



# Continence Control System **USER'S MANUAL**

# Continance Control System User's Manual



**Caution: Read this user's manual completely before using this system**

## Causes of Incontinence

Causes are many and varied. Most incontinence is related to aging. Other causes are prostate surgery, infections, kidney disease, depression, drug side effects, and possibly drinking too much coffee, alcohol, or soft drinks.

The degree of your bladder control problem will affect how the the Continance Control System will work for you.

Often the best controls are things that you can do yourself: Reduce your intake of fluids and learn to manage the timing of your urination and completely empty your bladder.

## Options for Management of Incontinence

Adult diapers, tubes, bags, catheters, drugs, and in some cases, surgery, are used in the management of incontinence.

## What is a Continance Control System?

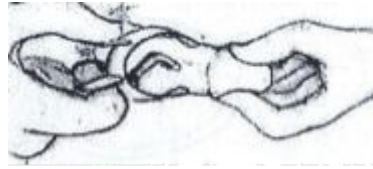
The Continance Control System is designed to help men manage their incontinence. It is a simple and easy to use clamp made of plastic, with a soft comfortable covering that comes into contact with the penis. It fits comfortably over the penis and is held in place by the memory of the clamp itself.

## How it works

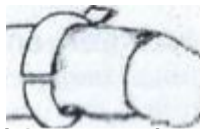
The Continance Control System works by blocking (occluding) the Urethra (the tube on the underside of the penis that urine flows through).

# How to use the Continenace Control System

1. Grasp the head of the penis and pull straight out from the body (see image below). This will make placement of the Continenace Control System easier.



2. Place the handles of the Continenace Control System between the thumb and forefinger and depress (push). This will open the Continenace Control System wide enough to place around the penis. Place your penis completely inside, snugly against the back of the Continenace Control System. Be sure that the spring pad on the inside of the Continenace Control System is resting on the underside of your penis, pressing firmly against the urethra (see image below).



3. Place the Continenace Control System about mid-shaft on the penis for the best results.
4. To urinate while wearing the Continenace Control System, depress (push) the handles together, opening the clamp wide enough to un-block the urethra. Repeat steps 1 & 2 above, release the handles and the Continenace Control System will be correctly in place.
5. To remove the Continenace Control System simply depress (push) the handles together, open wide enough to remove.

## QUESTIONS AND ANSWERS

### Who should use the Continance Control System?

Results will be best for the male with mild or moderate incontinence. Those with more serious incontinence may find the use of the the Continance Control System can help reduce the use of other options.

### How long can I wear the Continance Control System?

Not recommended to be worn more than 12 hours continuously.

### Is the Continance Control System reuseable?

It may be reused for up to 5-7 days, until it becomes soiled or has lost it's effectiveness. The Continance Control System will lose it's effectiveness after 5-7 days of normal use and will become unsanitary.

### May I wear more than one Continance Control System at a time?

It is not recommended that you wear more than one Continance Control System at a time.

### What results should I expect using the Continance Control System?

It may take some experimenting, placing the Continance Control System at different areas of the penis for the best result. To gain the best control using the clamp, regulate your intake of fluids and empty your bladder regularly and completely.

## WARNINGS:

1. Stop using the Continenence Control System and see your doctor if you have skin irritation while using the Continenence Control System.
2. Stop using the Continenence Control System if any of the following occurs:
  - a. Pain while urinating
  - b. Swelling
  - c. Sores around the Continenence Control System
  - d. Loss of feeling
  - e. Discoloration, bruising, or other signs of reduced blood flow to the penis (such as difficulty gaining an erection).
3. Stop using the Continenence Control System if you feel pain or discomfort.
4. DO NOT USE the Continenence Control System IF YOU:
  - a. Wear a urinary catheter
  - b. Have a penile implant
  - c. Have a urinary infection
  - d. Cannot put the Continenence Control System on without help
  - e. Have extreme penile curvature (Peyronie's Disease)
  - f. Have persistent erections (Priapism)
5. Do not use the Continenence Control System if it becomes soiled or damaged.
6. Do not use the Continenence Control System while urinating (Loosen or remove the Continenence Control System)
7. Do not use the Continenence Control System during intercourse or with an erection.
8. Do not use the Continenence Control System to prevent pregnancy.
9. Do not wear the Continenence Control System while sleeping.
10. Possible pain, swelling, sores, or irritation of the skin and tissues around the Continenence Control System. If you use the Continenence Control System while pain, swelling or sores are present, you run the risk of injury.

Made in the U.S.A.  
For single patient use only.

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