

# iUFlow Starter Guide

Video instructions can be found at <http://iuflow.com/start>



## Package contains:

- 1 Bowl
- 1 Sensor
- 1 Rinse container
- 1 User Manual

## Remove the parts of iUFlow from the packaging

Place the iUFlow Bowl upside down on a flat rigid surface as shown below. Align the unlock icon on the bowl with the orange dot on the sensor and rotate clockwise until it snaps into the locked position. When locked the orange dot aligns with the lock sign.



## Place iUFlow device on the toilet bowl under the seat



Make sure it's stable with all 3 flaps touching the bowl.



## Before first use

Fill the rinse container with tap water and pour the water into the device.



## Rinse container

Use the provided rinse container to rinse and store the device when not in use.

## Downloading & installing iUFlow™ app

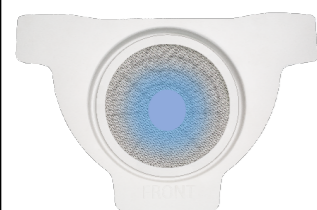
Download and install iUFlow™ app to your smart mobile device using the Apple App Store or Google Play Store.



Find the direct links at [iuflow.com/APP](http://iuflow.com/APP)

Then, open the app and complete the sign-up process

## Using the iUFlow



### Indication

Check to make sure that the blue iUFlow light is blinking.



### Urinate into iUFlow

Urination should be natural. Avoid straining or squeezing the bladder, and minimize body movement during urination.

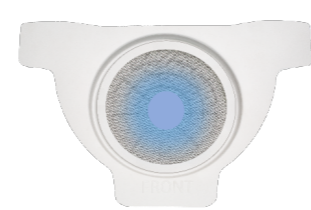
The light on iUFlow should be green, indicating the device is recording the urination session.



### Rinse

When the indication light is blinking blue, rinse the device by filling the rinse container with tap water and pour the water into the device.

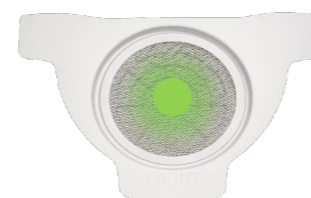
## iUFlow indicator light



### Blue (blinking)

Ready to measure or to rinse the device using the rinse container

Tip: Three quick blinks indicate Bluetooth is connected



### Green (blinking)

Recording urination session

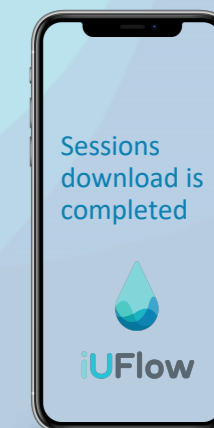
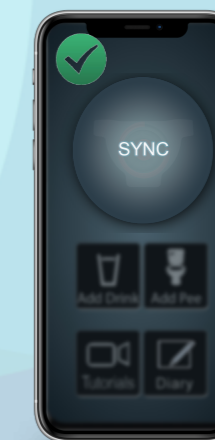


### Red

Battery is too low to measure. or contact support. [assist@kesemhealth.com](mailto:assist@kesemhealth.com)

## Download sessions into the iUFlow app

On your smartphone, turn on Bluetooth and open iUFlow app. If the iUFlow device is nearby, a green check mark appears at the top left hand corner of the screen when connected.



### Tap SYNC

Wait for the measurements to download into your app.