

Instructions for use

**Amielle**  
Care  
Vaginal dilators



# Amielle

## Care

Vaginal dilators



**Amielle**

Women's Health





Twist & lock handle

## 4 GRADUATED SIZES



As a result of your recent treatment, your vagina may have become narrowed and shortened due to the formation of scar tissue.

Amielle Care vaginal dilators have been designed to greatly reduce your risk of scarring and assist you in keeping your vagina supple. This will help reduce any long term discomfort from follow up examinations, further treatments and sexual intercourse.

This guide was written in conjunction with The UK National Forum of Gynaecological Oncology Nurses.

Please read these instructions fully before using Amielle Care vaginal dilators for the first time.

## How to use your Amielle Care vaginal dilators

**Before You Begin** – Prior to first-time use, wash dilators and handle in warm, soapy water, rinse thoroughly and allow to dry.

**Privacy** – Use the dilators in a private, comfortable setting where you will be undisturbed.

**Positioning** – The recommended position to use the dilators is to lie flat on your back with your knees bent and legs slightly apart. Alternatively, you may stand with one leg raised on a chair.

**Progression** – Start with the smallest dilator and, once you can comfortably insert it, progress to the next size up. You may find when you first use the dilators that you can only tolerate the tip of the dilator. With persistent use you will be able to gradually progress to full insertion, then larger sizes. When transitioning sizes, move from the smaller dilator to the next size in the same session, as vaginal muscles will already be relaxed and the transition will be easier. The time it takes to progress from size to size varies by individual.

**Duration & Frequency** – Duration and frequency of dilation may range from three minutes twice a week up to ten minutes and twice daily\*. Please consult with your Healthcare Professional.

**Cleaning Instructions** – Amielle Care vaginal dilators and handle, should be washed after each use. Wash in warm, soapy water, rinse thoroughly and allow to dry before storing in carrying bag. Ensure all traces of soap are removed to avoid irritation.

Remember to wash the dilator handle if it has been used.

## Warranty Information

The warranty offered by Owen Mumford Limited (“we”) in relation to this product is set out at [owenmumford.com](http://owenmumford.com). PLEASE READ THIS WARRANTY IN FULL. Your rights under the laws of your country are not affected.

\* International Guidelines on Vaginal Dilation after Pelvic Radiotherapy, June 2012.



Amielle  
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**Contents:**

4 Dilators, Universal handle,  
Lubricating gel, Instructions for use

## Inserting your dilator



**1.** Twist and lock handle onto dilator. Apply water-based lubricant to the tip of the dilator and to your vaginal opening.



**2.** Relax as best as possible. Using controlled breathing, slowly ease the dilator into the vagina going as deeply as is comfortable. Since the vagina slants upwards and towards your back, the dilator should be angled upwards and in the direction of your back during insertion.



**3.** Once the dilator is inside the vagina move the dilator in a forward and backward motion, then a left to right motion and if possible, gently rotate the dilator in position by twisting the handle.



**4.** Remove gently and slowly while rotating.

## Warnings and Precautions

These instructions are intended as a guide and should be used in conjunction with the advice given by your Healthcare Professional.

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**OWEN MUMFORD**  
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