

Safety with comfort.

# Contam®

... for a safe feeling!

## VAGINAL TAMPON (CUBE)



Article number	Description	Dimensions* (moist)	PCN	Quantity
6000	Starter set	3 sizes/ 32, 37, 42 mm	10992669	3 pcs
6100	Cube Size 1	32 x 32 mm	10796922 10796939	5 pcs 20 pcs
6150	Cube Size 2	37 x 37 mm	10796945 10796951	5 pcs 20 pcs
6200	Cube Size 3	42 x 42 mm	10992675 10992706	5 pcs 20 pcs
6205	Cube Size 4	50 x 50 mm	11615207 11615213	5 pcs 20 pcs
6210	Cube Size 5	55 x 55 mm	11615242 11615259	5 pcs 20 pcs

\*Sizes and diameters are approximate in ready-to-use state (moist).

### Intended purpose:

The Contam® vaginal tampon in cube shape can be used to treat various degrees of vaginal and uterine prolapse as well as bladder emptying disorders.

### Use and mode of action of Contam®

Correct use  
in case of prolapse



Cube has been inserted into the vagina deep enough!

Correct use for prolapse  
with hidden bladder weakness



Centrally placed cube exerts additional pressure on the urinary tract region!

### Directions and instructions for use:

1. Wash your hands thoroughly prior to use
2. Take the tampon out of the package.
3. Soak Contam® briefly in warm water (approx. 1 minute).
4. Squeeze out remaining liquid. Contam® becomes soft and elastic and is ready for use.
5. Contam® is inserted in the same way as a menstrual tampon. Adopt a comfortable position for inserting, e.g. by placing a leg on a stool or sitting on the edge of the toilet lid.

### 6A. Use for prolapse problems

With your fingertips, insert Contam® deep into your vagina.

### 6B. Use for prolapse problems with hidden bladder weakness

Place the Contam® Centrally placed cube in order to exert additional pressure on the urinary tract region.

7. If it does not feel comfortable, please move the tampon into a comfortable position with your fingertips. There are few nerves in the middle part of the vagina. For that reason, you cannot feel the correctly positioned Contam®.
8. The end of the retrieval thread must be outside the vagina.
9. To remove Contam®, you should also adopt a comfortable position. Find out the best direction for removing the tampon by pulling gently on the removal thread.
10. Place the used Contam® into a small bag and dispose of it in normal household waste. Please wash your hands after removing and disposing of Contam®.

**Using the toilet:** There is no need to remove the Contam® vaginal tampon when urinating.

### Safety notes:

- You should change Contam® after swimming/bathing

In the unlikely event of the retrieval thread breaking despite our careful control through continuous monitoring, press while squatting (like for a bowel movement), try to get hold of the tampon with two fingers and remove it. Should that be unsuccessful, go and see a doctor immediately

- Contam® is intended for single use only
- Contam® must not remain inside the vagina for longer than 12 hours. Patients who cannot ensure compliance with this requirement must not use Contam®
- If you suddenly experience fever, diarrhoea, vomiting, bleeding, dizziness or skin irritation while using Contam®, you must remove the tampon immediately and see a doctor

### Contraindications (do not use Contam®):

- PVA allergy • Menstruation • While sleeping or during infections
- Seek medical advice before use in pregnancy

### Labelling of medical products:

The packaging and package inserts for Contam® vaginal tampons contain pictograms that are explained in the following:

Symbol for "Conformity with current European guidelines"

Symbol for "Not for reuse"

Symbol for "Read the instructions for use"

Symbol for "Manufacturer"

Symbol for "Use by"

Symbol for "Batch number"

CE 0197

Product code 15.25.21.2004

Material data: Tampon: PVA foam, Thread: Cotton

Med SSE does not accept any liability for damages arising from non-adherence to the instructions for use.



## Med SSE System

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