1. Adjusting your garment for a good fit

The garment may be adjusted to fit a wide range of body sizes and shapes. Dual side panels may be adjusted from small to extra large using several zipper options.

The RS-FBG is shipped as a large, but can be adjusted to one of four different sizes:

- **Small** (19-25” girth)
  - No panels are needed
  - Attach back panel to Velcro on front panel

- **Medium** (25-36” girth)
  - Use panels
  - Zip navy and gray zippers together (zippers farthest apart)

- **Large** (36-45” girth)
  - Use panels
  - Zip blue zippers together (zippers closest to each other)

- **Extra Large** (45-54” girth)
  - Use panels
  - Open all panel zippers

2. Setting up your garment for use

**Step 1:**
Open the bag of Electrode Pads.

**Note:**
The electrode bag is perforated along one side.

**Step 2:**
Remove plastic from silver side of pad by pushing your thumb firmly against the edge of the pad. Separate by bending pad away from the plastic.

**Step 3:**
With the help of another person, and while the garment is inside-out, place pads silver mesh side down on the garment according to the physician’s prescription. Pads must completely cover their metal snaps.
Preparing the cable side of your garment

Once the pads are properly positioned and securely in place, remove the garment and place on a table to finalize garment preparation by attaching the cables.

**Step 1:**
Remove garment and place flat, snap side up on a table. Carefully connect all cables to the appropriate snaps. Follow this connection scheme:

- Red: Channel 1
- White: Channel 2
- Blue: Channel 3
- Yellow: Channel 4

**Step 2:**
Hold the garment up to a light to verify that each cable is connected to a pad on the opposite side of garment.
Attach snap safety covers to unused snaps. Press pads very firmly on garment. Remove the plastic covers from each pad.

**Step 3:**
After your treatment, cover the pads with the large plastic protective sheet. Press firmly on plastic sheet so that pads adhere to sheet.

Preparing your garment for laundering

**Step 1:**
Trace the outline of the position of the pads with a permanent marker on the inside of the garment to indicate proper placement.
This will help you to remember where new pads go after they have been removed.

**Step 2:**
Mark the channel numbers on the outside (the snap-side) of the garment to indicate cable placement.
These numbers will aid in re-assembling the garment after laundering.

**Step 3:**
Mark the back panel along the inside of the side panel.
These marks will be used to reassemble the garment after laundering.

Consult the RS-FBG Operation Manual for complete instructions on use.