

Seven clinical trials have demonstrated the success of Contrelle®, both in reducing bladder leakage and improving quality of life. That's why Scandinavian women have been using Contrelle® for over 10 years, with approaching 6 million devices used.

Contrelle® is recommended by an increasing number of leading healthcare professionals. It is proven to be very effective,<sup>5</sup> working immediately on insertion.

Contrelle® is made of super soft biocompatible foam. Most women find it easy to insert with the reusable applicator. Whilst some women are aware Contrelle is in place on the first usage, after two or three times they do not notice it anymore.

We understand using a new product can be daunting, especially when it needs to be inserted. From talking to our loyal customers, some were nervous to use Contrelle® due to vaginal dryness. They reported using a water based lubricant can ease insertion. This can really make a difference as a first time user of Contrelle® shared with us "On your advice I used some lube, and inserting is so easy now and I feel comfortable."

Find out more about Contrelle®, visit our website [www.contrelle.com](http://www.contrelle.com) or talk to your pharmacist.

Restore your confidence, so you can enjoy life without the worry of leaking affecting your confidence. Visit our website to see frequently asked questions, informative

answers, videos and read what others have to say about their Contrelle® experience. Alternatively, you can call one of our friendly product specialists on 0330 229 2160, or email us on [info@contrelle.com](mailto:info@contrelle.com) with any questions you may have or talk to your pharmacist. We are passionate about helping women get their lives back and would really love to hear from you. Please be reassured no question is too much.

To start your journey use the sizing kit to easily find your best fit.

Contrelle comes in 3 sizes for an effective and comfortable fit. Take your time to find the best size for you. Once you know your

size, Contrelle is available in a 5 pack and 30 pack, perfect for daily or occasional use.

**REFERENCES:** 1. Psychiatric aspects of female incontinence, International Urogynaecology Journal (2);69-72 2. Nygaard I, Delancey JO, Arnsdoff L. Exercise and incontinence Obstet Gynecol 1990;75:848-51 3. Nilsson M, Lalos A, Lalos O. The impact of female Urinary incontinence and urgency on quality of life and partner relationship. NeuroUrol Urodyn 2009;28:976-81 4. Hunskaar S, Lose G, Sykes D, Voss S, Bjuu Int.2004 Feb;93(3):324-30 5. Lone Mouritsen. Acta Obstetrica et Gynecologica Scandinavica 2001 80:428-431 6. Sander P, Thyssen H, Lose G, Andersen JT. Obstet Gynecol. 1999 Mar;93(3):407-11 7. Thyssen HH, Lose G. Int Urogynecol J Pelvic Floor Dysfunct. 1997;8(3):130-2

When bladder leaks are a worry, regain your confidence immediately with Contrelle

Available from [Boots.com](http://Boots.com) or [Contrelle.com](http://Contrelle.com)



**Boots**  
Let's feel good



- 95% of women benefit from using Contrelle®<sup>7</sup>
- 68% of women stop leaking completely when using Contrelle®<sup>5,7</sup>
- 60% of women become more physically active due to confidence provided by Contrelle®<sup>6</sup>



Get started with our 'Sizing Kit'.

Contrelle is available from our website [www.contrelle.com](http://www.contrelle.com), and [Boots.com](http://Boots.com)

Contrelle®  
Activgard

Bladder support for women

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

**1 in 3 women** over the age of 18 experience bladder leakage at some point in their lives.<sup>4</sup>

Bladder leakage also known as Stress urinary incontinence (SUI) is when you accidentally pass urine when you don't want to. It occurs when your bladder is put under pressure, such as when you cough, sneeze, laugh or run. Frequent or occasional, it can vary from a few dribbles to a complete loss of bladder control.

**Bladder leakage** can affect women from an early age.

Although the prevalence of bladder leakage increases with age, some women suffer from early on in life.

In these cases, bladder leakage could be caused by an over-tight pelvic floor, due to frequent strenuous exercise.

