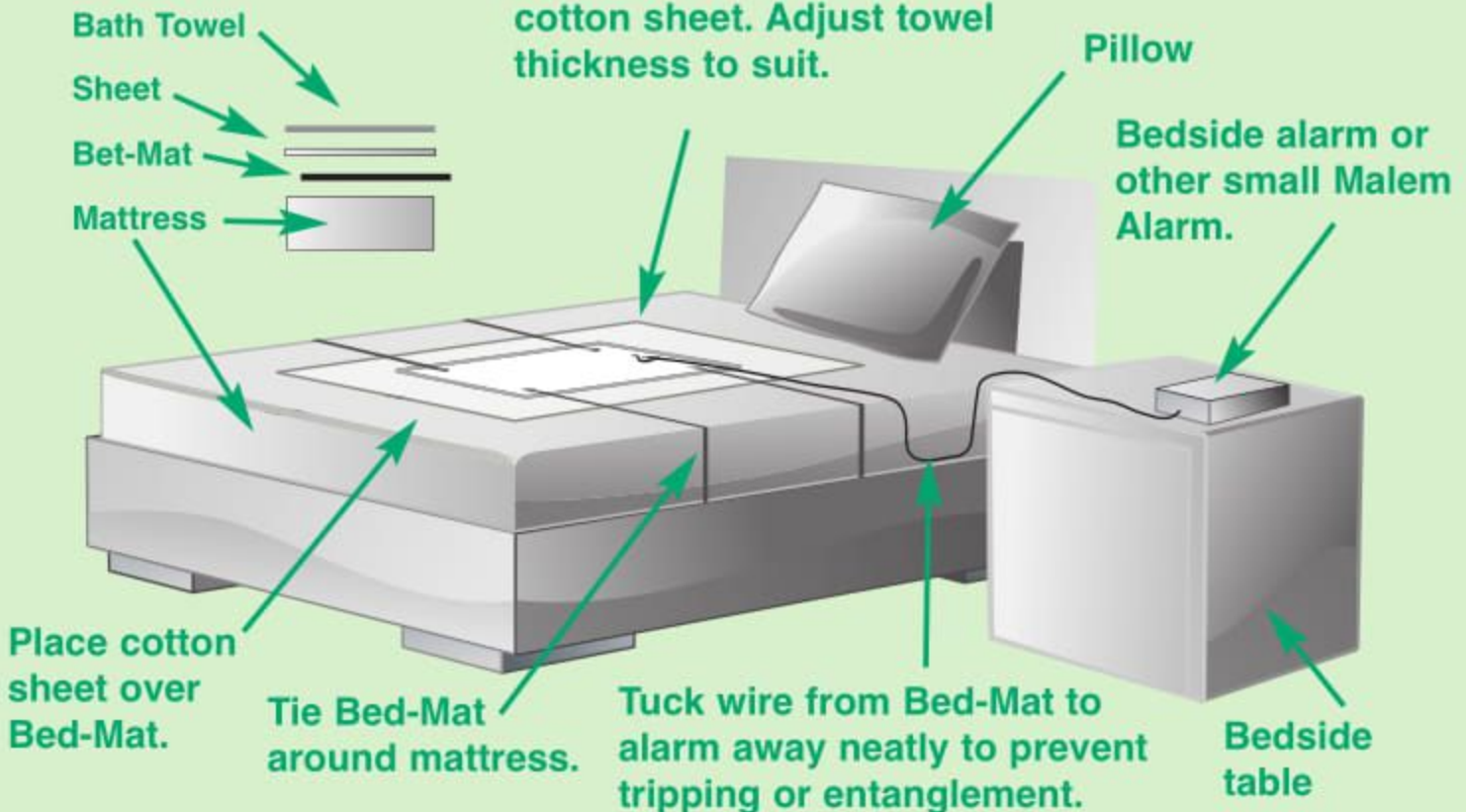
**Under NO circumstances should any of the alarms be attached to the users' clothing when using a Bed-Mat.**



