

# Contrelle® Activgard

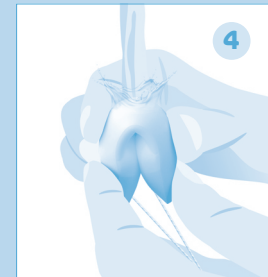
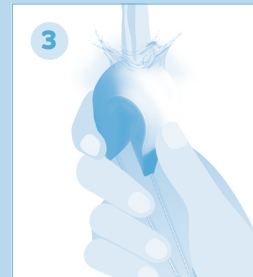
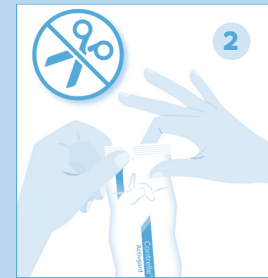
Bladder support for women

## QUICK START GUIDE

Before you use, please read the full  
**INSTRUCTIONS FOR USE**

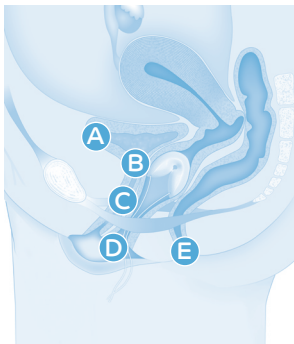
### PREPARATION

- 1 Wash your hands.
- 2 Remove the wrapper. Do not use scissors.
- 3 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.
- 4 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%. Once fully saturated squeeze out any excess water.
- 5 Remove applicator from sleeve.
- 6 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.

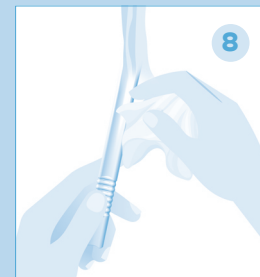
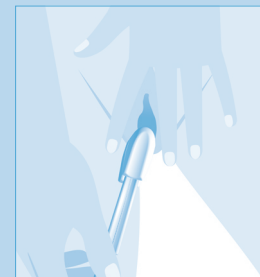
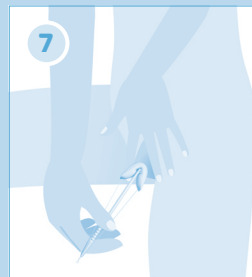


## INSERTION

- 7 Insert the applicator and Contrelle® Activgard into the vagina as far as the placement grooves on the applicator.
- 8 Ease the string off the applicator and remove. Wash applicator ready to use again.
- 9 Remove Contrelle® Activgard by gently pulling on the string.



- A Bladder
- B Bladder Neck
- C Urethra
- D Vaginal Opening
- E Rectum



Contrelle®  
Activgard

Bladder support for women

ART-0020 rev01

For more information visit  
[www.contrelle.com](http://www.contrelle.com)

