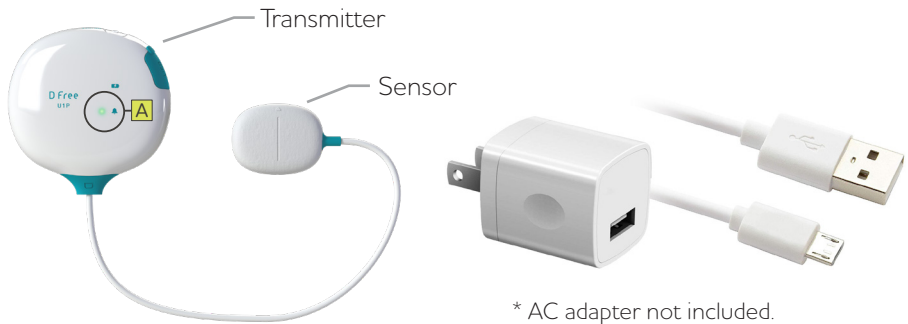# D Free®

Quick Start Guide

Used in over 500 senior care facilities since 2017

The first wearable device for urinary incontinence.

Preparing for **DFree** Use

DEVICE EQUIPMENT

Make sure that you have your DFree device, USB cable and AC adapter. Charge your DFree device with the USB cable. Your device is fully charged when the lower LED (shown as A) turns green. Please note that DFree will not operate while being charged.
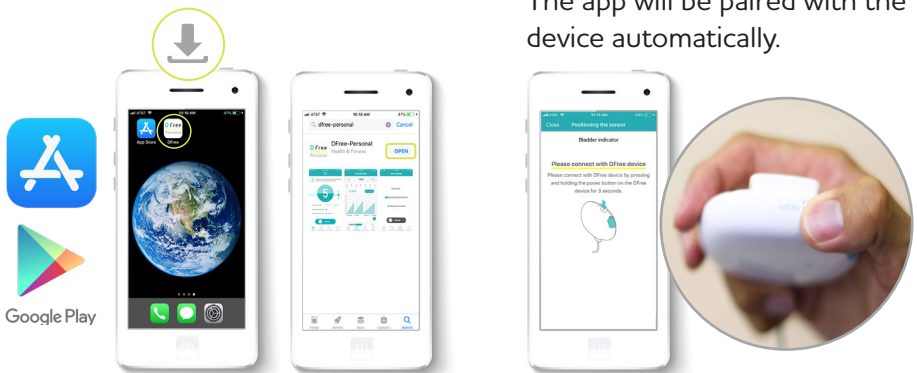
Transmitter

Sensor

* AC adapter not included.

DEVICE APPLICATION

To begin using the DFree device you will need to download and install the DFree-Personal app on your phone/tablet.

1 Visit App Store or Google Play and download and open the DFree app.*

2 Press and hold the power button on DFree device for 3 seconds. The app will be paired with the device automatically.
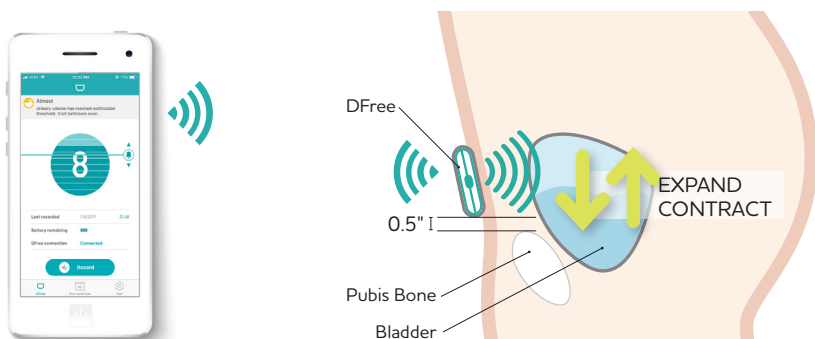
* Be sure to select "DFree-Personal" app.
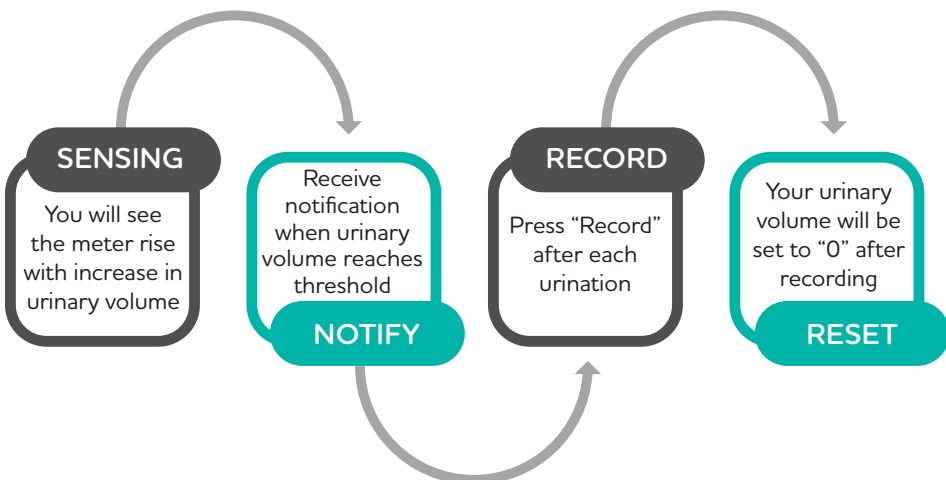
Understanding **DFree**

HOW IT WORKS

Your bladder will expand as you accumulate urine and contract when you urinate. DFree uses ultrasound to measure the size of your bladder* and indicates how full it is on a scale of 1-10.

