

Directions for Use

- Please read and follow the directions for use
- Application requires competent medical staff
- Maximum uninterrupted period of application without medical control is 29 days
- The same patient may use the product numerous times
- Tolerance and proper positioning of the pessary are to be ensured by ultrasound and/or questioning the patient
- The product surface should be checked for damage and cleanness prior to every application. Once surface changes are noticed, the pessary must be replaced by a new one
- The pessary should be cleaned mechanically using lukewarm water and soap solution after each use
- Maximum period of use: 2 to 3 cycles of maximal 29 days
- Cycles of application are to be documented by the doctor

Complementary products

- Ladysoft Lubricating Gel if eases using the pessary
- Femsoft Intimate Cleaning Lotion gentle cleaning of the intimate area
- Femsoft Intimate Care Creme maintains and protects the intimate area

Urethra Bowl Pessary



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|------------------|------------|
| • 55 mm diameter | MED1000071 |
| • 60 mm diameter | MED1000072 |
| • 65 mm diameter | MED1000073 |
| • 70 mm diameter | MED1000074 |
| • 75 mm diameter | MED1000075 |
| • 80 mm diameter | MED1000076 |
| • 85 mm diameter | MED1000077 |

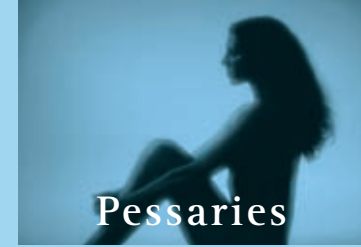
Please write to us if you have any further questions regarding application or if you would like to let us know about your experiences.

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M E D E S I G N

medesign I.C. GmbH · Dietramszellerstr. 6 · D-83623 Dietramszell
Phone +49(0)8027-907 38-0 · Fax +49(0)8027-907 38-27
info@medesign.de · www.medesign.de



Urethra Bowl Pessary

Directions for Use

Pack Contents

Urethra Bowl Pessary
Directions for Use Pessary
Ladysoft Lubricant Gel
Directions for Use Ladysoft

CE 0483

Made in Germany

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Dietramszell · Dubai · München

What is the purpose of pessary treatment?

Urethra bowl pessaries are used for treating stress incontinence (involuntary discharge of urine) and complaints arising as a result of a downward displacement of the vagina, uterus and bladder. Reasons for such prolapses include for example hereditary connective tissue weakness, post-menopausal hormone deficiency or pregnancies and deliveries. Permanent improvement is often achieved by pessary treatment – supported by pelvic floor exercises and creams containing oestrogen, if necessary. If an operation is a long-term alternative being taken into consideration, then an incontinence pessary may also be used to help to decide for or against surgery.

What is the effect of an Urethra bowl pessary?

The thickening on the upper edge of the pessary (= knob) shifts the connection of between bladder and urethra upwards, thus preventing unintentional discharge of urine during physical strain such as coughing or movement. The dish provides a wider base of attachment on the pelvic floor and counteracts the downward displacement of vagina and uterus. Your pelvic floor must however have at least some limited weight-bearing capacity for this.

Which pessary is the right one for me?

Optimal treatment and complete comfort are dependant on selection of the right size. Urethra bowl pessaries by medesign are available in different sizes (50 to 90 mm). The smallest size pessary just remaining in place safely should be chosen. Your doctor will determine the right size for you by measurement. The choice of pessary should be made on the basis of no involuntary discharge of urine being experienced when coughing or standing, while at the same time being able to pass water consciously without any problems.

The doctor will fit the pessary while you are in a lying down position and your bladder is full. You should cough several times, try pressing and moving about in order to test the pessary after insertion. You will no longer suffer from incontinence if the pessary has the right size and is fitted optimally. Your doctor will recheck if the pessary and knob are still positioned correctly after the test.

After several weeks or months, the doctor will decide whether a change to different pessary size is advisable. It is quite common that a larger size pessary is required after one or two months as a result of the tissue having become more flexible. If the knob cannot be fitted in the right place due to e.g. scarring in the vaginal area, your doctor may for instance suggest changing to a cube pessary for some months to allow the scarred tissue to become more pliable.

medesign urethra bowl pessaries are made of flexible and tissue friendly silicone especially developed for medical use. The urethra bowl pessary has an integrated spring allowing it to maintain its shape. The pessaries can be easily fitted and removed by the patient. An individual pessary should be used for each woman.

How do I fit an urethra bowl pessary?

You should insert the pessary in the morning and remove it in the evening.

You should wash your hands before starting to fit the pessary. The pessary may be put into place much more easily with the help of a lubricant such as Ladysoft.

Now insert the urethra bowl pessary into the vagina. It may be helpful to stand with one foot resting on e.g. the edge of a bed. Some women find it easier to fit the pessary in a squatting position or while lying down. You

can also lean again a wall with your legs slightly spread for insertion of the pessary. You will find out which is the most suitable method for yourself by trying out the various alternatives.

Put the pessary with the curvature downwards (concave) in the position specified by your doctor. Make sure that the knob is located exactly under the urethra. The pessary is positioned correctly if it does not bother you.

How do I remove the urethra bowl pessary?

You should also wash your hands before removing the pessary. Cover the vaginal area with a thin layer of Ladysoft lubricating gel. Simply push aside the knob, take hold of the hole in the pessary with your index finger and pull it out of the vagina.

Then clean the pessary with warm water and a mild cleansing liquid such as femsoft. Rinse the pessary thoroughly and allow it to dry. Disinfection is generally not necessary.

You may for instance use a liquid cleansing lotion specifically for feminine hygiene such as femsoft, for more effective yet mild cleaning. This cleansing liquid specially developed on a basis of whey and stinging nettle, has a low pH value (3.8 to 4). Wash your hands again afterwards.

What shall I do if urine is discharged despite the pessary?

If urine is discharged involuntarily in spite of a fitted pessary, then the position of the knob must be checked or it might be necessary to change to a different pessary size.