**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.**





## 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.

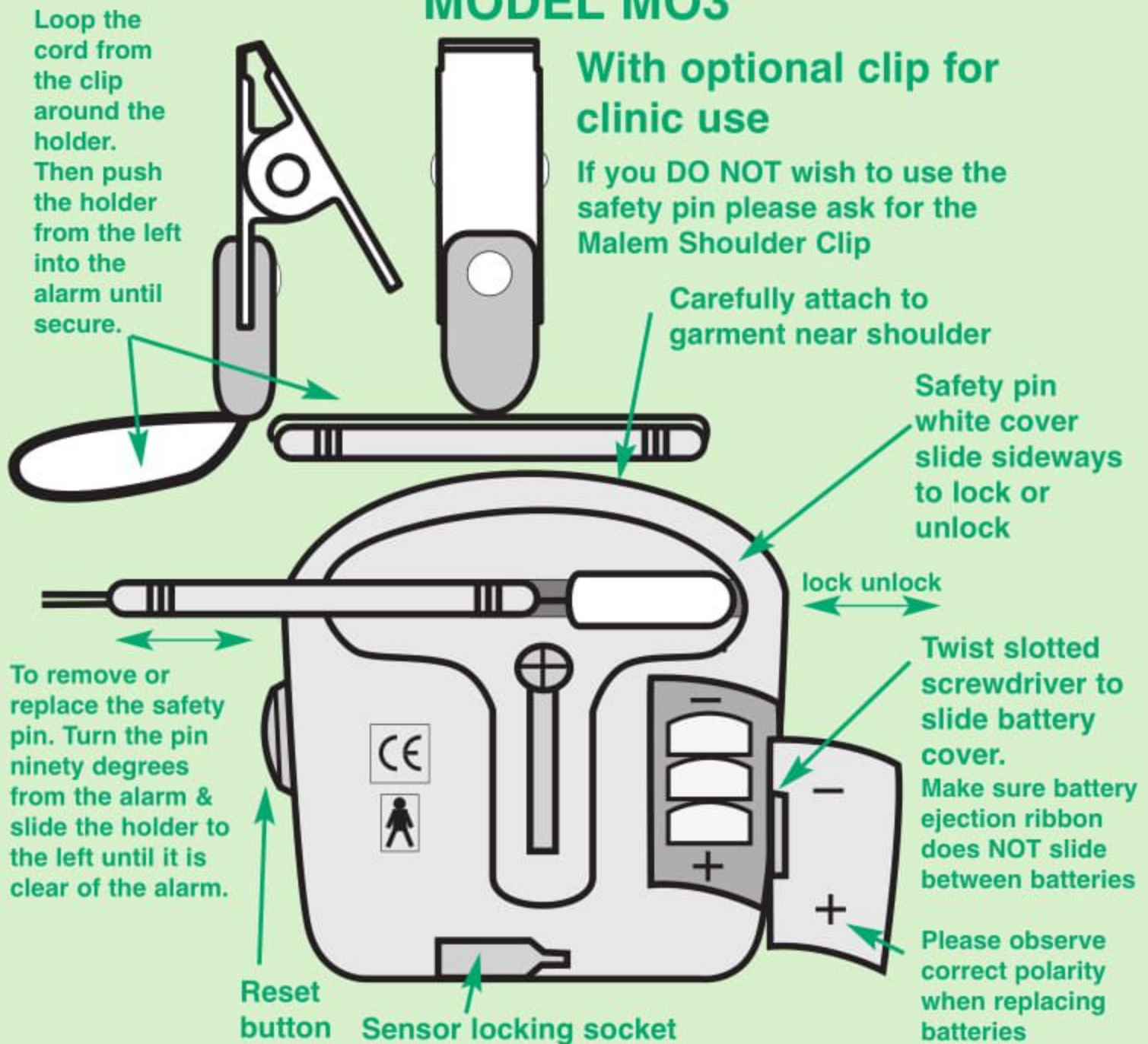
## Hints

- 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)
- 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.



