



heat • relax • go

USER GUIDE



IMPORTANT : Please read these instructions upon receipt of this product to ensure the safe and optimal performance of your FlowPants™.

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DISCLAIMER:

THE STATEMENTS MADE WITHIN THIS DOCUMENT HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION (FDA). THESE STATEMENTS AND THE PRODUCTS OF THIS COMPANY ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. YOU SHOULD CONSULT A PHYSICIAN IN ALL MATTERS RELATING TO YOUR HEALTH.

Intended Use

FlowPants™ is a heated undergarment with a controlled heating mechanism. It is designed to mimic the hot tub effect by heating parts of the body that modulate bladder function. The heat range is proprietary. The efficacy of the heat, method of delivery, and placement of heating elements are believed to help with urinary voiding in men.

Safety Issues

- Read and follow all 'Operating Instructions' prior to using this product
- Stop using this product immediately if it becomes damaged or is found to be defective
- Do not attempt to disassemble the battery unit or InfraRed Heating Elements
- If the power pack /control unit or InfraRed Heating Element is broken, cracked or ruptured, avoid contact with skin and discard immediately
- Do not place heating elements directly on the skin, do not use during sleep, do not use around infants, on frostbite, or on desensitized skin as this may cause irritation or burns
- Discontinue use immediately if InfraRed Heating Elements become uncomfortably hot
- Keep out of reach of children
- If battery pack/temperature controller or InfraRed Heating Element is broken, cracked, or ruptured and comes in contact with skin, mouth, or eyes, flush immediately with cold water and consult a physician

- Do not use this product if garment, heating pads, or battery pack/temperature controller will be exposed to wet conditions
- Contact us if you have any questions on the safe use of this product
- Not recommended for children, women who are pregnant, or persons with a heart condition
- Never use this item when it is wet. This product is to be worn with an outershell in the rain
- Do not use this item when outside temperature is above 40°C (104°F)
- Do not wear garment against bare skin
- Check skin frequently to prevent injury
- Shut off power immediately if experiencing any discomfort





Technical Specifications

Material for heat element: carbon fiber thermal heating elements

Materials for FlowPants™: micro fleece, spandex, and elastic

Battery Pack/Temperature Controller (B) Specifications

| | |
|-----------------------------------|-------------------|
| Voltage | 11.1V |
| Capacity | 2200 mAh |
| Input | DC12.6V 1A 12.6W |
| Output | DC11.1V 2.2A |
| Output LED Settings | 1-4 (low-high) |
| Resistance Load | 4Ω - 100 Ω |
| Efficiency of Output Power | > = 98% |
| Charge LED Settings | 0-4 (empty-full) |
| Expected Battery Life | 500 charge cycles |
| Approvals | CE, UL |
| Country of Origin | China |

| Markings on Components | |
|---|--|
| The following icons are used on FlowPants™ components: | |
|  | IEC 878-03-02 This symbol indicates Class II equipment |
|  | <i>Type BF equipment (IEC 878-02-03)</i> Components showing this icon are equipped with a Body Floating (BF) type Applied Part as defined in international standard EN60601-1, clause 2.2.25 |
|  | Conformité European This mark is a declaration by the manufacturer that the respective component complies with the relevant directives and standards as issued by the European Union. |
|  | CAUTION Describes precautions that should be observed to prevent damage to the product. When disposing of this product, it should not be placed in municipal waste but rather in a separate collection. |



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Welcome

Thank you for choosing FlowPants™! Your FlowPants™ device has been designed to help reduce uncomfortable urinary symptoms associated with incomplete bladder emptying, a situation that commonly occurs with prostate enlargement and/or Shy Bladder.

Using FlowPants™ may help with the following symptoms:

- Urinary hesitancy
(“I feel like I need to go but have a really tough time with starting.”)
- Nocturia
(“I have to get up several times in the middle of the night to go.”)
- Increased urinary frequency and urgency
(“I have to go to the bathroom so often, but when I go, I only urinate a little.”)
- Shy Bladder
(“I feel like I get stage fright in public restrooms; I can’t urinate easily and when I feel stressed, it gets even worse!”)



