

## **IncoStress® Instructions for Use**

IncoStress® is latex free.

*IncoStress® has been developed help the majority of adult women of all ages who suffer with urinary stress incontinence*

### **Intended purpose of IncoStress®**

IncoStress® is designed for adult women of all ages who suffer with urinary stress incontinence.

**Note: IncoStress® is a medical device for stress urinary incontinence. Other forms or causes of incontinence or bladder problems should be discussed with your doctor first.**

### **How it works**

IncoStress® is worn inside the vagina; it naturally supports the urethra and bladder neck. This gentle support controls the involuntary loss of urine and restores the natural anatomical position of the bladder, thus, preventing stress incontinence.

Its unique shape allows it to be gently held inside the vagina. It can be used in conjunction with pelvic floor exercises to strengthen the natural support structures.

### **Inserting**

IncoStress® is inserted into the vagina using the same method as inserting a tampon.

Find the most comfortable position for you to begin.

### **Before you insert IncoStress®**

Empty your bladder and wash your hands.

Remove IncoStress® from the packaging and wash in clean water using non-perfumed soap.

Normally you should not need lubrication as your body produces it naturally. If you should need extra lubrication use **ONLY WATER BASED LUBRICANTS**

**Picture 1:** Insert IncoStress® into the vagina (widest part first)

In some cases the thin tail may be completely inside the vagina; the device should be inserted about 4 cm. into the vagina leaving the tail accessible at the entrance for easy removal.

You may feel the presence of IncoStress®, but it should not be uncomfortable. However, if you do feel any discomfort, remove, wash and re-insert.

**Picture 2:** IncoStress® in position, demonstrating the support of the bladder neck and the urethra.

### **Removing**

Relax the pelvic muscles, gently pull out IncoStress® using the tail.

If you find it difficult to retain IncoStress®, there may be other medical conditions such as a prolapse, a cyst, or that your pelvic muscles have become too weak (as can occur after childbirth) to keep it in position. In this case we recommend you use IncoStress® when lying down or sleeping as your pelvic muscles can work whilst asleep, helping them regain strength naturally over a period of time.

If you have any doubts about using this product, we strongly recommend you seek professional medical advice.

### **Usage**

IncoStress® must be removed, cleaned and inspected daily. It may be used for up to 6 months after the package is initially opened. C&G Medicare Ltd will not take any responsibility if this product has been used outside recommendations contained in these instructions.

- **IncoStress® may be used during sleep.**
- Not to be used more than 8 hours continuously. After 8 hours remove, wash and leave out of the body for a minimum of 1 hour.
- IncoStress® may be removed as many times as you feel necessary.
- We recommend removing IncoStress® when going to the toilet. This is because some women will strain and push the device out when emptying their bowel or bladder. Others relax their pelvic floor so much that it slips out.

#### **Cleaning, Inspection and Replacement**

- **Visually inspect for any signs of discolouration, wear or damage daily. IncoStress® must be replaced 6 months after initial opening of the package or sooner as required.**
- **Do not clean using alcohol, bleach or any other chemicals**
- **Do not place in the dishwasher**
- **Do not place in the microwave**
- **Do not steam**

#### **Disposal**

IncoStress® can be disposed of by simply wrapping in tissue or toilet paper and disposing with normal household waste. It must **not** be flushed down the toilet, as it is **not** biodegradable and may cause blockages.

#### **Warning and Contraindications**

IncoStress® is made from Non Toxic Medical Grade Silicone.

Should you find you have any sensitivity to this material or are allergic, you must stop using the product immediately and consult your doctor.

Toxic Shock Syndrome (TSS) is a rare but a serious illness; it can be treated if recognised early.

#### **Symptoms of TSS**

Sudden high fever (usually over 39°C/102°F), vomiting, diarrhoea, sunburn like rash, sore throat, dizziness or fainting.

Not all these symptoms may be present at once.

In the unlikely event that you have these symptoms during use of the IncoStress®, remove it immediately and consult your doctor.

#### **Important**

IncoStress® has been researched and designed explicitly for the intended purpose as stated in these instructions for use, and must NOT be used outside of these instructions for any other purpose.

IncoStress® is a SINGLE PATIENT USE product and must NOT be interchanged between patients.

IncoStress® must NOT be left in place any longer than 8 hours without removal, cleaning and inspection.

IncoStress® must NOT be flushed down a toilet.

IncoStress® must NOT be used during menstruation and never use a tampon at the same time.

IncoStress® must NOT be used if you are or think you are pregnant.

If you have vaginal atrophy please consult your doctor about using IncoStress.

DO NOT USE IncoStress® if you have any urine, bladder or vaginal infections.

DO NOT USE IncoStress® if you have any known allergies to any sort of silicone.

### **Additional advice and problem solving on how to use your IncoStress®**

- IncoStress® should be gently pushed high up into the vagina, until the tail is still easily reached.
- If at first IncoStress® is uncomfortable or tends to slide out, don't worry as this sometimes happens. Your vagina is not familiar with holding this type of shaped device in place and needs to adapt itself. This is best done when lying down and you should then stay lying flat with legs partly drawn up for 15 to 30 minutes.
- During this time try relaxing then contracting your pelvic floor muscles whilst supporting the IncoStress® with a finger tip if necessary.
- When you tighten the muscles the IncoStress® should tend to move away from your finger tip. If it comes lower down you may be doing the wrong exercise and pushing instead of lifting up.
- Keep practising until the muscles are working properly. Do not work the muscles too hard on your first day as they may become very tired; this is not necessary and may become uncomfortable.
- Repeat this exercises several times over the next few weeks until you are used to hold it in place. You are then ready to begin to walk around with your IncoStress® in position. For some women it will hold its position very well. If it still slips out then try simply standing and tighten your pelvic muscles. If you do this properly it should lift upwards. **KEEP ON PRACTICING.** The more you do this, the stronger your pelvic floor will become, and more you will control your bladder.
- Some patients find that wearing IncoStress® during the night is the best way of getting used to its special shape and concept.
- A lot of work and research has gone into the design of IncoStress®, and it is important it that could help you. For some women suffering, prolapse or other acute or chronic problems IncoStress® may not stay in position. If this is the case, we advise you contact your doctor or specialist. Don't discard IncoStress®. Keep it safe, as it may be very useful after physiotherapy or surgery.

C&G Medicare Ltd is constantly aware of keeping our customers satisfied.  
Your feedback is important to us. Email: [info@incostress.com](mailto:info@incostress.com)

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