Contam® - Vaginal tampon
Product information / Assortment range

Contam ® - for a safe feeling!
Areas of application (Indications) and Characteristics

- **Strain (stress) incontinence** – (Involuntary urine loss in situations like coughing, sneezing, laughing, lifting, stairs, sports)

  When inserted into the vagina, the tampon lifts the front vaginal wall and supports the ladder neck. It is brought back into its original position, the sphincter muscle can assume its original function. The urethra is compressed, because the pressure achieved with the tampon affects the tissue surrounding the urethra. Inserted into the vagina, the tampon does not absorb any urine. The use is independent of age, therefore also adequate for women who have not yet completed family plans.

- **Strengthening/activation of the pelvic base muscles**

  Contam® causes the conscious perception of the pelvic base in the wearer. When this feeling is created, the muscles are trained passively and actively.

- **Avoidance of operations** (among others hysterectomy)

  The use of the tampon provides women who have not made the decision for the removal of the uterus (hysterectomy) in the past – for which reasons whatsoever – with an effective opportunity for therapy. This means the therapy with the tampon may prevent a surgical intervention.

- **Carrier material for healing-supportive substances for local therapy**

  In case of postmenopausal patients, the use of the tampon provides simple application of hormone-containing salves, lotions, emulsions for comfortable, local hormone substitution therapy. Other substances that support the healing process (e.g. against fungus infections), can also be locally positioned with the tampon.

Further therapy options

- Use for continence achievement in case of partial uterus prolapse through manual backdraw of the prolapse with the tampon.

- In case of slightly felt urge incontinence combined with a chronic hormone shortage inflammation, local estrogenizing can be done.

- Individually adapted tampons can be a real alternative to the current treatment with ring, bowl, bat, and cube pessaries. Clear advantage: The patient can insert the tampon herself – only when needed – without great trouble.
Important notices

Be active again with Contam®

Bladder weakness is a very personal problem. This is why we want you to be able to help yourself first – without outside help!

For natural self treatment of bladder weakness we have developed a tampon that maintains respectively brings back your full life quality.

It is human nature to be mobile and independent – simply, so that you can “play it safe”! Who likes to go to work, shopping, to a concert or pursue leisure activities equipped with diapers/pads?

The Contam®-Vaginal tampons from Med.SSE-System GmbH provide you with an individual, ideal aid in the solution of your incontinence problem. By lifting the front vaginal wall, the bladder neck is supported. In addition, Contam® stimulates the weakened pelvic base muscles. Through these effects the normal closure function of the bladder is recreated.

IMPORTANT:
The normal bladder release is not affected. Vaginal discharge is preserved and the normal vaginal flora is not affected. The raw material used for Contam® is a toxicologically and dermatologically harmless foam and has been used in heart surgery, burns, and open bone fractures for decades. Due to the sewn-in retrieval thread there is hardly contact from the thread to the mucous membrane. Thus, irritations are prevented.

CONTRAINDICATIONS:
Please do not use Contam®
- during the monthly period
- during longer hours of sleep

IMPORTANT:
The tampon should be changed after swimming.

Wear during pregnancy and uterus prolapse should be discussed with the physician.

ATTENTION: If fever, diarrhoea, vomiting, vertigo, or skin irritations occur suddenly upon the use of Contam®, remove the tampon and consult a physician. The Toxic Shock Syndrome (TSS) occurs especially during the monthly period, whereas it is not important whether a tampon is used or not.

Washing process for multiple use:
As Contam® is usually not contaminated during wear, it can be used for 1 week (or 7x). Due to material fatigue occurring after this time, this period of wear should not be exceeded. Of course, each wearer may decide for herself to choose a shorter period of wear for hygienic reasons.

For bacteriological reasons it is recommended to boil the tampon after every use (min. -3) Max. 10 min) or to wash it in the washing machine at 60 degrees.

The tampon can be dried or stored in a container with water until the next use.

Should
- itching/burning in the vaginal region
- discharge (noticeable odour, coloured, greenish, yellowish, brownish)
- bleeding/intermediary bleeding
- inflammation

occur upon multiple use, stop using the tampon and consult your physician.