Contents

- (A) FlowPants™
- (B) Battery Pack (12V)
- (C) Connector Cable
- (D) Wall Charger



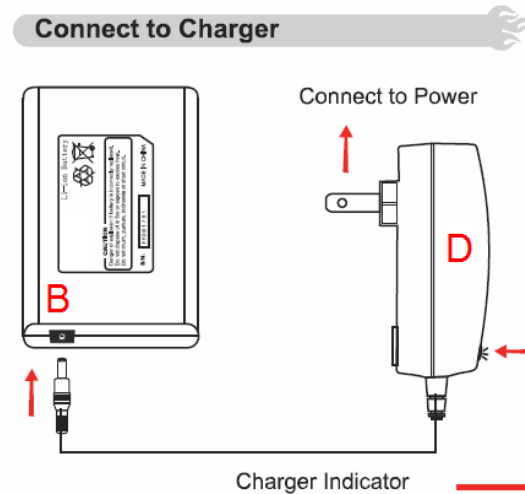
Check that your package contains each of the following:

- FlowPants™ (A)
- Battery pack (12v) (B)
- Connector Cable (C)
- Wall Charger (D)

Note: Please check the package carefully. If you are missing any of the items listed above, please contact the authorized retailer that you purchased the product from. If you did not receive a Battery Pack (B), Connector Cable (C), and Wall Charger (D) with your FlowPants™ product, this may indicate that this is a replacement item and not intended to be the complete package. This omission does not indicate a manufacturer warranty issue.

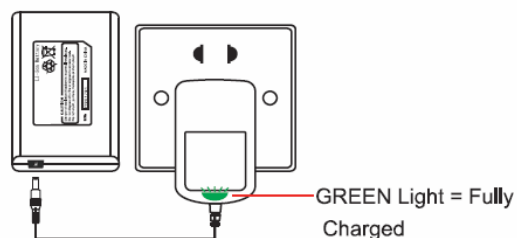
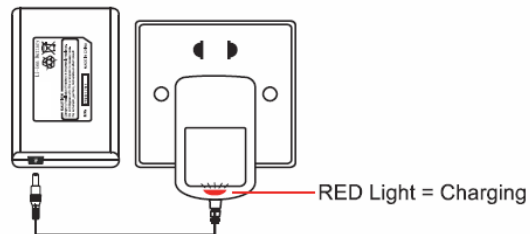
Charging the Battery

- Connect the DC jack from the wall charger (D) to the connector on the battery pack (B).
- Connect the wall charger to any 120V (60Hz) wall outlet.



- The wall charger (D) indicator light should turn red when charging. It should turn green when the battery pack is completely charged. It may take up to 1 hour for the initial charge.

Fully Charge the Battery

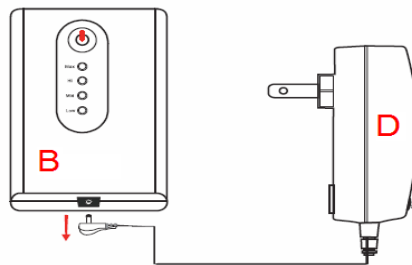




Once fully Charged remove the Battery Pack from Wall Charger. The wall charger indicator light should turn **green** when fully charged.

- Once fully charged remove the charging cable from the battery pack.

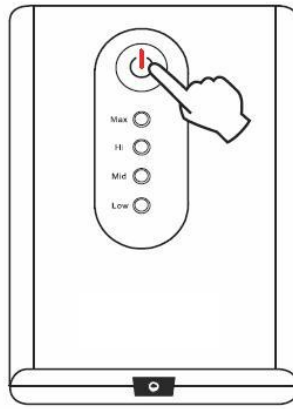
Remove Battery Charger Plug



Checking remaining charge on the battery pack

The remaining charge can only be checked when the battery pack is **not** plugged into the wall charger **and** it in the 'off' state (no lights on). Tap the power button to view the remaining charge on the battery pack. One or more of the LED lights will turn on to indicate the remaining charge. Each light represents 25% of the remaining charge. If no LED turns on, it means that there is no charge left on the battery pack.

| <i>Number of LEDs turned on</i> | <i>Charge remaining</i> |
|---------------------------------|-------------------------|
| 1 | 25% |
| 2 | 50% |
| 3 | 75% |
| 4 | 100% |