# Malem Enuresis Alarm

## MODEL MO3

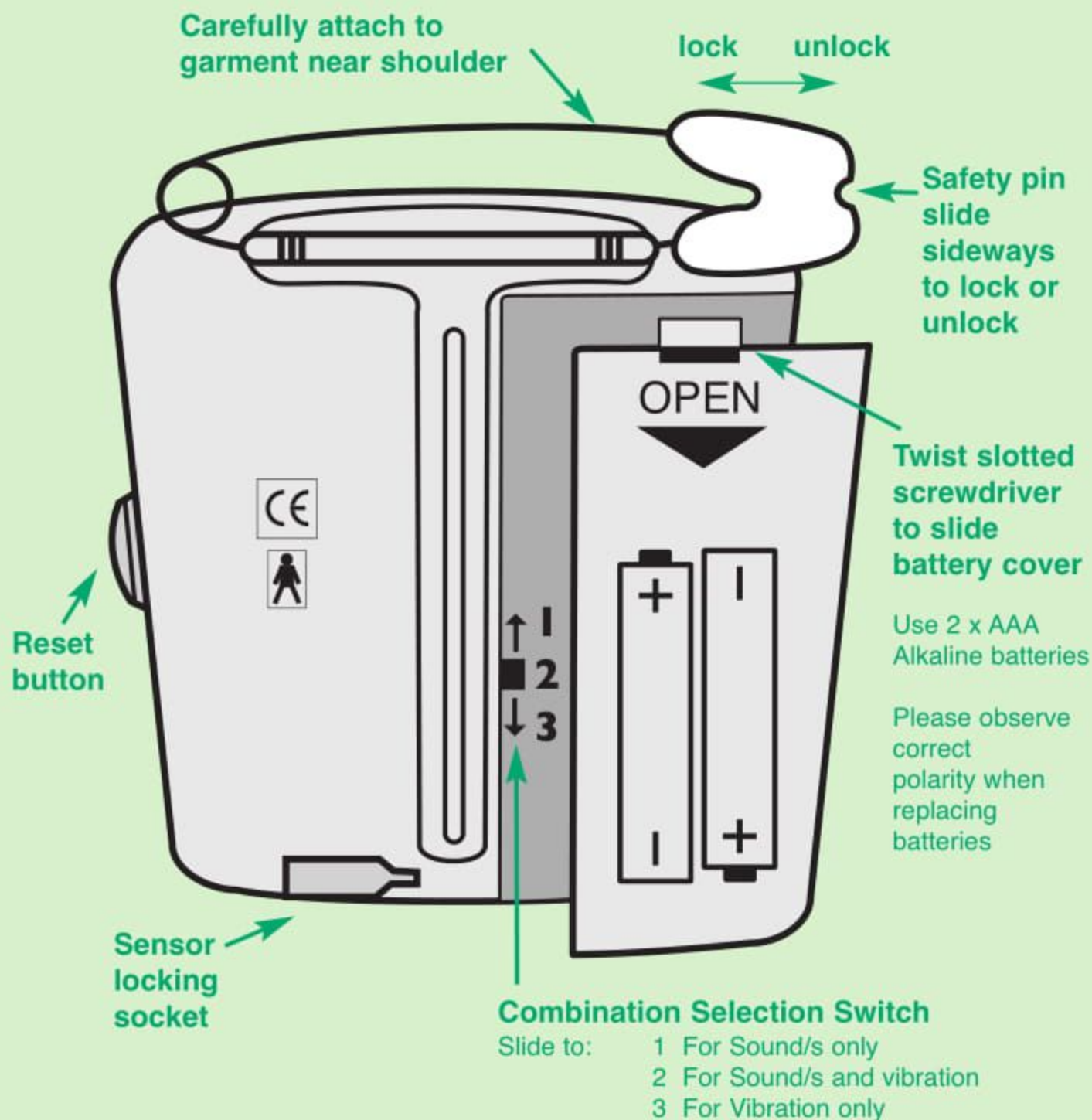


**Batteries** are AG13 or equivalent. L1154, SP675H, V357, LR44, H1154, MR44, RW52, PX675, 675RP, HG13, SR44 or SG13.

**Use Alkaline batteries ONLY**  
**No Zinc/Air please**

# Malem Ultimate 1 Enuresis Alarm

## MODEL MO4



**Use Alkaline batteries ONLY**



# Malem Ultimate 1S Enuresis Alarm

## MODEL MO4S

### Selection Switch

Slide to:

**1** = Single Sound\*

**8** = 8 Sounds\*\*

\*See sound selection switch for choice.

\*\*Sound selection switch must be on in position 1.



