

# Contrelle® Activgard

Bladder support for women

**A simple device to reduce or stop bladder leaks**

## Frequently Asked Questions



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**How does it work?** Contrelle® is inserted into the vagina to support the urethra and bladder neck to prevent or reduce the loss of urine.

**Do I have to remove Contrelle when using the toilet?** No, there is no need to remove Contrelle during the day, even when going to the toilet.

**How long can I use Contrelle for?** Contrelle helps stop leaks for up to 16 hours a day and should be removed at bedtime. Perfect for daily use or just during exercise.

**Do I have to remove Contrelle before going to the toilet?** There is no need to remove Contrelle during the day, even when going to the toilet.

**How do I know what size to use?** Contrelle is available in three sizes (**Size 1, 2 or 3**). Just purchase a Sizing Kit that contains all three so you can find the most effective and comfortable internal fit for you.

**Is Contrelle safe to use?** Contrelle has been rigorously tested and is safe and comfortable to use. It is designed not to absorb the natural moisture of the vaginal mucous membrane which can cause dryness, imbalance or infections.

**What does it feel like?** Most women say they feel it at first, but after a while (2 or 3 uses) they don't notice it at all.

**How quickly do I see results?** If inserted correctly, Contrelle works instantly to reduce or stop bladder leakage, putting you back in control and giving you confidence to live your life without fear or restrictions.

**Will Contrelle completely stop my bladder leakage?** It is a solution for women with stress urinary incontinence and for those who leak during sport. It provides a significant reduction of leakage and frequency of leaks. Studies show an **87%+** reduction in leakage and **86%** reduction in the number of leakage episodes. With 2/3rds of women reporting they had become completely dry whilst using Contrelle.

**We recommend new users start with the SIZING KIT to find the most effective and comfortable fit. Once you know your size Contrelle is available in a 5 PACK and 30 PACK.**

**SIZING KIT £7.50**

**30 PACK £90**

**5 PACK £18.75**



## CONTACT US

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**Activgard**

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