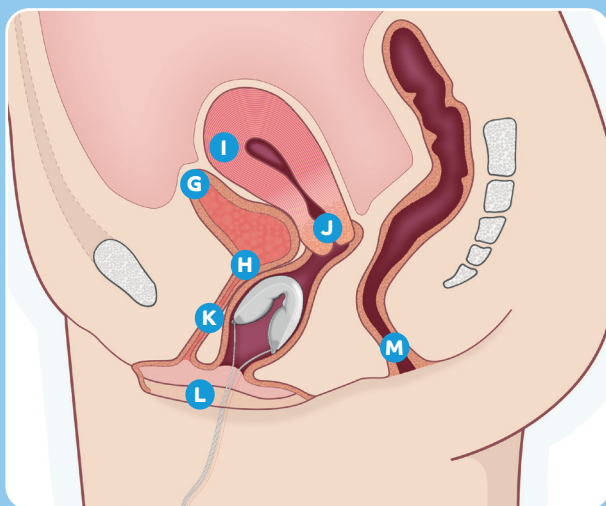


- A** Contrelle® Activgard
- B** Wings
- C** Central depression
- D** String
- E** Applicator
- F** Grooves

Contrelle® Activgard

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



- G** Bladder
- H** Bladder Neck
- I** Uterus
- J** Cervix
- K** Urethra
- L** Vaginal Opening
- M** Rectum

Introducing Contrelle® Activgard

Designed to reduce or
stop bladder leaks.



Visit our website
www.contrelle.com
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0330 229 2160

MKT-0007-04 rev4

Contrelle® Activgard

Bladder support for women

Bladder support for women.

www.contrelle.com

Preparation

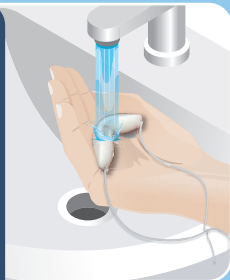
1. Wash your hands thoroughly before opening the package and pouch.



2. To open, tear pouch at either end, remove Contrelle® Activgard from pouch. Do not use scissors or you could risk cutting the string.



3. Soak Contrelle® Activgard thoroughly under running cold water holding in the palm of your hand, whilst at the same time slowly squeezing the device 10 times or more until the device is fully saturated. This should take at least 30 seconds. The foam device will expand in size by about a third in all dimensions and be smooth and even in appearance. If the device appears misshapen continue to run under water and to squeeze until it is even and smooth. When saturated, squeeze out any excess water.



4. Remove applicator from reusable protective sleeve.



Insertion

5. Place the string loop around the **BOTTOM** of the applicator (close to the grooves) with the knot in the middle of the hollow. **ALWAYS PLACE THE STRING ON THE BOTTOM OF THE APPLICATOR FIRST. DO NOT PUT THE FOAM DEVICE ON THE TOP OF THE APPLICATOR FIRST** as this will apply too much stress to the device and potentially cause it to tear.



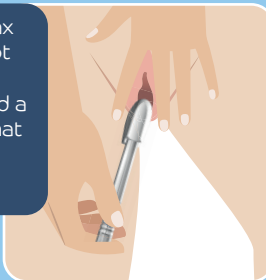
6. Once the string is in place, gently slide the Contrelle® Activgard foam device onto the top of the applicator, using your finger and thumb, so the central depression fits onto the top of the applicator. **DO NOT FORCE** the foam Activgard device onto the applicator – it should easily slide or nudge onto the top of the applicator without resistance.



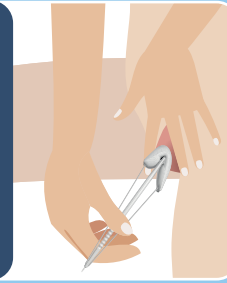
7. We recommend using a water-based lubricant gel at the entrance of the vagina to ease insertion. You may find you don't need this after the first few uses.



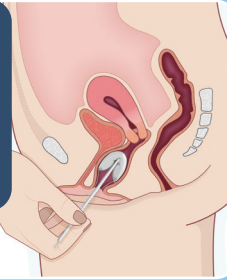
8. It is important to relax so your muscles are not tense. Taking a deep breath can help and find a comfortable position that makes it easy to insert Contrelle® Activgard.



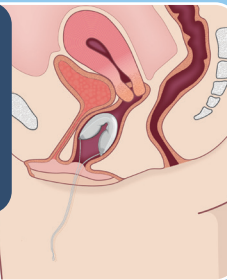
9. Hold the applicator between finger and thumb on the grooves with both placed over the string. Place Contrelle® Activgard at the opening of the vagina with the foam wings front to back, not side to side towards your thighs.



10. Part the labia (the lips at the vaginal opening) with one hand and insert the Contrelle® Activgard device into the vagina. You may need to tilt the angle of insertion.



11. Ease the string off the bottom of the applicator and withdraw the applicator, leaving the string outside your body.



12. Wash the applicator with soap and water, dry and store in the protective sleeve ready for future use.



13. Wash your hands after insertion.

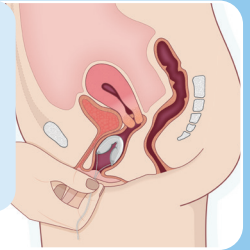


Removal

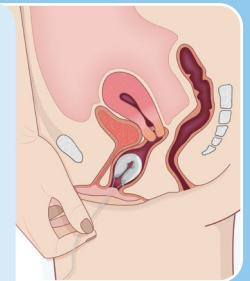
14. **ALWAYS** remove Contrelle® Activgard after 16 hours or when you have finished sporting activities and **ALWAYS** before going to bed.



15. We recommend using a water-based lubrication gel to ease removal. Some women find they don't need this after the first few uses. Apply the gel inside the vagina.



16. Relax and hold both strings evenly together (either side of the knot), as close as possible to the body, then gently and slowly ease the device out of the vagina. By pulling both strings gently together with equal pressure you pull the wings together for ease of removal. Using Contrelle® Activgard may need some practice. It is important to always relax – do not become stressed or tense as this will tighten your muscles and make removal difficult. Take your time, relax and take a break if needed. Some women find removing Contrelle® Activgard easier using a squatting or lying position or whilst sitting on the toilet.



17. Wrap Contrelle® Activgard in tissue and dispose of in normal household waste. Do not flush it down the toilet. Do not re-use Contrelle® Activgard.



18. Wash hands after removal.