



Urological Associates, P.C.

of the Iowa and Illinois Quad-Cities Region

Phone: 563-359-1641

How To Use Your Incontinence Clamp

The incontinence clamp is a device that can help control urinary leakage. It works by putting light pressure on your urethra.

Finding the size you need

There are 2 sizes available: large and regular. To find your size, you will need to measure around the shaft of your penis with a tape measure.

If your measurement is 3 inches, you need the large clamp.

If your measurement is 2 inches, you need the regular clamp.

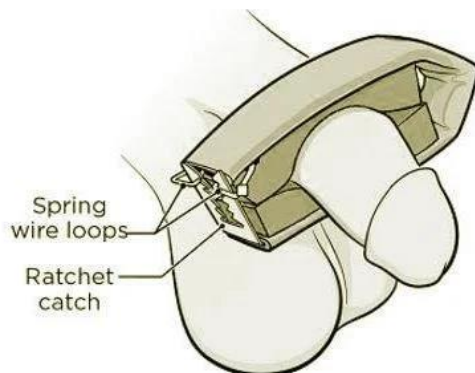
Applying your clamp

Before applying the clamp to your penis, practice on your finger.

Begin with clean, dry hands. Place your penis between the foam pads. The clamp should be positioned halfway down your shaft with the hump on the underside of your penis. You may shape the upper foam pad for a more comfortable fit.

Tighten the clamp using the ratchet. Light pressure is needed to prevent the leakage of urine. Ensure the clamp is not overtightened; this may prevent blood flow.

To remove the clamp, push the ratchet wire loops together.



Guidelines for use

The clamp contains latex and should not be used by anyone with a sensitivity.

Remove the clamp every 2 hours to allow the release of urine. This must be done to avoid overfilling of the bladder and urinary tract infections. Do not replace the clamp on the same place on your penis. Move the location up and down your shaft to avoid irritation.

Do not use the clamp while sleeping.

Do not use the clamp if you have trouble with your hands causing difficulty with applying and removing the clamp.

Check to make sure the clamp is not restricting blood flow or causing skin irritation. It is important that you have sensation in your penis so that you are aware of pain or irritation.

The clamp should be replaced every 3 months or sooner if the foam deteriorates.

Cleaning your clamp

Wash the clamp with warm water and a mild soap. Do not use bleach, detergent, or hot water. These may hasten deterioration or cause skin irritation.

Rinse thoroughly with cool water.

Gently squeeze excess water out of the foam.

Dry the clamp away from excess heat or sunlight.

Do not put the clamp in the washer/dryer/dishwasher. Do not use a blow dryer on the clamp.

When to call your healthcare provider

Pain, swelling, discoloration, or discharge from your penis

Skin irritation

Loss of feeling in your penis