

Distributed by:

Manufactured by:



The Kace Building,  
Victoria Passage,  
Wolverhampton,  
WV1 4LG,  
United Kingdom  
Company Reg No: 04383577  
Vat No: 836 8531 02  
www.mdti.co.uk email: info@mdti.co.uk  
Tel: +44 (0) 1902 778380 Fax: +44 (0) 1902 421360



MDTi Careline: 01902 778380

For any queries about using your Femmeze® Trainer please call Monday-Friday, 9.00am to 5.00pm. An answer-phone will be available out of these hours. Calls are charged

## FEMMEZE® Vagina Trainer

*Improving dignity and self- management for women with pelvic organ prolapse (Rectocele)*

Product code : 40075

EAN:5060228630194



### User Instructions

Version 2.2 November

Please read carefully before using.  
Always follow instructions before use.

## CONTENTS

---

1. Instructions for use.
2. Inserting your FEMMEZE® trainer.
3. Caring for your FEMMEZE® trainer /dilator.
4. Technical Specifications.
5. Bibliography

### The FEMMEZE®

Where there is bulging of the back wall (rectocele), this can distort the position of the rectum and therefore there may be difficulty in passing stool. The rectum wall bulges into the vagina. To cope with this, some women will resort to inserting their fingers into the vagina to apply pressure to the vaginal wall, repositioning the rectocele and training the vagina back to its proper shape, to aid passing their stool. The rectocele bulges into the vagina causing narrowing, this narrowing can be temporarily trained back using the FEMMEZE®.

## 5. BIBLIOGRAPHY

---

- Dietz H P<sup>1</sup>, Eldridge A<sup>2</sup>, Grace M<sup>2</sup>, Clarke B<sup>3</sup> 1.RPAH Sydney, 2. QIMR Brisbane, 3. RWH Brisbane: The Prevalence of Rectovaginal Fascial Defects in Young Nulliparae: Can Retocele Be A Congenital Condition?
- Van Bavel J<sup>1</sup>, Dietz V<sup>2</sup>, Schraffordt Koops S E<sup>3</sup>, van der Vaart C H<sup>4</sup>, Roovers J P W R<sup>5</sup> 1. Onze Lieve Vrouwe Gasthuis Amsterdam, 2. Catharinaziekenhuis Eindhoven, 3. Meander Medisch Centrum Amersfoort, 4. Universitair Medisch Centrum Utrecht, 5. Academisch Medisch Centrum Amsterdam: Patients With Stage 2 or More Cystocele or Rectocele Following Primary Pop Surgert Report Only limited Pelvic Floor Dysfunction
- Rectocele - Causes, Symptoms and Treatment Options - [www.2womenshealth.com](http://www.2womenshealth.com)
- Thasis V.Peterson, Deborah R.Karp, Vivian C. Aguilar, G. Willy Davila: Validation of a Global Pelvic Floor Symptoms Bother Questionnaire, Int. Urogynecol J (2010) 21:1129-1135
- Rectocele - Better Health Channel: [www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Rectocele?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Rectocele?open)

## 4. TECHNICAL SPECIFICATIONS

The FEMMEZE® pack contains:

- 1 x FEMMEZE® trainer
- 2 x Sachet of lubricant
- 1 x Instruction for use

<b>Conformity:</b>	MDD 2007/47/EC CE classification Class 1
<b>Autoclave cycles:</b>	100
<b>Material Specification</b>	Ticona Hostaform C9021 – POM Copolymer (ACETAL) Colour Pink
<b>Size and length of FEMMEZE® trainer</b>	17cm x 8cm x 2.5cm
<b>Pack dimension and weight</b>	19cm x 12cm x 3cm 100 grams
<b>Recommended that the product be replaced every:</b>	5 years
<b>Manufacturer's standard approvals:</b>	ISO 9001:2008 ISO 13485:2003 ISO 14001:2004

[UK Help](#)  
MDTi care +44 (0)1902 778380

Monday - Friday, 9.00am to 5.00pm. An answer phone will be available out of these hours. Any queries or concerns about using the FEMMEZE® call MDTi Care. Calls are charged at the UK normal rate. For all web enquires please visit: [www.mdti.co.uk](http://www.mdti.co.uk).

## 1. INSTRUCTIONS FOR USE

The FEMMEZE® has been designed to be safe, easy and convenient to use whilst being able to be stored in a discreet and easily manageable pouch, which also includes space for small sachets or 50ml tube of lubricant to be accommodated.

