

### ***How common is stress incontinence?***

It is estimated that up to 1 in 3 women today suffer to some degree with stress incontinence. This can affect women of all ages and may occur at any time, but often starts in pregnancy, after childbirth, or during menopause.

### ***What causes stress incontinence?***

Stress incontinence is caused by weakness in the pelvic floor muscles which allows leakage during ordinary, everyday activities such as laughing, coughing, sneezing, lifting, or when you are most active.

### ***Who can use IncoFree?***

Any women who have stress incontinence. Women who decline: not suitable for surgery: want more children or are waiting for surgery. IncoFree is unsuitable for moderate to severe prolapse.

### ***When do I use IncoFree and how long does it last?***

You can wear IncoFree all day, or use it only when you are exercising. With everyday use IncoFree will last up to 30 days. If used only 2 or 3 times a week the device will last more than 30 days.

### ***How does IncoFree work?***

IncoFree is an intra-vaginal device shaped like a hollow tampon. Made of medical grade Santaprene. IncoFree can be easily inserted and removed by patients, in much the same way you would insert and remove a tampon. IncoFree is softly contoured to be worn discreetly and comfortably inside the vagina to support the urethra and restore your body's natural anatomy.

### ***Fitting IncoFree Device***



### ***Choosing the correct size.***

Initially try 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. 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. Some women prefer to try IncoFree in the privacy of their home. Consequently we recommend that they consult their Healthcare Professional, Nurse Continence Advisor before using IncoFree.

***How do I know when to replace?*** The device is manufactured with a slit in the inside of the collar. This is to aid the folding and squeezing prior to insertion. The slit also acts as a gauge as to when the device should be replaced. Over

30 days the slit will develop over the top of the collar which compromises the efficacy. This is when the device should be replaced.

**How do I clean IncoFree?** Wash with warm water and unperfumed soap and rinse well before the first and subsequent uses.

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

**Can Contiform/IncoFree be used if the patient has prolapse?** If the patient can retain a tampon, then the Contiform MAY help in the prevention of STRESS INCONTINENCE”.

**QUOTE** “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

**Why does the Contiform/IncoFree have a split inside the collar?** To avoid any possibility of obstruction to the urinary flow rate, Contiform/IncoFree dies were improved to create an inherent weakness in the anterior ring (the collar) of the device. This allows Contiform/IncoFree to be more easily folded for insertion into the vagina, and reduces any excess pressure on the bladder neck which could affect the flow rate.

**QUOTE:** “.....Contiform/IncoFree does not have a significant obstructive effect, although three (3) individuals noted a significant reduction in the flow rate when using a new device – after approximately 48 hrs a softening of the device was noted and flow appeared to normalize thereafter”.

Reference: Clinical Paper .....The Contiform Incontinence Device – efficacy and patient acceptability. A.R. Morris; K.H. Moore Int Urogynecol J (2003) 14: 412-417.

**Which market segment is the most influential in advising patients with Stress Incontinence?** Contiform/IncoFree is supported by professional health ancillary groups that advocate Pelvic Floor exercises and the use of Contiform/IncoFree for the treatment and prevention of stress incontinence.

**QUOTE:** “We suspect that the applicability of the device (Contiform), would be greater in the primary care setting i.e., NCA or Physiotherapy Departments”.

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 effective is Contiform/IncoFree in reducing stress incontinence?** “Contiform/IncoFree 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.....”

**QUOTE:** “ When comparing the cure rate of Contiform/IncoFree with other devices, the success of Contiform/IncoFree is similar to that of the Intrlol device (52% continent on the 1 hr pad test) Superior to that of Conven Continence Guard (41-46% dry on the 24hr pad) and similar to Femassist (25-49% dry on the 24hr pad)  
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**PLEASE NOTE THAT INCOFREE IS THE UK AND EUROPEAN TRADE NAME FOR CONTIFORM**



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