



Information for patients and carers

Which TENS device to buy?

(Transcutaneous Electrical Nerve Stimulation)

Which TENS device to use?

Your pain management team has recommended that you use a TENS machine. The TENS machine will not cure your pain but it is designed to help you manage your pain. It may help you with your pain when it is on but not when it is off.

Buying a TENS device.

If you have opted for a face to face appointment in one of our TENS clinics, you have the option to purchase a TENS machine after the appointment from the hospital at the cost of £20. We recommend the Medfit 1 dual channel TENS machine as our staff are skilled and trained in its use, will be able to teach you how to use it effectively and will be able to answer any questions you may have. Some of our patients have used this device for over 20 years.

If you have opted for a video consultation you will be asked to purchase your own machine prior to the appointment. We would recommend the Medfit 1 dual channel TENS device, which is available on line. Our staff are skilled and trained in its use and we will be able to teach you how to use it effectively and be able to answer any questions you may have. Some of our patients have used this device for over 20 years.

Should you choose to purchase a different make or model TENS machine, of which there are many available from a number of different companies with prices varying from £25 to £100, our team will be able to teach you the principles of TENS but may not be able to teach you how to use your choice of machine.

Maintenance of the TENS

The electrodes (pads) that you use will wear out and require replacing depending on your skin type and use, usually between 4 and 12 weeks. Please ensure you purchase electrodes that are compatible with the machine you have purchased. Should you purchase the Medfit 1 dual channel TENS machine, the electrodes are 5x5cms although electrodes are available in different sizes.

If you purchase the Medfit 1 dual channel machine, the electrodes and leads, should they get broken, are available from the Tens Company who can be contacted as below;

online: <https://tensmachineuk.com/>

or

Phone: 0161 429 7330

Replacement 9v batteries are available from most supermarkets.

Any queries regarding your TENS appointment or machine please contact 01772 524185.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

www.nhs.uk/conditions/transcutaneous-electrical-nerve-stimulation-tens

www.patient.info/treatment-medication/painkillers/tens-machines

www.painconcern.org.uk

www.retrainpain.org

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Lancashire Teaching Hospitals is a smoke-free site.

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઇચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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Division: Diagnostics and Clinical Support
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