The FEMMEZE® may be used as part of the care and self-treatment of women who are experiencing a rectocele. Rectocele (pelvic organ prolapse) is a distressing long-term condition. The rectum herniates forward through a vaginal tissue-wall tear, obstructing bowel emptying. The condition can typically be attributed to childbirth or hysterectomy. This vaginal device enables women to re-align the rectum from within the vagina to allow for more comfortable voiding.

The FEMMEZE® is shaped like a shoehorn, the paddle end of the device is inserted into the vagina whilst your thumb rests within the recess that is located at the top of the handle (Fig. 1) and with at least two fingers located within the grooves that are positioned on the reverse of the handle (Fig. 2).

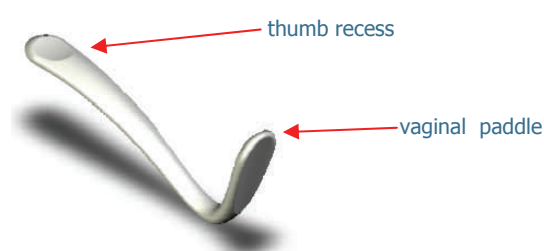


Fig. 1

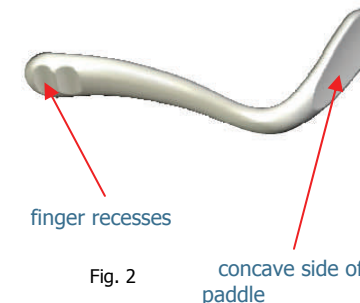


Fig. 2

This leaflet offers advice on the use and care of your FEMMEZE® trainer. The device is a single-user device and must only be used by you.

**IMPORTANT:** Never attempt to insert the FEMMEZE® using a grip hand around the handle of the device as this may result in you applying a greater pressure than that which is required in order to use the device safely and effectively.

**IMPORTANT:** These instructions are intended as a guide and you should seek the advice of your doctor or nurse specialist before using this trainer.

## 2. INSERTING YOUR FEMMEZE®

In order to re-align the rectum the FEMMEZE® trainer is recommended for use rather than your fingers.

If using the trainer for the first time, wash it thoroughly in hot soapy water then rinse and dry it to remove all traces of soap (to avoid possible irritation).

To insert the trainer apply a small amount of a vaginal lubricant around the paddle of the trainer gently insert into the vagina as shown in Diagram 1; push in a posterior direction repositioning the rectocele so as to permit voiding as in Diagram 2.

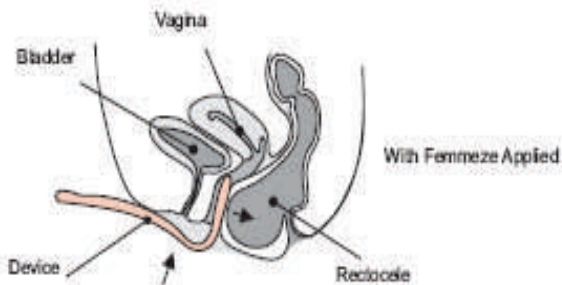


Diagram. 1

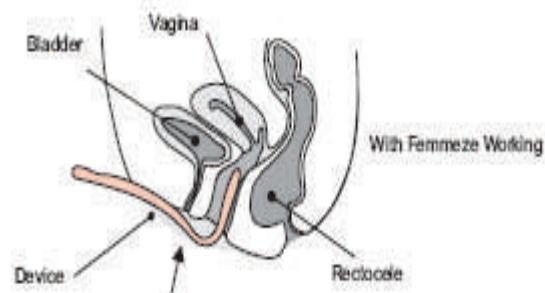


Diagram.  
2

## 3. CARING FOR YOUR FEMMEZE®

You should check your device before it is used for any cracks or rough edges. If there is any damage to the device then it is important that you do not use it and should immediately contact the manufacturer for a replacement by calling the Careline number +44 (0) 1902 778380 or email [info@mdti.co.uk](mailto:info@mdti.co.uk).

When using your FEMMEZE® trainer always wash after every use with hot soapy water, rinsing it well. Wipe dry and store it in its case.

**IMPORTANT:** This device has been designed to be used for inserting into the vagina, it should never be inserted into the rectum.

The FEMMEZE® trainer should only be used on yourself, by yourself. No other person such as a carer or partner should assist you with its use as they may apply excessive force on the device which may cause you harm.

### Contra- Indications

Stop using the device immediately if you experience any of the following:

- Unexplained bleeding
- Pain or discomfort during use, or if
- You are unable to insert it into the vagina

If you experience any of the above you should discontinue use of the device and seek medical advice.

**IMPORTANT:** Do not use if your rectocele is visible outside of the vagina. Seek medical advice before using the device if you have any unresolved contraction of the vagina, such as may arise from pelvic radiotherapy.