How to Wear FlowPants™

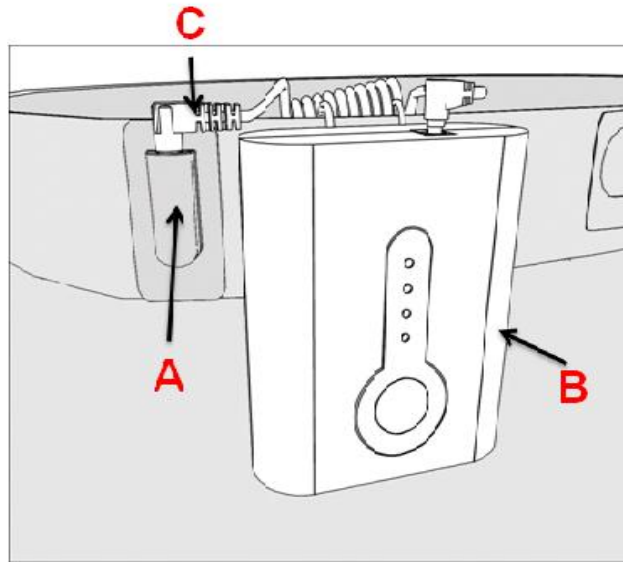
FlowPants™ is designed to be worn under your pants but on top of your regular underwear (e.g. boxers or briefs). The battery pack/temperature controller attaches to your waist via belt clip. Simply turn on the controller and FlowPants™ will gradually warm up and deliver soothing and relaxing heat to the lower abdominal and pelvic region, with emphasis on the suprapubic and perineal areas. The waistband of FlowPants™ can be adjusted to a custom fit by tightening the drawstrings on the inside of the waistband.

DEVICE SETUP

- Once fully charged, connect the Connector Cable (C) to the Battery Pack (12v) (B) and the inlet port of FlowPants™ (A).



NOTE: The battery pack/temperature controller (B) unit needs to have the heating elements (A) connected in order to “turn on” and display a temperature setting.

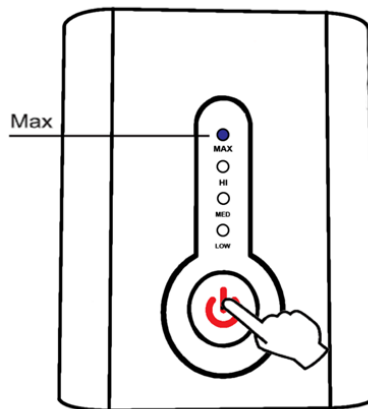


Operating Instructions

After connecting the heating elements to the Battery Pack you will use the “ON/OFF” button to turn on the FlowPants™ system and to set the temperature level.

STEP 1: Turn on FlowPants™ by pressing and holding the power button for **2 seconds**.

Power On



To Turn Power On:

Press and hold “⏻” for 2 seconds until the controller light shows BLUE.

STEP 2: Set the temperature level by gently pressing the power button:

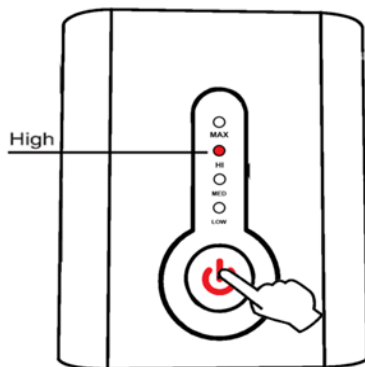
Max – The battery pack turns on in this mode by default (Blue)

HI - Press once for High (Red)

Med - Press two times for Medium (Yellow)

Low - Press three times for Low (Green)

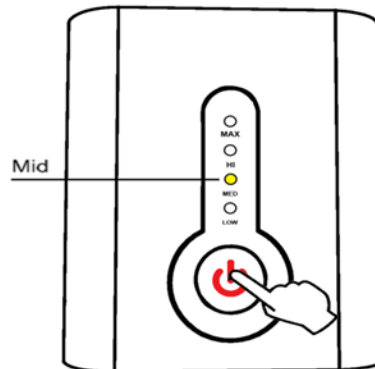
Select High Temperature Setting



High Temperature Setting:

Click "⏻" until the controller light shows RED.

Select Med Temperature Setting




Med Temperature Setting:

Click "⏻" until the controller light shows YELLOW.

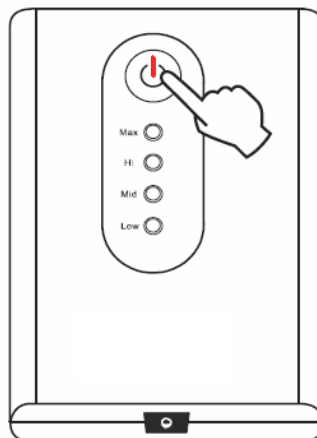
Each level of heating should provide approximately the following level of heating:

| Heat Output and Duration (Estimated) | | |
|--------------------------------------|---------------|-----------------|
| Setting | Average Temp. | Approx Duration |
| • Low(Green) | 105 ° F | 3.5 hrs |
| • Med(Yellow) | 110 ° F | 2.5 hrs |
| • High(Red) | 120 ° F | 1.5 hrs |
| • Max(Blue) | 125 ° F | 1hr |

| | |
|---|---|
|  | <p>NOTE: The battery pack has an auto shutoff feature. This feature will not allow a continuous operation for more than 15 minutes at a time. 15 minutes of continuous heating is deemed to be the limit of suggested treatment with this product. Exceeding 15 minutes of treatment per session may not be safe and is prohibited by the manufacturer of this product.</p> |
|---|---|

- To turn the battery pack/temperature controller off, press the “ON/OFF” button for **2 seconds** or disconnect the heating elements.

