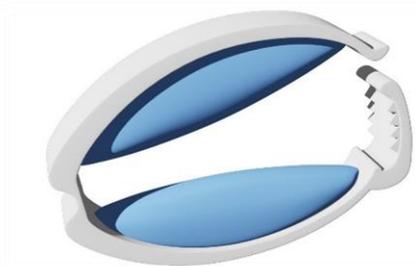


PENILE CLAMP INSTRUCTIONS



Penile clamps are used by men to treat incontinence, by stopping continuous or intermittent urine leakage. These incontinence clamps are placed around the penis whilst it gently applies pressure to stop urine flow through the urethra. Many men after prostate surgery have difficulty controlling urine leakage. It may also be useful for older men, to help control urine dribble. It is also a useful tool to aid in training the bladder to manage larger quantities and thus putting an end to those “where-is-the-closest-toilet” urges and building

confidence at the same time. Keep in mind that specific techniques and training is necessary to gain sufficient results. Other conditions that may benefit from the clamp regime include diabetes, obesity and some surgeries.

Please follow these instructions carefully and let your therapist know if you need more guidance (keep in mind that you can't just slap it on the “tap” and off you go, you would need, at the same time, to use your pelvic floor training and bladder training techniques to make this expense more than worthwhile)

How to use it and don't lose it:

- Fit the penile clamp according to the instructions, about halfway down the shaft of the penis.
- Latch to compress the urethra at a level that is comfortable for you.
- **Do not overtighten, notice that very light pressure will prevent leakage.**
- Wear for a minimum of 2 hours, max 4 hours
- It is recommended to release the clamp every to 2 hours to urinate to prevent urinary tract infections. Set a timer to remind you.
- Each time you urinate, reposition the clamp higher or lower down from the previous position to prevent skin irritation and in favour of good circulation
- **Only wear while awake!**
- Wear 6 days per week
- Do bladder diary 1 day per week, on “day off”
- Wear 4-6 weeks to wean off pads
- Use in combination with Oxytrol
- On the “**don't lose it**” part, just keep this valuable safe, where you will be able to find it again.





How to integrate your Pelvic Floor & Bladder training to get the Bang for the Buck:

- Your main aim is to retrain your bladder capacity to store the normal 500ml before you need to empty.
- Please refer to your “Urgency and Bladder Training Guidelines” for additional information.
- Important is to continue drinking your recommended 1.5 - 2 litres of water daily.
- Start by noting the time you release the clamp towards the end of the afternoon when you are at home. The aim is to measure how long it takes before you get an urge and need to urinate. At least give minimum 2 hours in between, but also try and win 15 minutes every day to reach 3-4 hours. (no longer than 4 hours)
- If you develop your first urge before your goal time, contract your pelvic muscles for 15-20 seconds at 70% of your maximum. (bladder inhibitory reflex technique). Continue doing so, on and off as necessary, till you reach your next recommended goal time ex. 2 hours 30 minutes.
- Next measure the urine in your 500ml cup and note the amount as well as the time lapsed from removing the clamp.
- Apply the bladder emptying techniques to make sure you have emptied completely. (refer to bladder training guide)
- This way you will learn and teach your bladder how it feels to control 500ml of fluid.
- On the 7th day or “off” day apply the same technique.

Persevere and inform your physiotherapist if the process lasts longer than 8 weeks, in other words, if you are still dependent on pads or a clamp.