

# Contam<sup>®</sup>

*Vaginal tampons*



**Med SSE System**

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Product information

# Indicators and performance features

## Indicators:

- **Stress incontinence**  
(uncontrollable urinary incontinence, e.g. when coughing, laughing, lifting, climbing stairs, during sports, etc.)
- **Mixed incontinence and an overactive bladder**
- **Strengthening/activation of the pelvic muscles**
- **Vaginal prolapse**
- **Descensus uteri (uterus prolapse)**
- **Central nervous disorders**

## How does *Contam*<sup>®</sup> work?

*Contam*<sup>®</sup> does not absorb urine when inserted vaginally. *Contam*<sup>®</sup> elevates the anterior vaginal wall, supports the bladder neck, and returns it to its original position.

*Contam*<sup>®</sup> allows its wearer to perceive her pelvic floor consciously. Once this sensation has been established, the muscles are trained both passively and actively.

**Advantage:** The patient can insert the tampon by herself easily.

## Notes



### Get active again with *Contam*<sup>®</sup>

Incontinence is a very personal problem. We want to help you help yourself. We have developed a tampon that can be used for the natural self-treatment of incontinence and prolapses to maintain or restore your quality of life.

It does not affect vaginal secretions or the natural vaginal flora. The raw material used in *Contam*<sup>®</sup> is a **toxicologically and dermatologically harmless foam**.

**Using the toilet:** The *Contam*<sup>®</sup> vaginal tampon does not need to be removed for urination.

**Wearing time:** For hygiene reasons, the tampon should be changed after 12 hours.

**Reuse:** Please refer to the instructions.

# Diagnosis: incontinence

Contam®

## Vaginal tampon



**Use for stress incontinence, mixed incontinence with an overactive bladder, and for strengthening/activating the pelvic muscles.**  
**Contam® prevents urinary incontinence.**

Art. no.	Name	Diameter/length* (when wet)	Number of pieces
5900	Starter set	Mini, regular, extra	3 pc.
6220	Mini size 1	22 mm / 61 mm	10 pc. 20 pc. 50 pc.
6260	Regular size 2	28 mm / 61 mm	10 pc. 20 pc. 50 pc.
6330	Extra size 3	33 mm / 66 mm	10 pc. 20 pc. 50 pc.
6400	Extra plus size 4	40 mm / 66 mm	10 pc. 20 pc. 50 pc.
6450	Super plus size 5	45 mm / 66 mm	10 pc. 20 pc. 50 pc.

# Incontinence starter set



**Mini (size 1)**

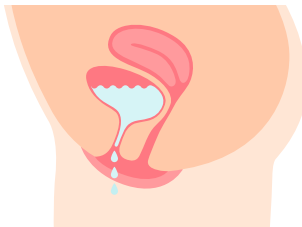
**Regular (size 2)**

**Extra (size 3)**

## How to choose the right size:

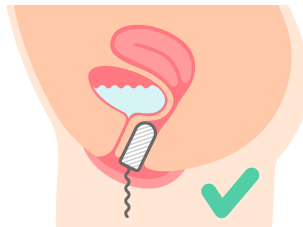
Our starter set (prescribable) consists of 3 tampons (1 each of the sizes mini, regular, extra), allowing you to choose the required size individually.

### Vaginal area without tampon



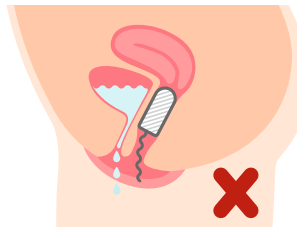
Vagina, bladder, and urethra without tampon (urinary incontinence).

### Correct use!



The tampon in the vaginal area exerts pressure on the urethra. This prevents the uncontrolled discharge of urine.

### Incorrect use!



The tampon is too deep inside the vagina.

## Use and mode of action for incontinence

For notes on the correct use of this product, please refer to page 11 of the booklet and the **illustration. 6 A**

## Diagnosis: prolapse

Contam®

### Vaginal tampon



**Use for the manual reduction of vaginal and uterine prolapses.  
The tampon in the vaginal area prevents the partial or complete  
protrusion of the vagina or uterus.**

Art. no.	Bezeichnung	Diameter/length* (when wet)	Number of pieces
5950	Starter set	Extra, extra plus, super plus	3 pc.
6330	Extra size 3	33 mm / 66 mm	10 pc. 20 pc. 50 pc.
6400	Extra plus size 4	40 mm / 66 mm	10 pc. 20 pc. 50 pc.
6450	Super plus size 5	45 mm / 66 mm	10 pc. 20 pc. 50 pc.

