

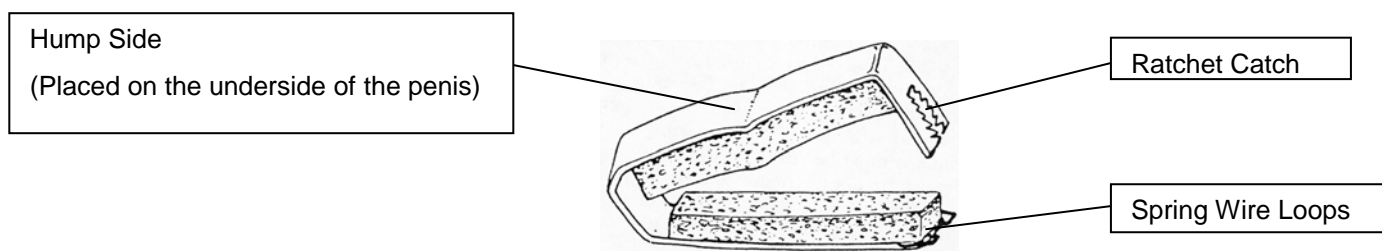
HOW TO SAFELY USE AN INCONTINENCE CLAMP

WHAT IS A CLAMP?

An incontinence clamp is a device that is placed around the penis to prevent urine leakage.

WHAT DO THE CLAMPS LOOK LIKE?

There are several kinds of clamps. The Cunningham Clamp is the one most often used and is pictured below. The inside of the clamp has a flexible, soft part made of foam that conforms to fit your penis. The outside is made of metal with several notches on the side to adjust the tightness.



HOW IS IT USED?

You open the clamp and place it around the penis about halfway down the shaft. The hump side of the clamp is placed on the underside of your penis. The clamp flexes to fit comfortably over your penis. You then squeeze the clamp shut, making sure it is not too tight.

To release the catch, press inward on both the spring wire loops. Make sure the clamp is not so tight that it stops blood circulation.

You must release the clamp every 1 to 2 hours to urinate, whether you feel you have to or not.

CAN THE CLAMP HURT ME?

Yes, if it is not used properly! You should look at your penis – top to bottom, especially the skin, from time to time and stop using the clamp if the skin is torn or open. Check your penis to see if the skin is pale, blue, reddened or broken. You can apply a skin cream to the penis for protection before you put on the clamp. If you do not release the clamp every 2 to 3 hours you may develop bladder problems such as an infection. **TRY NOT TO USE THE CLAMP CONTINUOUSLY THROUGHOUT THE DAY** (e.g. only use for several hours in the morning and then again at night if go out to eat)

Contact your nurse or doctor ([Call the Division of Urology @ 215-662-2891](tel:215-662-2891)) if you:

- Have any discharge (drainage) from your penis; itching, foul urine odor, or pain.
- Find you cannot void or empty your bladder.

HOW DO I CARE FOR THE CLAMP?

Wash the clamp with soap and warm water. Rinse well in cool, clean water. Squeeze the soft foam to remove the water. Let the clamp air dry in a cool place, away from heat or direct sunlight. Make sure it is dry before you reuse the clamp.