

Comfortably secure.

Contam®

... for a save feeling!

VAGINAL TAMPON (CUBE)



Art. no.	Size (wet)*	Number of pieces
6000	Starter set / 3 sizes (32, 37, 42 mm)	
6100	32 x 32 mm	5 pc.
6100	32 x 32 mm	20 pc.
6150	37 x 37 mm	5 pc.
6150	37 x 37 mm	20 pc.
6200	42 x 42 mm	5 pc.
6200	42 x 42 mm	20 pc.
6205	50 x 50 mm	5 pc.
6205	50 x 50 mm	20 pc.
6210	55 x 55 mm	5 pc.
6210	55 x 55 mm	20 pc.

*Indications of dimensions are approximate values and refer to the state of the product during use (i.e. when wet). The raw material used for the product (polyvinyl alcohol foam) is elastic, and minor variation is possible.

Purpose: The *Contam*® vaginal tampon (cubic) is used to treat various degrees of vaginal or uterine prolapse and incontinence.

The flexibility and elasticity of the PVA foam allows for easy self-treatment.

The raw material used to produce *Contam*® vaginal cubes is a toxicologically and dermatologically harmless foam, which has been used for incontinence tampons for decades.

Application: Normally, *Contam*® is changed by the user herself following instruction by a physician or trained medical personnel. The cube should be removed every evening and replaced every morning. (Refer to the section on the washing procedure.) For hygiene reasons, a wearing period of 12 hours should not be exceeded.

Application: Briefly soak *Contam*® in warm water (approx. 1 minute). Squeeze the tampon to remove excess water. *Contam*® will become soft and elastic; it is used in this state. The vaginal cube is used identically to a menstrual tampon.

Assume a comfortable position to insert the tampon. You can place one foot on a stool, for instance, or sit on the edge of the toilet seat. Then, insert the cube into the vagina as deep as possible. Inserted deep enough, it will be in a comfortable position and exert no pressure. To remove the tampon, pull the string.

Place the used tampon in a small bag and dispose of it in domestic waste. Please wash your hands after removing and disposing of *Contam*®.

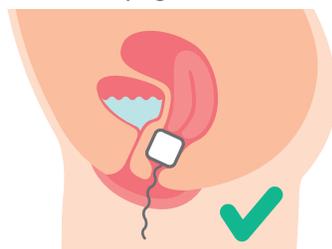
Use and mode of action of *Contam*®

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!

Washing procedure when re-using the product The tampon can be used up to 7 times; please adhere to the following washing procedure: *Contam*® is not usually soiled during wearing and can therefore be used 7x. Due to the material fatigue setting in after the seventh wear, the wearing period should not be exceeded. Of course, users are free to wear the product for shorter periods of time for hygienic reasons.

For bacteriological reasons, the following steps are reasonable:

- *Contam*® should be soaked in boiling water in a suitable vessel without detergents after each use (for maximally 5 min)
- *Contam*® should not be squeezed immediately after soaking (risk of deformation)
- *Contam*® should be lowered by the string into a vessel with cold or lukewarm water and allowed to cool.
- *Contam*® can be stored dry or wet until the next use

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

First use: *Contam*® can occasionally cause a sensation of pressure. This sensation usually ceases after 3–4 days, at the latest upon removal of the tampon.

Tip: *Contam*® should be replaced after swimming. Its use during pregnancy should be discussed with your physician. Avoid wearing the product for periods significantly exceeding 12 hours. If the string on the products unexpectedly tears despite our continuous inspection and controls during production, assume a squatting position and attempt to catch hold of the tampon with two fingers while squeezing, as during defecation. If you cannot remove the tampon manually, please consult your gynaecologist immediately.

Please do not use *Contam*® in the following circumstances:

- during your menstrual period
- in the case of a PVA allergy
- in the case of a vaginal inflammation

Side effects:

If you experience

- an itching/burning sensation in the vaginal area,
- discharge (noticeably odorous or discoloured / greenish, yellowish, brownish),
- bleeding/spotting,
- inflammation

while wearing *Contam*®, please stop using the product and consult your gynaecologist. If you suddenly experience a fever, diarrhoea, vomiting, dizziness, or a skin rash during the use of *Contam*®, please remove the tampon and consult a physician.



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