

# CODAN Contrelle®



Activgard





# CODAN Contrelle®



## **Contrelle® Activgard**

is a brand new approach to solving the problem of stress incontinence. The main cause of the problem is that the floor of the pelvis has weakened, often because of childbirth, changes during menopause or other factors inherent in the ageing process. When the pelvic floor slackens in this way, the bladder falls slightly and the angle of the bladder neck changes. The result is that the associated musculature is no longer under full voluntary control during sudden stress.

The shape of Contrelle® Activgard is such that, when placed in the vagina, it lifts the bladder slightly, thereby correcting the angle of the bladder neck and preventing or reducing loss of urine, even during exertion. Just as important, the patient can urinate normally, without having to remove the Activgard.

## Unique design and function

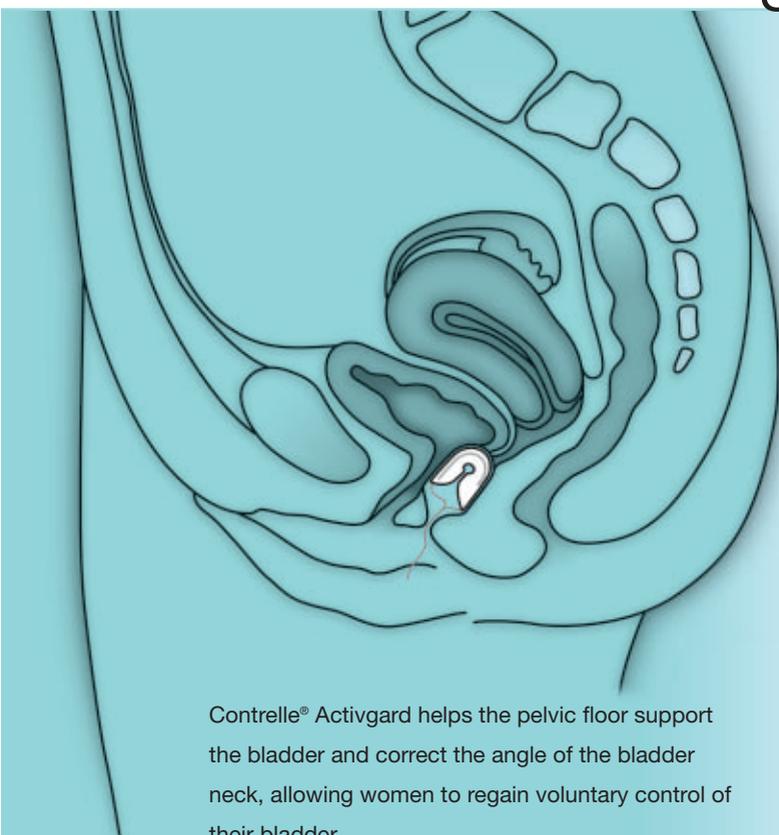
### **Contrelle® Activgard**

works actively, rather than passively. The material is soft, moulded foam plastic. When it is folded double before insertion, its elasticity will make it unfold inside the vagina. This gives a gentle support that lifts the bladder at the same time as adapting perfectly to the movements of the body. The outer surfaces of the Activgard are specially shaped to fit snugly against the bladder neck and rectum – so it is very important that it is placed correctly in the vagina, as shown in the drawing.

### **Easy to use**

Contrelle® Activgard is just as easy to use as a tampon. It cannot be felt or seen. When saturated with water before use, the Activgard does not absorb the natural moisture of the mucous membranes.

Contrelle® Activgard is a simple concept that treats the problem rather than the symptoms.



Contrelle® Activgard helps the pelvic floor support the bladder and correct the angle of the bladder neck, allowing women to regain voluntary control of their bladder.



Natural elasticity that gives gentle support.

### **Normal toilet visits**

Urination is performed normally – the Activgard does not need to be removed. Contrelle® Activgard does not compress the urethra but supports the bladder neck, allowing natural control to return.

### **16 hours a day at the most, less in some cases**

Contrelle® Activgard can be used for up to 16 hours a day. It should be removed prior to sex and only used during pregnancy after consultation with a doctor. During menstruation, the Activgard should be changed every 4 – 6 hours and can be used in conjunction with external sanitary protection. Tampons should not be used together with the Activgard.

## Many advantages

Contrelle® Activgard is a simple and effective device for women with stress incontinence.

### **A normal life again**

By giving the woman regained control of her bladder, Contrelle® Activgard allows her to lead a normal life once more. No longer need she live with the uncertainty of sudden and involuntary loss of urine, or put up with the inconvenience of absorbent pads or worry about odours. She can live just as normal a life as she did before she became incontinent.

### **Invisible and discreet**

Contrelle® Activgard is placed in the vagina and is just as invisible and discreet as a menstrual tampon. It can be used for up to 16 hours a day, without needing to be changed. Contrelle® Activgard is a disposable product that is designed to be used once and then thrown away.