Carefully attach to garment near shoulder

lock ← → unlock

Safety pin slide sideways to lock or unlock

Reset button



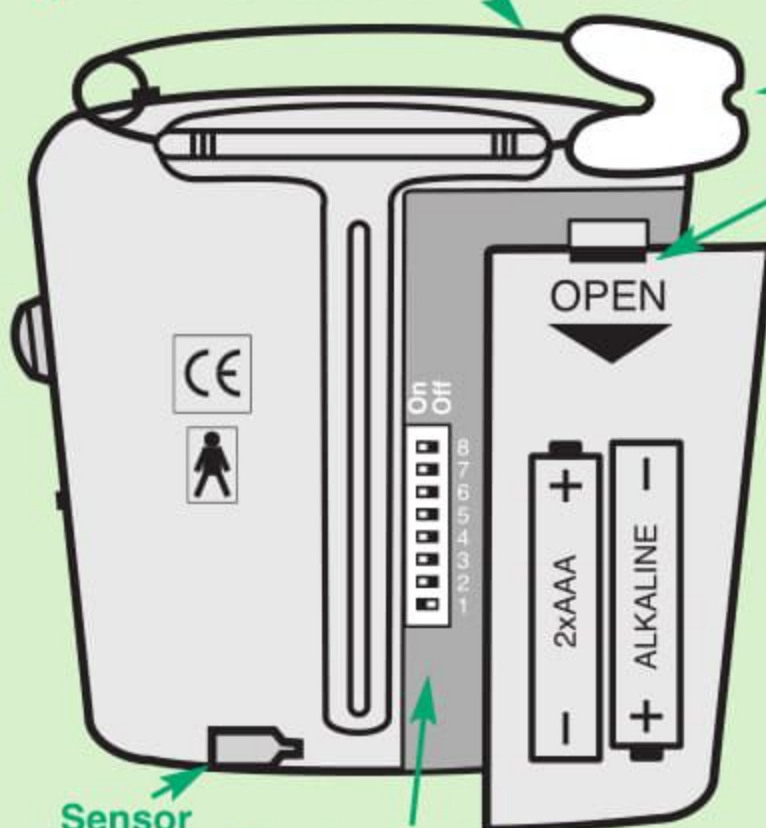
### Combination Selection Switch

Slide to:

**S** For Sound/s only

**V&S** For Sound/s and vibration

**V** For Vibration only



Sensor locking socket

