

> Contrelle Activgard Instructions

Brief user instructions

Contrelle® Activgard is just as simple to use as a tampon.

- The Activgard must be saturated with normal, clean water.
- It is then stretched over the applicator by placing the string in the notch at the bottom and pulling the Activgard over the rounded top.
- The applicator and Activgard are then inserted into the vagina as far as the rings on the applicator.
- The string is then slipped out of the notch and the applicator removed and cleaned ready for use again.
- The Activgard is removed by pulling gently on the string.

Contrelle Instructions For Use

Contrelle Activgard is a well-documented appliance for women suffering from stress incontinence. That is, women who experience involuntary loss of urine when coughing, lifting and running.

Contrelle Activgard is available in 3 sizes. Try starting with the smallest and continue until you find the size that feels more comfortable. Remember, each Activgard can only be used once (up to 16 hours a day), but it should be changed every 4–6 hours during menstruation. It does not need to be used before urination. It is inserted with an applicator, which makes procedure clean and hygienic.

It is important that you relax and give yourself plenty of time when you insert the Activgard. If you are tense, the muscles in your vagina will be tense too.

1. Before you start, you should read the instructions carefully and have this leaflet close by so you can read it as you follow each step:

- Wash your hands before opening the package
- Soak the Activgard thoroughly under running cold water. Remember to squeeze it 9 or 10 times to make sure it is properly saturated – then it will not absorb moisture from the vagina
- When saturated, squeeze out any excess water

2. Put the Activgard on the applicator as follows:

- Put the string around the bottom end of the applicator, with the knot in the middle of the small hollow
- Pull the Activgard to the end of the applicator so its top rests in the depression in the middle of the inner surface of the Activgard

3. Adopt a comfortable position that makes it easy to insert the Activgard – a little lubricating jelly (available at any chemist or via your distributor) can make insertion easier. For menopausal women, the use of vaginal hormone cream can make it easier to use.

4. Hold the applicator by the rings and turn the Activgard so that its wings point towards the urethra and anus – not towards the thighs

- Part the labia with one hand and insert the Activgard until your fingers touch your body
- Ease the string off the applicator and withdraw it
- Wash the applicator carefully, ready for future use

5. Contrelle Activgard should now be comfortably in place in the vagina, just under the cervix with the wings pressing gently against the urethra and rectum. Please note that the Activgard will only work when it has been correctly positioned in the vagina.

6. To remove the Activgard, pull gently on the string. Do not flush it down the toilet, but dispose of with normal household waste.