Contrelle® Activgard on the applicator.

# Contrelle® Activgard

## Three sizes

The Contrelle® Activgard is available in three sizes and the user should experiment a little to find out which size suit her best. Some women will experience slight initial discomfort until they get used to the product, in much the same way as with contact lenses.

## Pelvic floor training

Contrelle® Activgard is not a substitute for training of the muscles of the pelvic floor. But it will reinforce that training – and be of great value in those cases where pelvic muscle training is not producing results.

## TSS

Toxic Shock Syndrome (TSS) is experienced very rarely. Of the few cases that have been recorded, half have been in women who use tampons. Most of them have been younger women who use tampons with extra absorbency. The Activgard is entirely non-absorbent when used correctly and saturated with water before use.

## No change in pH or bacteriological conditions

Studies conducted in Denmark have shown no changes in pH values or natural bacteria. Nor was there any increased risk of vaginal or urinary infection, or irritation of mucous membranes.

Insertion of the Activgard can be facilitated by the use of a vaginal cream and older patients may benefit from local hormone treatment.



The Activgard must be saturated with water before it is inserted.

## 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.

CODAN

# CODAN worldwide



More than 1,500 people are employed by the CODAN Group worldwide. CODAN is internationally known as a manufacturer and supplier of disposable medical transmission systems. The name CODAN stands for reliability, quality and precision - ensured by the knowledge and experience from more than 40 years of research and development.

The wide range of CODAN products is the result of a product development consistently aimed at the requirements of the market. Their foundation is quick recognition of the clinical requirements by a permanent exchange of knowledge and experience between the users and CODAN.

Our own production locations and sales companies in ten countries ensure efficient production, a closely-knit sales network and first-class service for our customers in the health sector.

## The CODAN Group

CODAN Medizinische Geräte GmbH & Co KG · BRD  
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P.E.C. Medical srl · Italia  
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CODAN Medical ApS · Danmark  
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### The CODAN range of products

- Infusion appliances
- Transfusion appliances
- Accessories for infusion and transfusion appliances
- Disposable syringes
- Mixing and removal systems
- Peripher I.V. cannulae and accessories
- Infusion filters and filter systems
- Chemoprotect® protection systems
- Cyto systems
- Enteral transmission systems
- Urological rinsing systems
- Customer-specific systems
- ARGUS green stream® pumps
- Contrelle® Activgard

Compliance of the established quality management systems with the provisions of EN ISO 13485 and the European Directive 93/42/EEC was certified by the competent Notified Bodies. Thus we are entitled to mark our products with:

**CE 0123** (TÜV Product Service) for  
CODAN Medizinische Geräte GmbH & Co KG · D-23738 Lensahn

**CE 0088** (Lloyd's Register Quality Assurance) for  
CODAN Steritex ApS · DK-3060 Espergærde

**CE 0543** (Danish Medical Devices Certification) for  
CODAN Medical ApS · DK-4970 Rødby



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**CODAN** The decisive connection

# Activgard is fully documented

In 1994, two clinical trials were conducted with Contrelle® Activgard. One included 26 stress incontinent patients at Glostrup Hospital in Denmark, the other 129 stress incontinent women at ten different hospitals in Sweden.

The studies included both subjective and objective parameters. The objective tests were pad weighing tests (24 hours) to determine the amount of involuntary urine loss. In the Danish test, the patients underwent a thorough examination prior to the investigation, including vaginal cultures and pH measurement, evaluation of residual urine, urine cultures, mictography and micturition schedules. The subjective parameters were evaluated via questionnaires.

## 80% reported improvement

In the Danish study, 21 out of 22 patients believed that Contrelle® Activgard was satisfactory or highly satisfactory and in the Swedish study, 66 out of 90. Subjectively, 87% of the Danish patients stated that the Activgard reduced the frequency of leakage and 72% reported a reduction in quantity in the event of leakage. The corresponding figures in Sweden were 77% and 74%.

## 35% became completely continent

Objective evaluations showed that in Sweden, 35% of the test group became completely continent and 77% reported an improvement. In Denmark, the figures were 36% completely continent and 64% improvement.

## No noticeable side-effects

Evaluations also showed that Contrelle® Activgard produces no signs of change in pH values or bacteriological findings, no risk of vaginal or urinary infections and no irritation of the mucous membranes.

Subjectively, some patients experienced mild discomfort, particularly during the acclimatisation period. But the majority of these patients stated that they would continue to use Contrelle® Activgard.



## Contrelle® Activgard

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### Size 1

REF 76.1001                      Pack of 30

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### Size 2

REF 76.1002                      Pack of 30

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### Size 3

REF 76.1003                      Pack of 30

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Each pack contains an applicator.