Power Off 

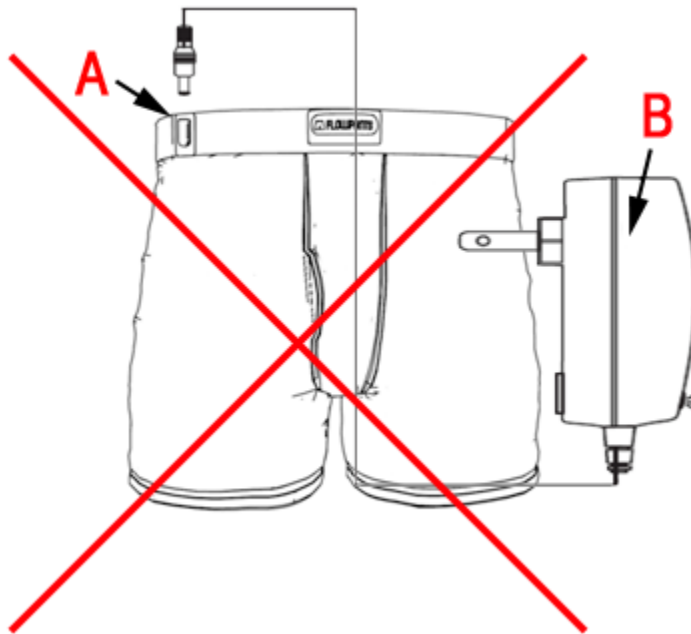


To Turn Power Off:

Press and hold "⏻" for 2 seconds until all Lights are OFF.

Re-charging the Battery

- Remove the Battery Pack from FlowPants™, connect it to the AC/DC adapter or optional DC vehicle charger, and plug the adapter into any standard electrical outlet.
- Charging is complete once the four LED lights are on.



WARNING: DO NOT PLUG the AC/DC Charger (B) directly into the power inlet port of the FlowPants™ (A). This may result in serious bodily injury or fire. Please follow the proper operating guidelines listed in this manual when using this product.

Washing

- To wash this product, remove the battery pack/temperature controller from the garment
- To clean the Battery Pack and wall charger, wipe with a dry cloth

IMPORTANT ! Wash & Care



SPOT CLEAN RECOMMENDED

- ◆ HANG DRY.
- ◆ DO NOT IRON.
- ◆ DO NOT USE BLEACH OR CLEANING SOLVENTS.
- ◆ DO NOT TWIST or WRING.

- The product does not have to be sterilized or disinfected. It can be cleaned whenever needed by washing it. Manufacturer guarantees the product for:

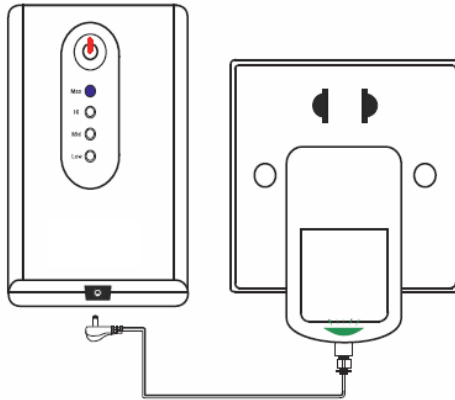
Machine wash: 15 times

Hand wash: 50 times

Battery Storage

- Store the battery pack/temperature controller in a cool, dry area
- Avoid extended exposure to direct sunlight
- Re-charge after long periods of non-use

Fully charge the battery before storage



ATTENTION

- ◆ Battery must be fully charged before use.
- ◆ Battery must be fully charged before storage, and at least once every 6 months of storage thereafter.

FREQUENTLY ASKED QUESTIONS

What is FlowPants™ ?

FlowPants™ is a boxer brief-style undergarment that delivers electrically-powered heat when activated. FlowPants™ is designed to help reduce uncomfortable urinary symptoms associated with incomplete bladder emptying in men, a situation that commonly occurs with prostate enlargement and/or Shy Bladder.

