

Efemia Bladder Support – Fitting Guide

The design of Efemia Bladder Support allows women to easily find their correct size. For first-time users, the Efemia Starter Set is prescribed, containing all three sizes.

1. Instructions for use:

a Empty the bladder & wash hands with soap and water.



b Rinse the bladder support with water or use a water-based lubricant to make insertion easier.



c **Grip the handle and insert the bladder support:** Insert it into the vagina at a slight upward angle, similar to a tampon. The support rings should pass through the vaginal opening and rest on the pelvic floor. The handle should rest closely against the perineum and be covered by the outer labia. The long part of the handle should point backward.



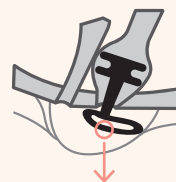
The support rings are round, ensuring the performance is unaffected regardless of any rotation induced by movement or the direction in which the handle is pointing.

d **Placement:** Once inserted, the patient can try gently pulling the handle, jump, or move around. If the bladder support does not stay in place or does not reduce leakage, the patient should try a larger size or adjust the placement.



Keep in mind that a size too small can cause discomfort both internally and externally—if the patient experiences this, recommend a larger size!

e **Remove the bladder support** by gently pulling the handle and slightly wiggling it from side to side. **Note!** It may be helpful for the patient to empty her bladder before removing the support.



If the patient experiences resistance or a vacuum-like sensation when trying to remove the support: Ask her to insert a finger next to the support rings, press it to the side, and wiggle slightly. This allows air to pass through and break the vacuum.

f **Clean the bladder support** with water, soap and water, or boil it for 10 minutes. It can also be microwaved in the suitable Efemia cleaning bag.

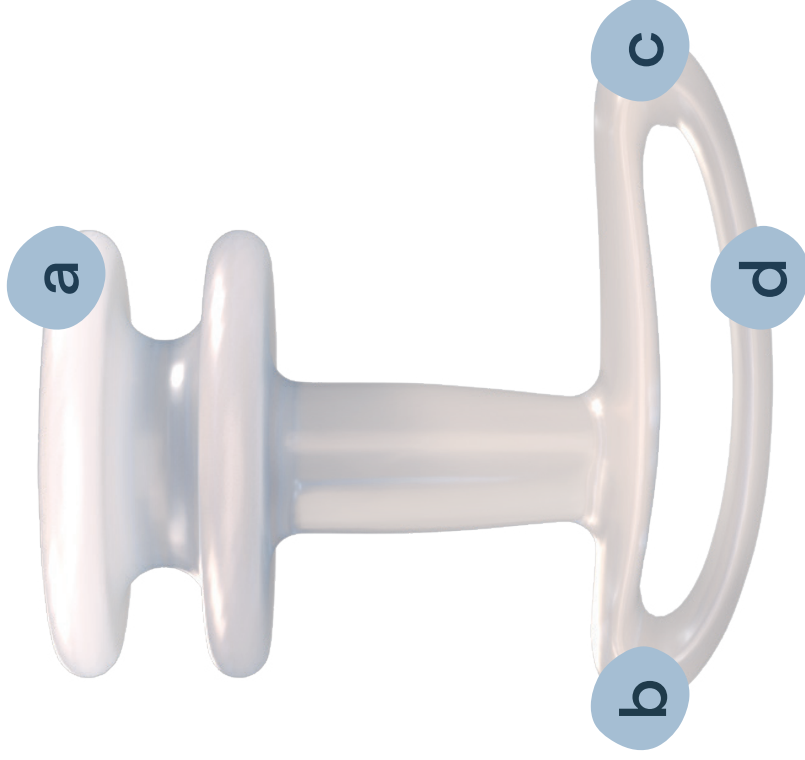


2. The patient tries all three sizes in the Starter Set at home. We recommend starting with the smallest size (30 mm). If it does not help, try the medium size (35 mm) and possibly also the largest (40 mm).

3. After 2–3 weeks, a follow-up is recommended. How has it worked? In which situations does it help? Which size fits best? The product should be replaced every 3 months. Once the patient has found the right size, the single-pack is prescribed going forward.

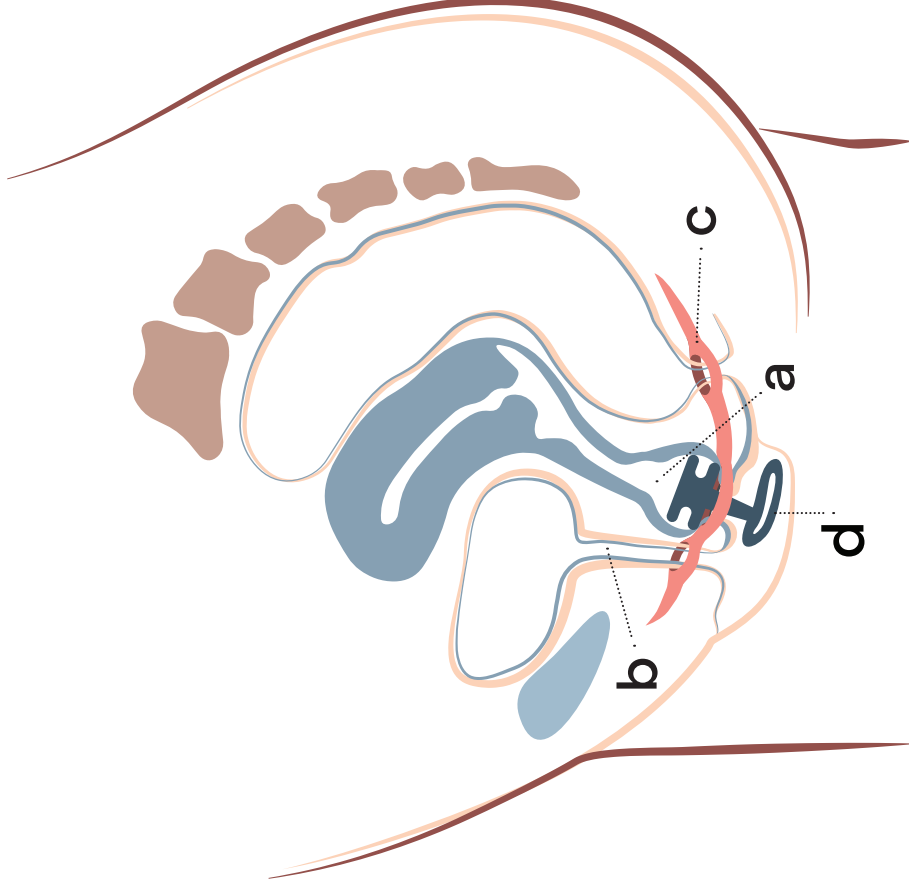


Read more here:



a. Support rings **b.** Front

c. Back **d.** Handle



a. Vagina **b.** Urethra

c. Pelvic floor **d.** Efemia Bladder Support