### For 8 sound choice

Only switch position 1 must be on (rest in off position)

Single sound selection switch use a very small screwdriver or paper clip to activate switch - (be careful)

Twist slotted screwdriver to slide battery cover

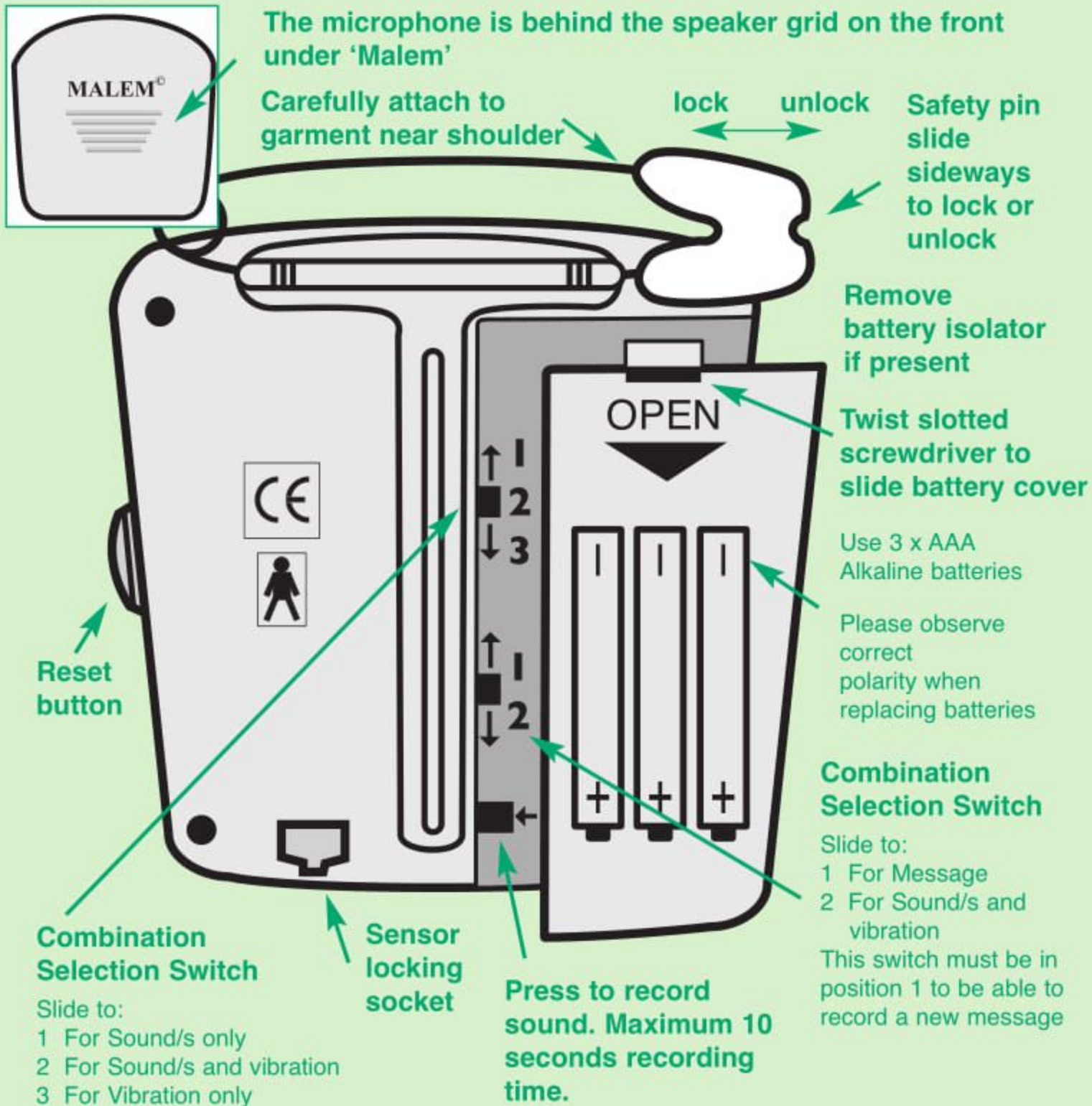
Use 2 x AAA Alkaline batteries  
Please observe correct polarity when replacing batteries



