

Contrelle® Activgard

Bladder support for women

CHOOSING THE RIGHT SIZE

Please read the full Instructions for Use leaflet inside your Sizing Kit Pack before use

WHAT IS CONTRELLE® ACTIVGARD?

Contrelle® Activgard is a medical device for treating women who are experiencing stress urinary incontinence (SUI). SUI is the complaint of involuntary leakage of urine on effort or exertion, or on sneezing or coughing, lifting or exercising. 1 in 3 women suffer with SUI. This can affect women of all ages, and may occur at any time, but often starts in pregnancy, after childbirth or during the menopause.

WHO CAN USE CONTRELLE® ACTIVGARD?

Any woman over the age of 18 with stress urinary incontinence or mixed urinary incontinence, where SUI is predominant.

HOW DO I USE CONTRELLE® ACTIVGARD?

Contrelle® Activgard is easy-to-use. It comes with an applicator and is inserted into the vagina to gently lift and give support to the urethra.

HOW LONG CAN I USE CONTRELLE® ACTIVGARD FOR?

You can wear Contrelle® Activgard for up to 16 hours a day or use it only when you are exercising. Each Contrelle® Activgard can only be used once.

Can I use Contrelle® Activgard during my period? YES, but you won't be able to use tampons. Contrelle® Activgard should be changed every 4 to 6 hours during menstruation.

HOW DOES IT WORK?

Contrelle® Activgard is made of soft, body compatible foam which is easy to position inside the vagina and supports the urethra, preventing stress urinary incontinence. However, it does not stop you from emptying your bladder. You do not need to remove Contrelle® Activgard before going to the toilet.

CHOOSING THE RIGHT SIZE

The Sizing Kit helps you find your most effective and comfortable fit.

Contrelle® Activgard comes in three different sizes, and finding the right size has nothing to do with the amount you leak, how much you weigh or how tall you are. It's about finding the right size and fit for your internal shape.

Contrelle® Activgard is available in three sizes, each size provides a different level of support and fit. All 3 sizes use the same applicator.

Every woman is different - the size you need will depend on the size and shape of your vagina, as well as the amount of support or gentle pressure needed on your bladder neck to help stop leaks. Selecting the right size by using the Sizing Kit is important for providing the most effective and comfortable fit that helps stop your leaks when you laugh, cough, sneeze or exercise.

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FINDING YOUR RIGHT SIZE IS EASY

To get started, try **SIZE 2**. Once inserted you should feel comfortable and you should experience little or no urine leakage when you are active or when you cough. If leakage occurs or the device moves change to **SIZE 3**. If size 3 is uncomfortable try **SIZE 1**. We recommend you should walk for 15 minutes, cough, jump or run to check for any leakage and movement. Some women may experience slight initial discomfort until they get used to the product.

Some will find their size quickly, and others may need to try all three to find their perfect fit.

During the monthly cycle the body changes and its possible you may need to change the size used.

If you experience any irritation or discomfort using Contrelle® Activgard consult a healthcare professional. If symptoms persist and Contrelle® Activgard does not reduce your bladder leakage after using for 4 weeks consult a healthcare professional.

For more information visit www.contrelle.com

JUST AS SIMPLE AS USING A TAMPON

- Hold Contrelle® Activgard in one hand by the wings and place under luke warm or cold running water, so the water is hitting the top of the arch for approximately 15 seconds.
- Keep under running water for a further 30 seconds, while gently and evenly applying pressure to the wings using both hands, squeezing together 10 times to ensure the foam is thoroughly saturated. The foam device will become softer and will expand in size by approximately 30%. [When saturated with water before use, Contrelle® Activgard does not absorb natural moisture from the vagina]. Once fully saturated squeeze out any excess water.
- Remove applicator from protective sleeve.
- Stretch Contrelle® Activgard over the applicator by placing the string in the notch at the bottom of the applicator and pull the foam device over the rounded top.
- Insert the applicator and Contrelle® Activgard into the vagina as far as the placement grooves on the applicator.



Ease the string off the applicator and remove.

Wash applicator ready to use again.

Remove Contrelle® Activgard by gently pulling on the string.

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