

# *Vibra*LITE 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. “*Vibra*LITE” 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. Vibrations on your wrist allow you to be alerted without alerting anyone else. “*Vibra*LITE” is an attractive sports watch and functions as a real watch. It doesn’t draw attention to the user and provides confidential reminders as often as needed.

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 on “*Vibra*LITE 3” and “*Vibra*LITE 8” will automatically reset and countdown for the preset time (i.e. 2 hours) 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. On “*Vibra*LITE 8”, the Quick Reset Feature allows you to reset to the original time (i.e. 2 hours) with the push of one button. This is convenient 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. The Countdown Timer on “*Vibra*LITE 3” and on “*Vibra*LITE 8” will also provide you with a short one-second reminder at 10 minutes and again at 5 minutes before countdown zero. This little silent reminder is very often helpful to get you to a toilet on time. On “*Vibra*LITE 8” you can set this reminder feature before zero to ON or OFF as you prefer.

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. On “*Vibra*LITE 8” you can preset up to 8 alarms for daily reminders. These alarms will alert you each day at your preset times. Alarms can be turned ON or OFF easily in the Option Mode when wanted. On “*Vibra*LITE 3” you can preset 2 alarms for variable reminders.

When gradual increasing of time intervals is warranted between voids (i.e. reaching 3-4 hours), it is easy to reset the alarms or countdown timer.

Also use “*Vibra*LITE” 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.

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Use the hourly alert feature if you want a quick reminder that is a short -1 second Vibration that will repeat every hour on the hour.

## **BEDWETTING (INVOLUNTARY PASSAGE OF URINE DURING SLEEP)**

An Awakening Routine to urinate at specific times after going to bed is made easy with “*Vibra*LITE”. The vibration feature has definite benefits compared to an audible alarm clock when you do not want to awaken other household members. Children are comfortable using “*Vibra*LITE” while spending nights away from home for camps, sleepovers, overnight field trips etc. because of the silent reminders that do not alert anyone else.

“*Vibra*LITE 3” has two alarms that can be preset. “*Vibra*LITE 8” has up to 8 alarms that can be preset. When the alarm is activated, vibrations on your wrist alert you. The alarm duration is approximately 20 seconds. Both “*Vibra*LITE 3” and “*Vibra*LITE 8” have auto repeat countdown timers that can also be used if the schedule is on an interval basis (i.e. every 3 hours) The Auto-Repeat Feature on the Countdown Timer will automatically reset and countdown again and again every 3 hours 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.

## **POTTY TRAINING**

Plan your Potty Schedule for Frequent Potty Breaks (i.e. 2 hours) and let “*Vibra*LITE” do the reminding. When worn by the parent, you will not forget or need to be constantly watching the clock. When worn by the child, they know it is time to go each and every time the countdown reaches zero and vibrates on their wrist.

Set the Countdown Timer for 2 hours and “*Vibra*LITE” will alert you that it is time to void. The Auto-Repeat Feature on the Countdown Timer on “*Vibra*LITE 3” and “*Vibra*LITE 8” will automatically reset and countdown again and again every 2 hours 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. On “*Vibra*LITE 8”, the Quick Reset Feature allows you to reset to the original time (i.e. 2 hours) with the push of one button. This is convenient when you need to have the child void prior to leaving home and want to then continue use the ongoing 2 hour reminders.

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