**Use Alkaline batteries ONLY**

# Malem Ultimate 1 + Record Enuresis Alarm

## MODEL MO5

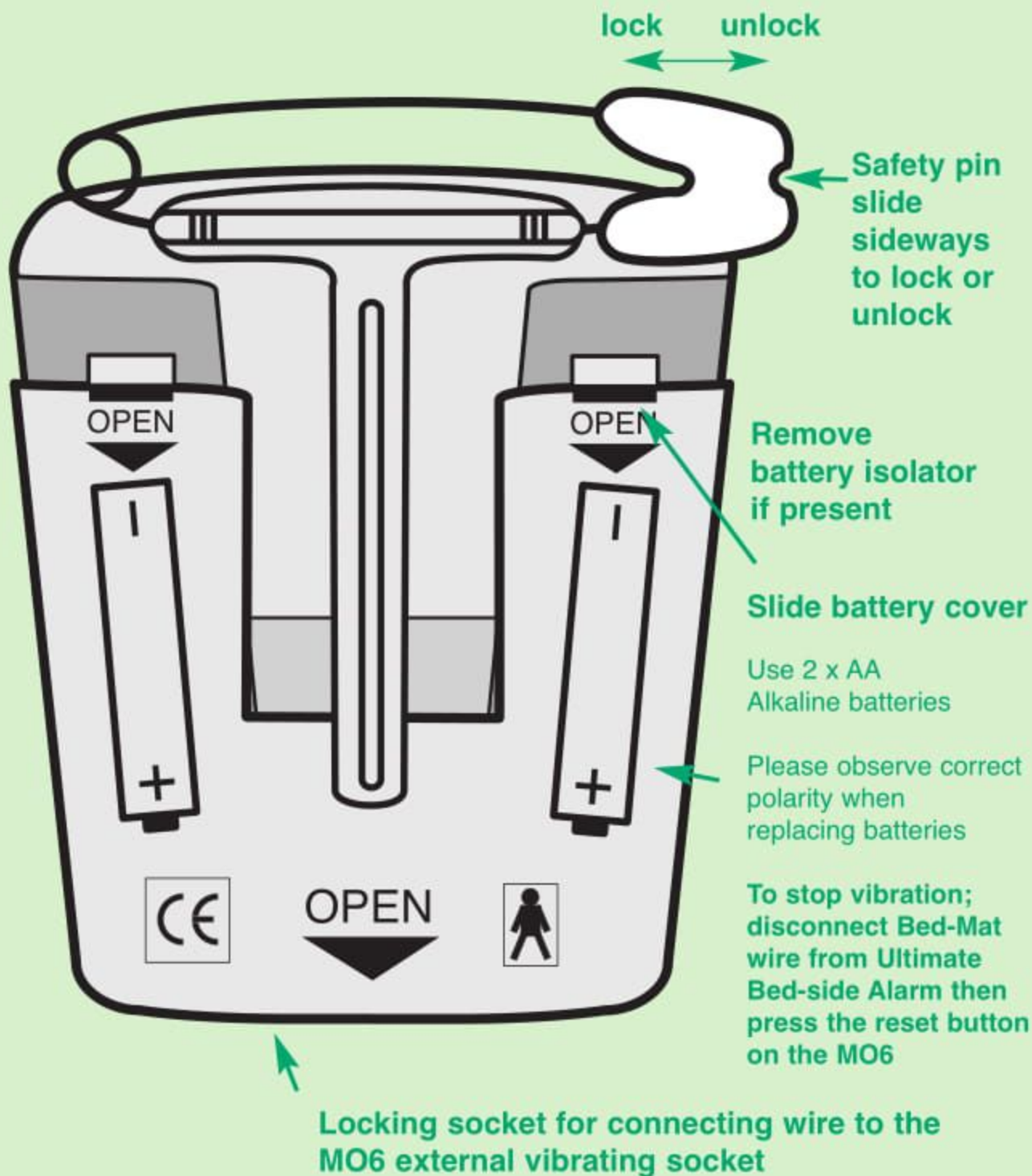


**Use Alkaline batteries ONLY**



# Vibrating Unit for Malem Ultimate Bed-side Alarm

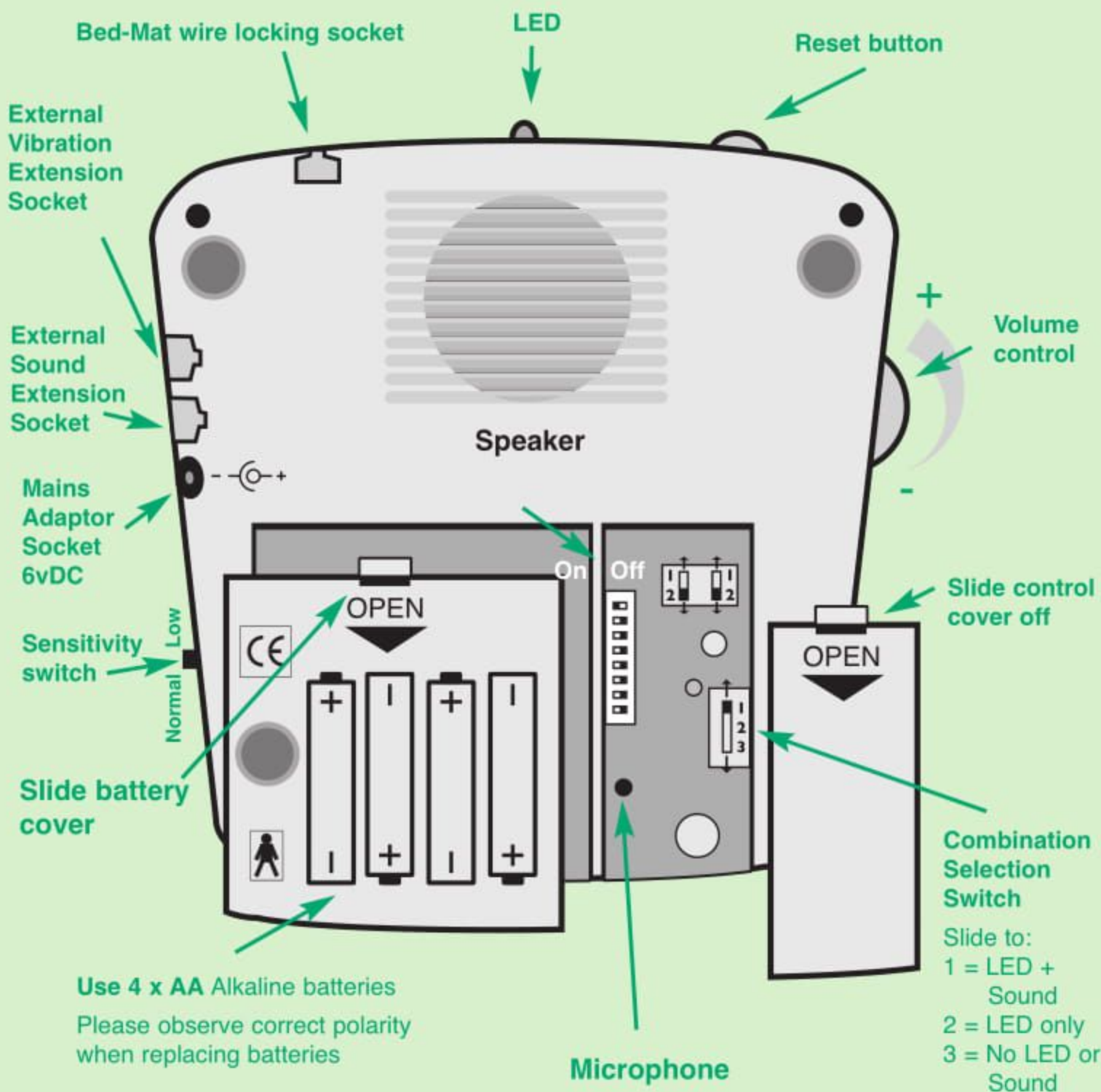
## MODEL MO6V



**Use Alkaline batteries ONLY**

# Malem Ultimate Bed-side Alarm

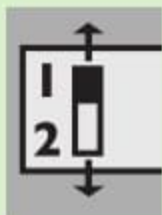