TIP:
A lotion containing estriole can be used as insertion help which also serves the preservation of the vaginal flora and vaginal discharge. Beyond that, protection against infection and the tightening of the mucous membrane is promoted.
Therapy option for stress incontinence (involuntary urine loss during laughing, coughing, sneezing, etc.) as well as for strengthening/activation of the pelvic floor muscles. Intended hysterectomy with plastic reconstruction can be averted with effective therapy with Contam®.

<table>
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<tr>
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<th>Diameter/Length</th>
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**This is how to select the right size!**

With the starter set, consisting of 3 tampons (1x each Mini, Regular, Extra), we provide you with the opportunity to select the right size.

**Important!**

The bladder can be emptied normally also with inserted tampon. The vaginal discharge is preserved. No impairment of the normal vaginal flora. **Please refrain from using the tampon during the night and during your monthly period.**

**by the way:**

Contam® can now be used several times (up to 7x)! Please find detailed information in the instruction manual.

**Mode of action of Contam**

**fig. 1** Illustrates the vaginal, bladder and urethra region without tampon.

**fig. 2** Tampon in the vaginal area exerts pressure onto the urethra. This prevents involuntary urine loss.
**Assortment range Special assortment**

### Contam® Duo

Application like normal version – but offers better positioning and improved efficiency due to its double shape. Pressure is exerted on the tissue surrounding the urethra and therefore leads to a natural closure. This prevents involuntary urine loss. In addition, the compound of the tampons provides a stabilizing effect for easier insertion.

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### Contam® Special

Product services like the normal version provide depots for salves/lotions (among others hormone-containing salves) due to the groove-shaped surface in the indentations. The healing substances applied in the indentations of the tampon surface are hardly brushed off during insertion.

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### Contam® Med

This tampon provides a carrier function for the local treatment with medicinal, healing-supporting substances (see also Contam®-Special). It can also be used as a medical aid if no stress incontinence is given, as the urethra shape preformed on both sides does not exert any or only hardly tangible pressure on the urethra.

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Useful indications for the physician

Example for incontinence aid prescription

Incontinence aids, like for example the Contam®-Vaginal tampon, are approved medicinal aids.

There is no budgeting for medical aids according to the 1. and 2. GKV-Neuordnungsgesetz (public health new order law). Medical aids are obligatory service for the public health insurance.

A separate prescription always needs to be filled out for medical aids (mark field 7). If medical aids are prescribed on a prescription together with medicine, surgical dressings, or medicinal substances, they strain the budget, meaning if a separate prescription is filled out, there is no risk of co-payment according to Art. 29 GSG.

The prescription should include:

- Indication (symptoms), in order to ensure repayment by the insurance. Upon first prescription is it recommended to support the approval with an attestation!
- Product Description
- Size/Shape
- Quantity
- Medical aid number 15.25.21.2004

Should you be undedecidly about the size, you can prescribe a starter set (every 1x Mini, Regular, Extra).

In case of questions please contact us free of charge
☎️ 0800 / 0 63 37 73
Verwendungszweck:
• Female stress incontinence of I. to max. II. degree
• Recurring incontinence after previous operation

1. Wash hands thoroughly before use

2. Take tampon out of the wrapping

3. Soak Contam® with warm water for a short time (approx. 1 minute)

4. Press out remaining liquid.
The tampon becomes soft and elastic and is thus applied.

5. The tampon has to be placed exactly like a menstruation tampon. For that purpose, get yourself into a comfortable position. For instance, you can put one foot on a stool or you sit on the edge of the toilet seat cover.

6. With your finger tips, insert Contam® deep into the vagina.

7. If you get an uncomfortable feeling, please use your finger tips to move the tampon in a more comfortable position. There are just a few nerves in the middle section of the vagina. Therefore, Contam® cannot be perceived when it is placed correctly.

8. The end of the removal cord must be outside the vagina.

9. In order to remove Contam®, get into a comfortable position, too. By pulling the removal cord you can find out the best pulling direction. If you decide for multiple use, please observe the described washing process.

10. Put the used tampon into a little bag and dispose with household waste.

11. Please, wash your hands after removal and disposal of Contam®.
with Contam®
afresh getting active...

everything is possible!