## Prolapse starter set



**Extra (size 3)**

**Extra plus (size 4)**

**Super plus (size 5)**

### How to choose the right size:

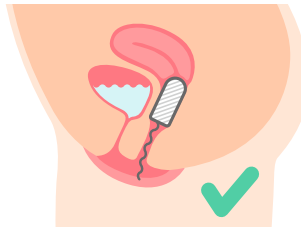
Our starter set (prescribable) consists of 3 tampons (1 each of the sizes Extra, Extra plus, Super plus), allowing you to choose the required size individually.

Vaginal area without tampon



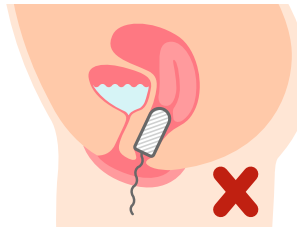
Vagina, bladder, and urethra without tampon.

Correct use!



The tampon is deep enough inside the vagina.

Incorrect use!



The tampon is not deep enough inside the vagina.

Use and mode of action for prolapses

For notes on the correct use of this product, please refer to page 11 of the booklet and the **illustration**. 6 B

# Starter set Contam<sup>®</sup> Cube



**Size 1**

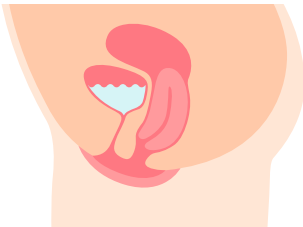
**Size 2**

**Size 3**

## How to choose the right size:

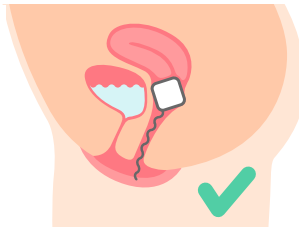
Our starter set (prescribable) consists of 3 tampons (1 each of the sizes 1, 2, 3), allowing you to choose the required size individually.

### Vaginal area without tampon



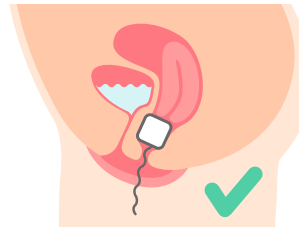
Vagina, bladder, and urethra without tampon.

### Correct use in the case of a prolapse



The cube has been inserted deep enough inside the vagina!

### Correct use in the case of a prolapse with underlying incontinence



The cube is placed centrally to exert additional pressure upon the urethral area!

### Use and mode of action for prolapses

For notes on the correct use of this product, please refer to page 11 of the booklet and the **illustration**. **6 B**



# Cube therapy for prolapses

Contam®

## Cubic tampon

The cubic *Contam*® vaginal tampon is used to treat vaginal and uterine prolapses and voiding dysfunctions of different degrees of severity.



Art. no.	Name	Dimensions* (when wet)	Number of pieces
6000	Starter set	3 sizes / 32, 37, 42 mm	3 pc.
6100	Cube size 1	32 x 32 mm	5 pc. 20 pc.
6150	Cube size 2	37 x 37 mm	5 pc. 20 pc.
6200	Cube size 3	42 x 42 mm	5 pc. 20 pc.
6205	Cube size 4	50 x 50 mm	5 pc. 20 pc.
6210	Cube size 5	55 x 55 mm	5 pc. 20 pc.

*\* Indications of length and diameter are approximate values and refer to the state of the product during use (i.e. when wet).*

Contam®

Recommended by patients and specialists



**Recommended by**

by the Hagen-Haspe hospital, one of  
Germany's leading gynaecological hospitals



**Recommended by**

**Dr Murat Koc**

HOD of Ob/Gyn/IVF, Director Center of Excellence in Minimal Invasive Gynecology  
(AAGL/USA), Consultant Ob/Gyn, Consultant Gynecological Oncology

**Bahrain Specialist Hospital**

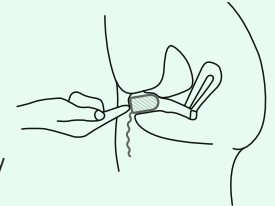
# Instructions

- 1 Wash your hands thoroughly before use.
- 2 Remove *Contam*® from the packaging, remove the foil, and unroll the string.
- 3 Briefly soak *Contam*® in warm water (approx. 1 minute).
- 4 Squeeze the tampon to remove excess water. *Contam*® will become soft and elastic and is used in this state.
- 5 *Contam*® is inserted vaginally. Assume a comfortable position to insert the tampon.
- 7 For reasons of hygiene, the tampon should be changed after 12 hours.
- 8 Dispose of the product in household waste.

## Use for incontinence

6 A

Use your fingertips to insert *Contam*® deep into the vagina, then pull the tampon back slightly until you can reach it again with your fingertips.

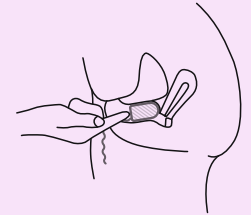


## Use for prolapses

6 B

Use your fingertips to insert *Contam*® into the vagina as deep as possible.

**Note:** the tampon cannot slip away into the body!





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