## MODEL MO6



**Use Alkaline batteries ONLY**



★ Single sound selection switch must be on sound 1 (Top switch) for 8 sounds selection to be active



## Combination Selection Switch

Slide to: 1 = 8 Sounds\*      1 = Message  
2 = Single Sound      2 = Sounds

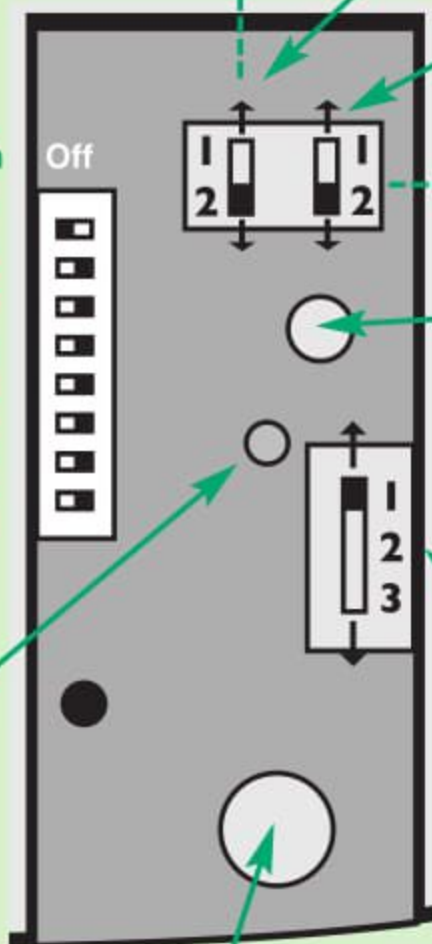
Single sound selection switch  
On ↔ Off  
Select only one

★ Single sound 1  
2  
3  
4  
5  
6  
7  
8

On

Off

This LED is on when recording a new message as long as the record button is pressed