Using FlowPants™ may help with the following symptoms:

- Urinary hesitancy (“I feel like I need to go but have a really tough time with starting.”)
- Nocturia (“I have to get up several times in the middle of the night to go.”)
- Increased urinary frequency and urgency (“I have to go to the bathroom so often, but when I go, I only urinate a little.”)
- Shy Bladder (“I feel like I get stage fright in public bathrooms; I can’t urinate easily. And when I feel stressed, it gets even worse!”)

How does FlowPants™ work?

FlowPants™ uses the transient, neuromodulatory effects of comfortable skin heating to cause relaxation of muscle cells in the bladder neck, urinary sphincter, and pelvic floor. The effect of heating can be described as “anti-sympathetic,” meaning it reduces the activity of the sympathetic nervous system. Increased sympathetic nervous activity is associated with the urinary hesitancy symptoms seen with prostate enlargement (BPH) and Shy Bladder Syndrome (Paruresis).

Should I stop taking drugs like FloMax®?

No. If you are taking Flomax® or other FDA-approved drugs, you should consult with your physician on how to incorporate FlowPants™ into your treatment strategy.

FlowPants™ is not intended to replace FDA-approved medications. FlowPants™ is a non-invasive, non-pharmacologic (non-drug) means intended to provide a complementary or alternative option to help patients.

How do I use FlowPants™?

FlowPants™ is designed to be worn under your pants but on top of your regular underwear (boxers or briefs). The battery pack/temperature controller attaches to your waist via belt clip. Simply turn on the controller and FlowPants™ will gradually warm up and deliver soothing and relaxing heat to the lower abdominal and pelvic region, with emphasis on the suprapubic and perineal areas.

What is BPH, and what symptoms can it cause?

Benign Prostatic Hyperplasia (BPH), or Enlarged Prostate, is a condition in men that often begins at about 40-45 years age. The word "hyperplasia" means enlargement. The word "benign" means that the enlargement is not caused by cancer or infection. The prostate is a walnut-sized gland located beneath the bladder and in front of the rectum. BPH is not cancer. However, an enlarged prostate can be very bothersome and severely affect one's lifestyle.

Common BPH symptoms include:

- Urinary hesitancy ("I feel like I need to go but have a really tough time with starting.")
- Nocturia ("I have to get up several times in the middle of the night to go.")
- Increased urinary frequency and urgency ("I have to go to the bathroom so often, but when I go, I only urinate a little bit.")

What is Shy Bladder Syndrome and what symptoms can it cause?

Paruresis, or Shy Bladder Syndrome, is a social phobia that affects approximately 17 million Americans, approximately 90% of who are male (may be common in females as well but the condition goes unrecognized or underreported). In both men and women, the condition can be debilitating and have an adverse impact on work, social life, and other everyday living tasks. Symptoms of Shy Bladder include a marked difficulty with urinating in public places which may be triggered by the presence of strangers, close proximity to others, or the need for privacy. Shy Bladder may also be tied to emotional states such as anxiety, anger, and fear.

LIMITED WARRANTY FOR FlowPants™ PRODUCTS

ThermaRx, Inc. warrants FlowPants™ products to be free from defects in manufacturing for one year from the date of original retail purchase. This warranty extends only to the original retail purchaser and does not apply if the product has been damaged or fails to function properly as a result of misuse, abuse, alteration, or improper cleaning or maintenance.

ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ARE LIMITED IN DURATION TO ONE YEAR FROM THE DATE OF ORIGINAL RETAIL PURCHASE. FlowPants™' sole obligation under this warranty or any implied warranty, and the purchaser's sole remedy, is limited to the repair or replacement, at FlowPants™' option, of the product or any defective part.

IN NO EVENT SHALL ThermaRx, Inc., ITS AFFILIATES, SIBSIDIARIES, RELATED ENTITIES OR THEIR RESPECTIVE OFFICERS, DIRECTORS, OR EMPLOYEES, BE LIABLE FOR INCIDENTAL, CONSEQUENTIAL, PUNITIVE, EXEMPLARY, OR SPECIAL DAMAGES.

To make a warranty claim, write to:

FlowPants™ Warranty Claims

c/o ThermaRx, Inc.

710 N Post Oak Rd Ste 204

Houston TX 77024-3846

The duration, terms, and conditions of this warranty are valid worldwide, except where different limitations, restrictions, or conditions may be required by local law.