inFlow™
VOIDING PROSTHESIS™



Guide for New Patients

The following information has proven helpful to many patients; however, you should always follow the instructions from your physician or nurse.

- Try to drink 2 – 6 pints of fluid daily. This should include at least 2 pints (four 8 oz. glasses) of water and / or juices containing Vitamin C such as orange juice. Cranberry juice can be very good for reducing sediment in the urine.
- Avoid drinking 2 hours before bedtime and empty your bladder before sleeping.
- Use the Activator every three hours in the day and before you go to bed. If you have previously had an indwelling catheter with a urine bag, then you may need to empty every hour for the first few days. Try to avoid using the Activator more frequently than once an hour. If intense sensations of urgency are experienced, you may need to consult with your doctor regarding the use of medications to control these sensations. The use of these medications may only be required short term until your bladder has become accustomed to the presence of this device in the urethra.

  During the first few weeks you may need to use the Activator and then repeat the voiding process to completely empty your bladder. This is especially important if you have a large capacity bladder.

  If you leak during the night, then you may need to use the Activator during the night or stop drinking fluids earlier in the evening. Persistent loss of urine overnight should be reported to your doctor who may prescribe the medications mentioned above.
- You may experience discomfort, particularly as your bladder completes emptying. This usually subsides within a week but can be eased by taking urinary alkalizing (acid neutralizing) agents, e.g. Ural/sodium citrate and by taking the anti-bladder spasm drugs which your doctor may prescribe. The discomfort is simply the bladder trying to expel a foreign body, which in this case is the inFlow device. In general, this should subside within 4 weeks.
- Soreness or tenderness around the urethral opening (meatus) can be relieved by the use of anti-inflammatory or fungal creams such as Canesten or Nystatin. Repositioning of the external flange may be helpful. Your doctor or nurse will show you how to do this safely. Warm baths may also relieve discomfort in this area.
- After passing urine or after a shower or bath, pat the vaginal area dry rather than rubbing or wiping to avoid displacement of the inFlow device.

- Leakage is usually due to the valve being open. A constant trickle is often indicative of this. Return to the toilet and repeat the voiding process using the Activator. Ensure that the Activator completes its closure cycle by holding it in place for 3 seconds until it stops beeping before removing it. After patting dry, cough and pat dry again. If the paper is dry, then the valve is probably closed. If you continue to leak urine, contact your nurse for advice.

- A sudden gushing sensation may be a result of an involuntary bladder spasm pushing urine around the outside of the device. Medication such as beta-3 agonists (Vibegron) or anticholinergic drugs may ease this symptom. The later may have several side effects such as a dry mouth and blurred vision, of which your doctor will inform you.

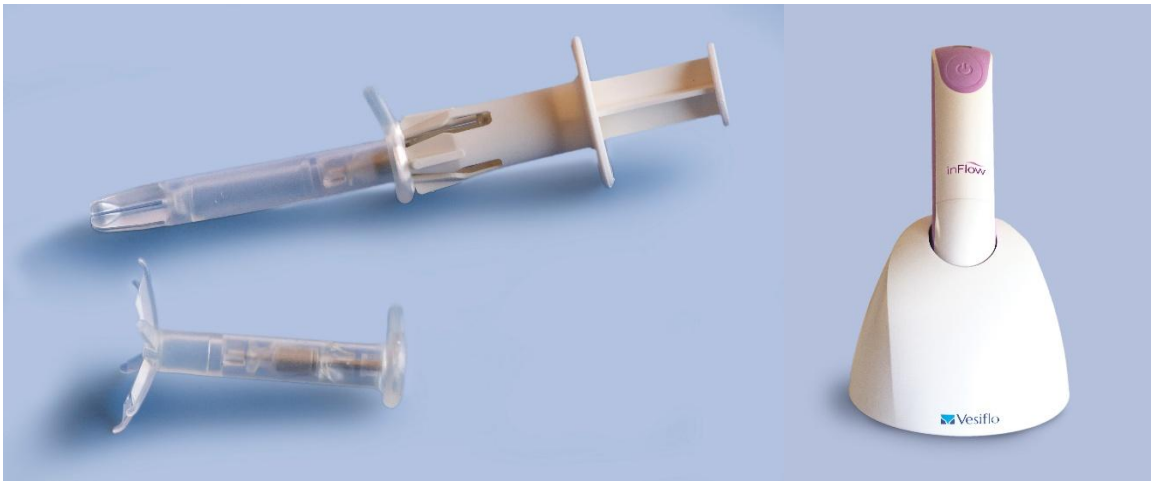
- Sexual intercourse should be avoided for a few days after the first device insertion. Thereafter, ensure that the vagina is well lubricated. 'Experiment' with different positions to find which are most comfortable for you. Your partner may be aware of the presence of the inFlow device but this should cause no pain to either yourself or your partner. The bladder should be emptied prior to intercourse to avoid leaking. Vaginal and penile lubrication is recommended. If you have concerns with respect to successful sexual relations, please contact your nurse or doctor to discuss.

- Swimming and other forms of exercise are quite safe with the inFlow device fitted.

- In the case of emergency, the device may need to be removed. You can do this yourself by simply grasping the external flange (the small tag you will feel at the urethral opening) and pulling. Your doctor will give you a card that identifies you as having this device inserted. You should keep this and your Activator with you at all times.

- The use of the inFlow device may require a period of adjustment by your body. In the event that you do not find it meets your expectations, your doctor or nurse will discuss other possible management alternatives.

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