The wearable device syncs with the app on your phone/tablet to send you notifications when your urinary volume reaches a threshold.

DFree

0.5" I

Pubis Bone

Bladder

EXPAND
CONTRACT

* Your bladder is located above and behind your pubis bone.

DFREE CYCLE

SENSING

You will see the meter rise with increase in urinary volume

Receive notification when urinary volume reaches threshold

NOTIFY

RECORD

Press "Record" after each urination

Your urinary volume will be set to "0" after recording

RESET

How to Attach the **DFree** Sensor

PREPARE

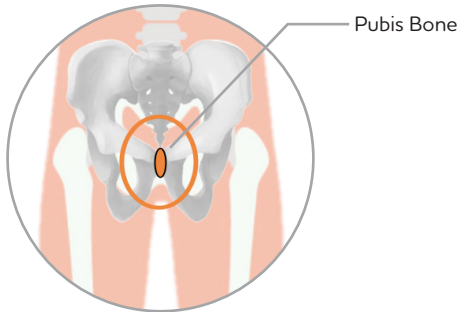
DFREE DEVICE

ULTRASOUND GEL*

MEDICAL TAPE*

TISSUE*

ATTACHING THE DEVICE

1 First, locate your pubis bone which will be used as a reference point for placing the sensor

To locate your pubis bone, place your finger on your belly button and slide it down while pressing down on your lower abdomen. The pubis bone is an area that feels solid.

Pubis Bone

2 To attach the sensor, lower your pants and sit shallow on a chair as shown below

3 Apply gel to the flat side of the sensor that will touch your skin

4 Place the sensor about 0.5" above the pubis bone

Make sure that the arrow on the sensor is pointing up when you place the sensor.

* Ultrasound gel, medical tape and tissue not included.

ATTACHING THE DEVICE (CONT.)

5 Secure the sensor to the skin using one 3" piece of tape and criscrossing two 5" pieces of tape
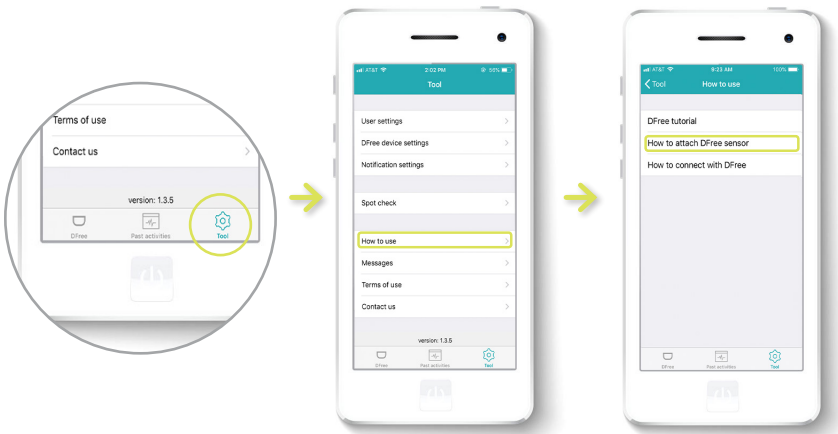

What it looks like after attaching the sensor

NOTE: It may help if you trim your pubic hair

For detailed instructions, please refer to the "How to attach DFree sensor" tutorial within the DFree app.

Go to Tool ❯ How to use ❯ How to attach DFree sensor

NOTE: After attaching the sensor, please wait a few minutes for the urinary volume measurement to appear on the main screen.

D Free®

Check out our tutorial video at
www.dfreeus.biz/movie

How to Use the **DFree** App

SET THE NOTIFICATION THRESHOLD

Move the bell marker (shown as B) **to determine when you want to receive notification. You will receive notification** (shown as C) **when your urinary volume reaches the pre-determined threshold.**

RESET THE METER

Press 'Record' (shown as D) **after each urination. After pressing 'Record', the meter will reset to '0'** (shown as E) **and start recording again as you accumulate urine.**

NOTE: Meter will not reset automatically if you do not press "Record".

FAQs

Q: How accurate is the urinary volume data?

A: Ultrasound sensor is susceptible to movements and body positions. Some stagnation/fluctuation in urinary volume data is normal. We recommend that you check for a trend in urinary volume over time rather than focusing on spot measurement.

Q: Why am I not seeing any urinary volume data on the DFree app?

A: Check the following:

(1) Has it been 1 hour or more since last urination?
(2) Are you sitting shallow in a chair when measuring?
(3) Are you using ultrasound gel?

If you have answered yes to all of these questions, please try locating your pubis bone again with your finger and place the sensor 0.5" above it.

Note: The ultrasound sensor on DFree may not be able to accurately track and collect data from the bladder with users who have any of the following conditions:
- Excessive fat or loose/flabby skin in the lower abdomen area
- Scar(s) from previous surgery or injury
- Problems accumulating urine in the bladder
- Pregnant
- Underage (6 or younger) - bladder may be too small to accurately collect data

Q: Why is the data from Spot Measurement Mode different from Normal Measurement Mode?

A: Spot Measurement Mode takes a reading from specified interval (15 seconds) and the data is also susceptible to movements and body positions. Normal Measurement Mode is designed to provide a trend in urinary volume (i.e. increase in urine over time) rather than focusing on spot measurement.

Q: Why doesn't the urinary volume go down immediately after going to the bathroom?

A: You will need to press "Record" on the DFree app after each urination to set the data to "0" again.

For additional questions please visit our website: **www.dfreeus.biz/support**

Please contact our customer support if you need further assistance.

D Free®

Almost
Urinary volume has reached notification threshold. Visit bathroom soon.

8

Last recorded	1/8/2019	21:48
Battery remaining		
DFree connection	Connected	

Record

DFree | Past activities | Tool