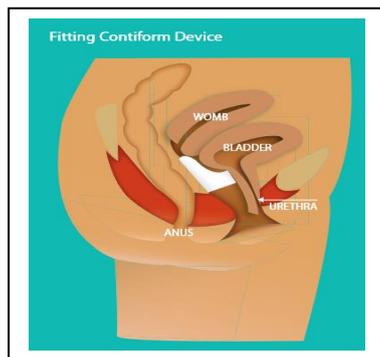


## FAQ's ABOUT USING YOUR CONTIFORM

**When should I use Contiform?** It's up to you. You can wear Contiform all day, use it when you're exercising, or whenever you need to.

**When should I NOT use Contiform?** You should not use Contiform in the following situations: during intercourse; if you are pregnant; if you have a vaginal infection such as thrush; vaginal erosions or soreness; if you have cystitis; if you are using an IUD such as a coil (there is a small risk that you may remove the IUD when removing the Contiform)

**What does Contiform do and how does it work?** The Contiform intravaginal device is shaped like a large hollow tampon and is made of medical grade Santoprene. Contiform can be easily inserted and removed, in much the same way you would insert and remove a tampon. Contiform is softly contoured to be worn discreetly and comfortably inside the vagina to support the urethra and restore your body's natural anatomy. Contiform can give you immediate and lasting control of everyday urine leakage. With regular use it can work in harmony with conventional pelvic floor exercises to bring about long-term improvement in muscle tone. Contiform is recommended only for those women who suffer from stress incontinence.



**How effective is Contiform in reducing stress incontinence?** "Contiform appears simple to use and is well tolerated. The device offers an alternative to surgery, particularly in those who not only leak during sport, or those who do not wish, or have not yet completed their family. It provides a significant reduction of leakage in those moderate to severe incontinence....." (Reference: *Clinical Paper Update: the Contiform" intra-vaginal device in four sizes for the treatment of stress incontinence W.A.Allen et al Int Urogynecol J (3008) 19:757-761.*

**How do I know when to replace it?** Contiform has been manufactured with the slit on the inside of the collar to reduce excess pressure on the bladder neck and avoid any possibility of obstruction to the urinary flow. The slit will appear when you first fold the device, this does not affect the efficacy of the device. Depending on the frequency of use, the slit will gradually lengthen until it reaches over the top of the collar. This is an indication the device needs to be replaced.

**How long can I use one Contiform for?** As long as your Contiform is maintained as directed, each unit should last up to 30 days, and is guaranteed for this length of time with everyday use. It will last longer if only used 2 or 3 times a week. Once the slit has lengthened and reaches over the top of the collar it is time to replace it.

**Do I have to use the removal ribbon?** No. But it will make the removal easier similar to removing a tampon.

**Can Contiform cause Toxic Shock Syndrome?** Contiform is unlikely to cause Toxic Shock Syndrome because, unlike a tampon, it is not absorbent.

**Can Contiform get lost in my body?** No. There is no place for it to go. The opening at the top of your vagina ( the cervix) is far too small to let Contiform through.

**Do I need to check with my health care professional before using Contiform?** This is only necessary if you are leaking constantly, have had any form of bladder surgery or suffer from a previously diagnosed condition affecting the bladder. If you experience any irritation or vaginal discharge during use, remove Contiform and contact your health care professional.

**Is Contiform safe to use?** Contiform is soft and flexible. It is made from a material which is unlikely to cause an allergic reaction and has been thoroughly tested.

**Can I use Contiform during my period?** Yes, but you won't be able to use tampons. During your period you may notice a slight discolouration of Contiform but as long as you clean it regularly it will still be effective.

**Can Contiform slip out when I go to the toilet?** Contiform should stay in place when you empty your bladder, however, if it moves when straining your bowels, just remove it, wash it, and gently push it back into place.

**How should I dispose of Contiform?** Contiform should be placed in a rubbish bin. Do not flush Contiform down the toilet or burn it.

**Can Contiform be used if I have a prolapse?** IF you can retain a tampon, then the Contiform MAY help in the prevention of STRESS INCONTINENCE. "The device is not designed to elevate prolapse (i.e. patients with prolapse usually cannot retain a tampon)." (*Reference: Clinical Paper Update: the Contiform" intravaginal device in four sizes for the treatment of stress incontinence W.A.Allen et al Int Urogynecol J (3008) 19:757-761.*)  
It is not recommended for moderate to severe prolapse as it may not be able to be positioned correctly

**Why is Contiform available in different sizes?** Because every woman is different, all three sizes are included in the New User Pack. It's important to choose the one which is the most effective and comfortable for you. Once you have done this, simply order replacements in your size.

**How do I choose the correct size?** Your starter pack will contain all three sizes of Contiform. Start by trying the medium size. Ensure the front of the device rests behind the pubic bone and the back of the device sits under/behind the cervix. Once inserted it should feel comfortable and prevent leakage. Cough, jump or run to check for any leakage and movement. If there is still leakage or movement you will need to fit a large size. If it doesn't feel comfortable, or you have difficulty emptying your bladder when you are wearing it, swap to the smaller size. Some women prefer to try Contiform in the privacy of their home, and if so, we recommend that they consult their healthcare professional, nurse or continence advisor before using Contiform.