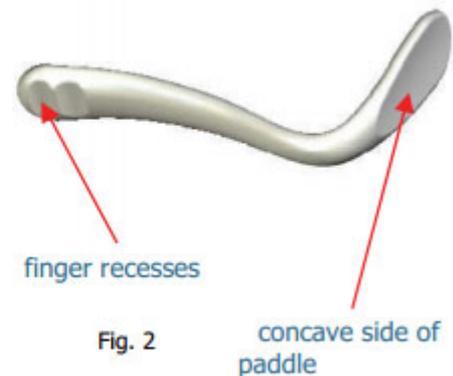
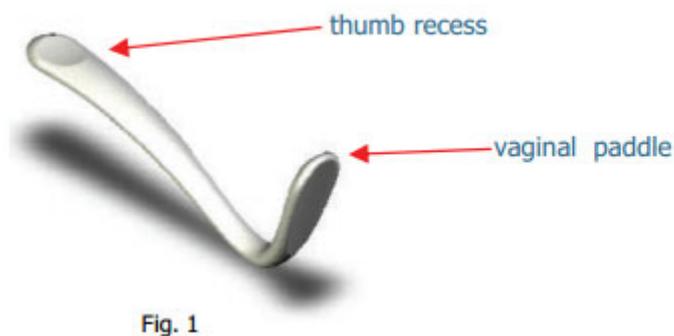


How To Use Femmeze

The FEMMEZE ® may be used as part of the care and self-treatment of women who have a rectocele which is one type of pelvic organ prolapse. A rectocele occurs when the rectum herniates forward into the back wall of the vagina creating a bulge in the vagina and can prevent proper bowel emptying. To cope with this, some women will resort to inserting their fingers into the vagina to apply pressure to the vaginal wall, repositioning the rectocele and training the vagina back to its proper shape, to aid passing their stool. In order to re-align the rectum the FEMMEZE trainer is recommend for use rather than your fingers.

The FEMMEZE ® has been designed to be safe, easy and convenient to use whilst being able to be stored in a discreet and easily manageable pouch. This vaginal device enables women to re-align the rectum from within the vagina to allow for more comfortable passing of stools. The FEMMEZE ® is shaped like a shoehorn, the paddle end of the device is inserted into the vagina whilst your thumb rests within the recess that is located at the top of the handle (Fig. 1) and with at least two fingers located within the grooves that are positioned on the reverse of the handle (Fig. 2).



IMPORTANT: Only insert the FEMMEZE ® into your vagina, NEVER into the anus

IMPORTANT: Never attempt to insert the FEMMEZE® using a grip hand around the handle of the device as this may result in you applying a greater pressure than that which is required in order to use the device safely and effectively.

IMPORTANT: These instructions are intended as a guide and you should seek the advice of your doctor, physiotherapist or nurse specialist before using this trainer.

If using the trainer for the first time, wash it thoroughly in hot soapy water then rinse and dry it to remove all traces of soap (to avoid possible irritation).

See over....

To insert the FEMMEZE® apply a small amount of a vaginal lubricant around the paddle of the trainer gently insert into the vagina as shown in Diagram 1; push in a backwards direction repositioning the rectocele to assist passing of stool as in Diagram 2.

To remove the FEMMEZE®, gently slide down and out whilst tilting the handle towards you and maintaining some gentle pressure towards the back passage. If you find it is catching on the vaginal tissue as you do this, try using more lubricant and also leaning backwards a little bit to make it easier to remove.

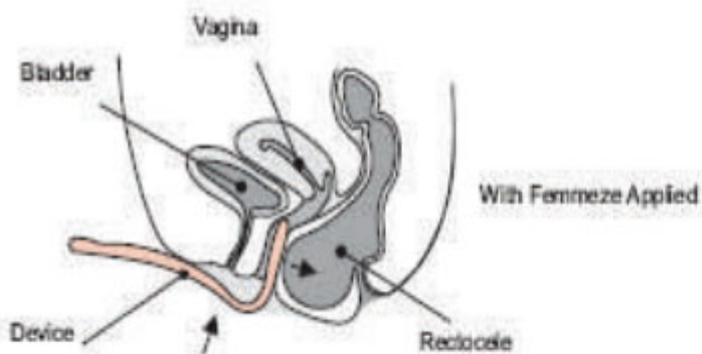


Diagram. 1

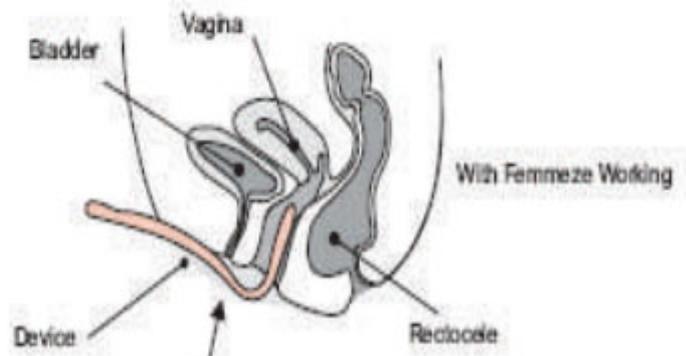


Diagram.
2

The material presented in this information sheet is intended as an information source only. The information is provided solely on the basis that readers will be responsible for making their own assessment of the matters presented herein and are advised to verify all relevant representations, statements and information. The information should not be considered complete and should not be used in place of the advice of a health care provider. Pelvic Floor Exercise does not accept liability to any person for the information or advice provided in this sheet, or for loss or damages incurred as a result of reliance upon the material contained herein