**Pregnancy, childbirth and the menopause** increase the prevalence of bladder leakage.

These are the big three triggers. During pregnancy hormonal changes can cause your pelvic floor to relax, at a time when a growing baby is placing a lot of stress on those very muscles.

Childbirth can then have a further weakening effect. Falling levels of oestrogen in peri- and post-menopausal women can reduce tissue plumpness and elasticity. This also weakens the pelvic floor muscles. All these factors increase the likelihood of you experiencing bladder leaks.

**We believe it's important not to put up with bladder leakage;**  
 30% of women with incontinence also suffer from depression<sup>1</sup>  
 20% of women have quit their physical activities due to urinary incontinence<sup>2</sup>  
 SUI has a negative effect on women's relationships with their spouses<sup>3</sup>

**If this sounds familiar, we want to let you know we understand the impact bladder leakage can have on your life.**

**We recently spoke to 500 women who suffer from bladder leaks. The results showed that 70% of women found bladder leaks negatively impacted their life and 30% were constantly concerned about leaking.**

Furthermore, the most common leakage triggers are everyday occurrences and activities, such as sneezing, laughing, brisk walking, moderate exercise, housework and even standing up from a sitting position.

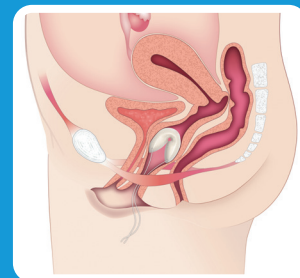
**We don't believe women should have to put up with this.**

Contrelle® is a bladder support, designed to help women suffering from bladder leaks due to stress urinary incontinence, providing immediate control, whatever your trigger activity is.

Contrelle® sits comfortably inside your vagina to support the bladder neck and urethra to prevent leaks<sup>6,7</sup> by gently restoring the bladder neck back to its natural position. This prevents leaks before they happen, rather than absorbing them like traditional pads and liners<sup>8</sup>. Contrelle® is soft, discreet and easy to use. You won't feel or see it.

You can wear Contrelle® for up to 16 hours, making Contrelle® perfect for daily use or just during key activities, such as exercising. You can even keep it in place when you go to the toilet- just remember to remove it at bedtime.

With Contrelle® in place, you can stop worrying about leaks, the inconvenience of pads and unpleasant odours... and simply focus on enjoying life to the full<sup>5</sup>.



Dual action to reposition and support the bladder neck and urethra.

Backed by 7 core clinical trials. Stops your leakage.

**What our customers are saying:**

**"It was fantastic to be introduced to Contrelle for this series. Definitely my go to product for those active grandma day-care days!"**

Sam, Tested Contrelle for Channel 5's programme 'Women's Health, Breaking the taboos' with Cherry Healy.

★★★★★

**"Brilliant result. I just did a fell run with a fast steep rocky descent and lots of rock hopping. Felt if I was going to take a test ride with Contrelle then we may as well push it to the max. Chuffed to bits and dry as a bone. If it can handle that then it can handle a fast parkrun!"**

Aggy, GP and 6 pack challenge participant.

★★★★★

**"I couldn't believe it - no leaks - not a drop. I just felt complete joy - it was totally liberating. At last, I was in control again and it felt truly life changing."**

Natalie, Mum & founder of The Fertility podcast.

★★★★★

**"I have 'put up' with leaking when running thinking it was just due to having big babies and never quite doing as many pelvic squeezes as I think I should. Wearing pads when doing hot sweaty activities is not fun, and not always successful. I can't believe how a simple device can make such a difference, and so easy to self-administer."**

Rachel, Active mum.

★★★★★

**"A MIRACLE! I wore the first one for a dance performance - normally there is one particular dance that I 'always' leak during even if I've emptied my bladder before hand - and I didn't. Not a drop."**

Barbara, First time user and dances for fun.

★★★★★

Visit our website  
**www.contrelle.com**  
 or call our Product Specialists on  
**0330 229 2160**

Search 'Contrelle' on YouTube for an introductory video on the product.

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