



# Instructions Adaptation-Set

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**Components and storage:** The fitting set consists of 3 x 4 thin rings each made of very soft tissue-friendly silicone. Compared to our therapeutic ring pessaries, the rings are much easier to compress and green to distinguish them from the blue therapeutic pessaries. The set can be stored at room temperature at 1 to 30°C protected from UV radiation without direct contact to reactive media such as gas, ozone or mineral oil.

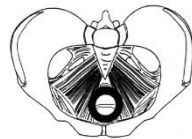
**Indication:** The fitting set is used for fitting the correct size of circularly constructed pessaries (normal and thick Ring-Pessaries, Hodge-, (Sieve-) Bowl-, Urethra- or Urethra-Bowl-Pessaries) and indirectly also Cube Pessaries.

**Sizes: The following 4 ring sizes are combined in 3 sets:**

**Small: 45 / 50 / 55 / 60 mm**

**Medium 65 / 70 / 75 / 80 mm  
applies**

**Large: 85 / 90 / 95 / 100 mm**



**Use:** The rings are designed to be easily inserted into the posterior vaginal vault. The physician may test which size is appropriate by asking the patient to cough or push, The pessary with the smallest diameter that holds should be the reference size. The rig of the set should be removed after the fitting

**Side effects/ complications:** No side effects have been described so far for the short adjustment in an outpatient facility.

**Duration:** As the rings of the set may only be used in medical institutions, the duration of the fitting is < 1 hour.

**Contraindications:** Allergy to silicone is extremely rare, but would be a contraindication. Rings of the fitting set are not intended for therapy.

**Cleaning:** The pessary should be cleaned by running water without using disinfectants. Our company provides a systematic evaluation for physical cleaning and sterilization which can be downloaded from our website [www.dr-arabin.de](http://www.dr-arabin.de). If the devices show any defects, they should be replaced.

**Note:** Serious complications should be reported to the manufacturer and, if necessary, to the responsible authorities.

**Disposal:** For disposal in medical facilities the country-specific regulations must be observed.

**For the fitting of cube pessaries we recommend the following Table:**

Ring Pessary	Cube Pessary
45-50 mm	Größe 0 – 25 mm
55 – 60 mm	Größe 1 – 29 mm
60 – 70 mm	Größe 2 – 32 mm
70 – 75 mm	Größe 3 – 37 mm
80 – 85 mm	Größe 4 – 41 mm
ab 90 mm	Größe 5 – 45 mm

REV 9 / Date: 24.08.2020 – Instructions Adaption-Set.