

## PATIENT SELECTION CRITERIA:

### SUITABLE:

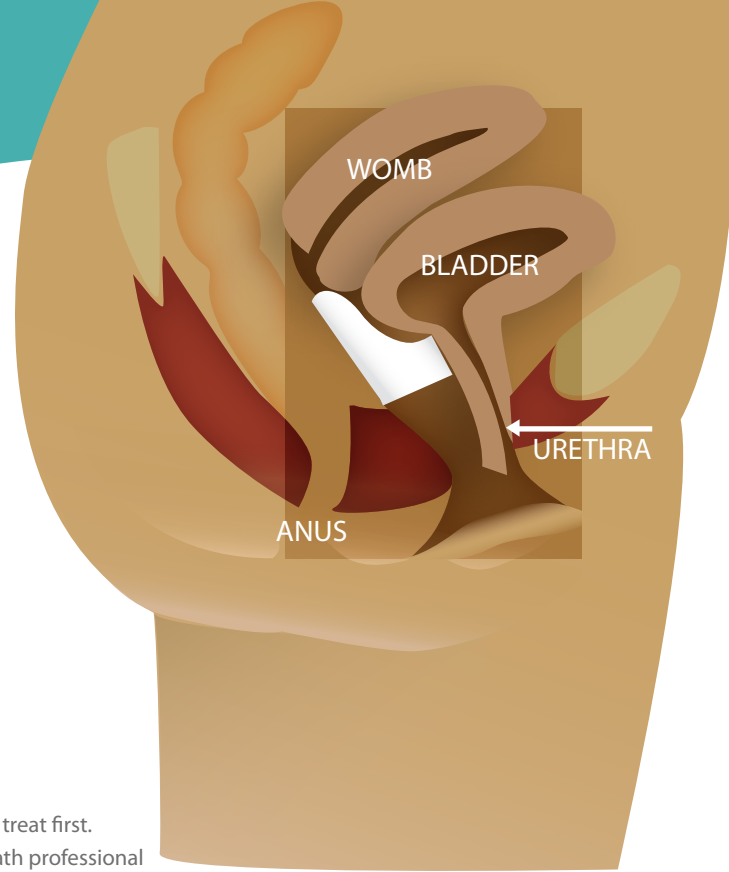
- Stress Incontinence
- Suitable for leakage due to exercise/sport
- Women not suitable for surgery
- While attending Pelvic Floor & Kegel exercises/training/physiotherapy
- Patients willing to insert device

### LESS SUITABLE:

- Limited dexterity to remove device (Musculoskeletal)
- Not suitable for prolapse
- Maybe difficult with previous surgery

### PRECAUTION:

- Use vaginal oestrogen cream if post menopausal
- No UTI/candidiasis at time of fitting
- Constipation may cause device to move position – Must treat first.
- Important that assessment and fitting be advised by health professional



## USING CONTIFORM: How do I insert Contiform?

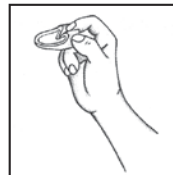


1. First, empty your bladder and wash your hands.

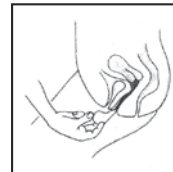
2. Remove Contiform from the packaging, wash with warm water and unperfumed soap and rinse well before the first and subsequent uses. To insert, moisten Contiform with water to help make insertion easier. Do not use petroleum jelly or a lubricating gel as this will make Contiform slippery and it may not stay in place.

3. The Contiform removal ribbon has been designed for these who may have some difficulty removing the unit. The ribbon acts the same way as a tampon string allowing for easy removal. The diagram shows how the ribbon is to be fitted to the unit.

4. Make sure you are in a comfortable position. You could try some of the following positions to find one that suits you: Relax by taking a few deep breaths.

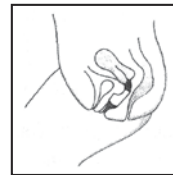


- Try sitting on the toilet with your legs apart
- Standing with one leg raised on a stool or a chair
- Squatting
- Laying down with knees bent and legs apart.



5. To make Contiform easier to insert, compress the central ring with your forefinger and at the same time squeeze the sides of the ring together as shown. It may take a little practice to do this easily and quickly.

6. Once Contiform is correctly positioned in your hand, gently insert it inwards and up towards the back of your vagina until you can no longer feel the ring of the Contiform against your vaginal opening.



7. Contiform should now be securely in place as shown. You shouldn't be able to feel it but if it is uncomfortable, or you can feel it move, just take it out, rinse in water and try again.

## REMOVING CONTIFORM: How do I remove Contiform?



1. To remove Contiform, get into your comfortable position and relax by taking a few deep breaths.

2. Insert your forefinger into your vagina and through the Contiform ring until it hooks around the top of the ring.

3. Slowly pull Contiform forward and out of the vagina or use the removal ribbon supplied in the package. The vagina is designed to stretch so the Contiform will come out easily.

You may refer to the DVD for further Information.

Continence and Women's Health Specialist

[www.contiform.com](http://www.contiform.com)