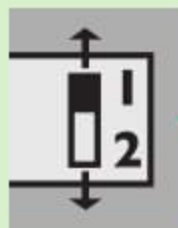


Test Button

## Combination Selection Switch

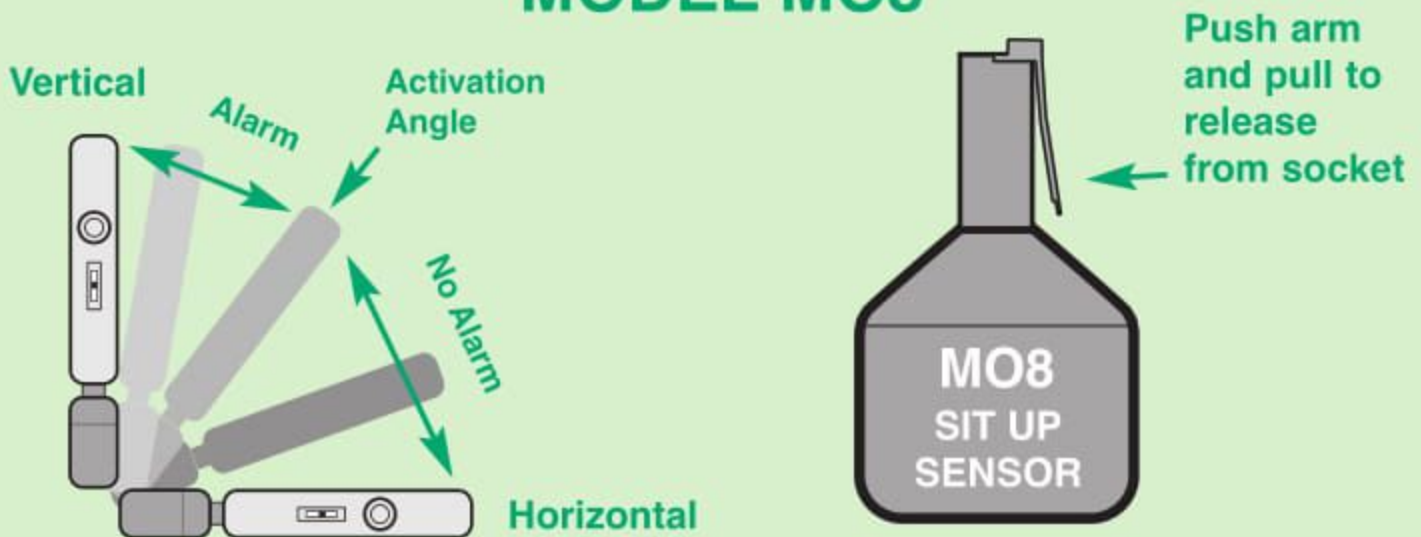
Slide to:  
1 = LED + Sound  
2 = LED only  
3 = No LED or Sound

Press to record (Max 10 secs recording time).  
To record a message the message/sound Combination Selection Switch must be in position 1 (message)



# Malem Sit Up Sensor

## MODEL MO8



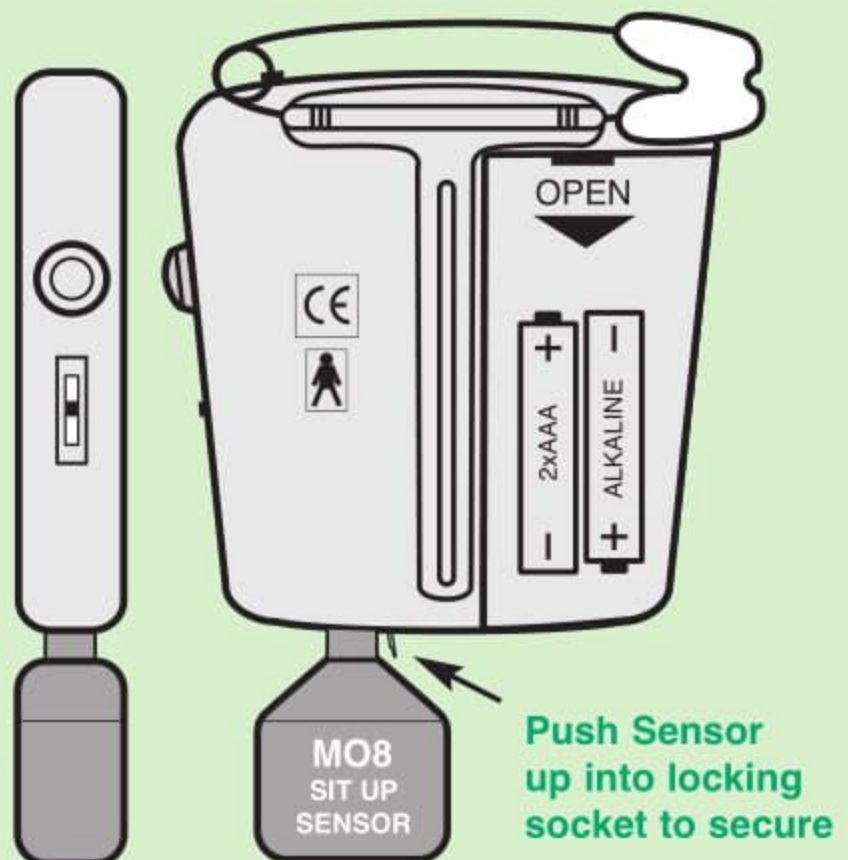
The Alarm will activate if the users movement make the sensor stand upright.

For best results:

1. Attach alarm inside a Pyjama Top pocket or
2. Attach on the inside of a T-Shirt Collar or
3. Clip alarm to an elasticated bandage around the thigh.

To Stop Alarm:

1. Place Sit Up Sensor in horizontal position and press the reset button on the side.
2. Remove Sit Up Sensor from alarm and press the Reset button.



**Sit Up Sensor can be used with all Malem Alarms**