

contino[®]
by life360

CONTINO[®] CARE

A Personalised Guide for
Bladder Leakage Control with
Contino[®]



VERSION: 9040A

CONTENTS

- 1. Introduction**
- 2. Continenence Assessment**
- 3. Contino Trial – Personalized Sizing and Training**
 - a. Graduated Use Progression Overview**
 - b. Progression through your Contino sizes**
 - c. Progression to Final Size**
- 4. Contino Care - Ongoing Support**



INTRODUCTION

Contino® Care is your personalised guide for bladder leakage control with the Contino® urethral insert. Our experience has found that a combination of lifestyle choices, behaviour modifications and exercises, and introducing the Contino urethral insert through a graduated use program produces the most effective results.

Contino Care consists of the following primary components:

Step 1: Continenence Assessment so you develop a better understanding of your UI and incorporate suggested behaviour modifications to help improve your UI management; **Step 2:** Contino® Trial - Personalised sizing and training program designed to effectively introduce and incorporate the Contino urethral insert into your daily routine; and

Step 3: Contino Care includes ongoing in person and virtual consultations with your Contino® Trainer/ Contino® Support.



Control the Flow and Get Back to Life!

CONTINENCE ASSESSMENT

THIS IS YOUR CONTINENCE ASSESSMENT SUMMARY FROM YOUR CONTINO® BLADDER DIARY REVIEW: June 20, 2023

Below are your goals for successful UI management identified in your continence assessment:

- 90% of urine going into the toilet, which would be a reduction in leakage of 300+ mls / day or at least 50%;
- 1 pad/brief a day;
- return to playing golf and other social activities more frequently;
- 5/6 voids / day at a min. void of 250 ml each; and
- only one time getting up at night>.

Here are top changes to your daily routine that are recommended to improve your UI management:

- Change 1
- Change 2
- Change 3

Start making improvements in your UI management today! As well, our detailed suggestions and observations are included on the following page.

CONTINENCE ASSESSMENT

1. Your baseline: we determined you consume approximately <X> liter(s) a day and pee <X> liter(s) a day into a toilet and leak <X> liter(s) into a pad/brief.
2. You indicated that your urine is <insert as appropriate, example: light yellow first thing in the morning ...The best standard is the colour of your urine lightens up throughout the day...It appears you are consuming enough fluids for your height of <X' X"> and weight of <X> lbs. As part of this, we discussed the need to hydrate approximately 2+ liters/day over 4 sittings vs. a constant amount of fluid throughout the day.
3. The number of pads used is <X or X> /day and the pad saturation level is <insert as appropriate, example: medium to fully saturated>. Given your description of how much urine you pee in the toilet, this means that <X%> of urine is collected in the pad/brief and <X%> of urine is going into a toilet.
4. **Your urge reflex is weak or non-existent**, you may consider a simple fluid management program requiring you to develop an understanding of the typical time for you to process different fluids. Usually, fluid is converted to urine within 2 to 3 hours. In addition, consider planning your daily activities knowing that you will have processed most of the fluids in a couple of hours and avoid fluids prior to the short times you will be away from your home. As well, avoid fluid and food a couple of hours prior to bed;
5. When voiding pay attention to your pee stream. Is it increasing in duration and force. An example is a strong stream **first thing in the morning, which is what we want for the rest of your urination throughout the day.**
6. Pay attention to the number of times you go to the toilet. You **are going to the toilet too frequently (i.e., 11 or more times a day) as you indicated and several trips to the toilet/day result in voids of less than 250 ml>;**
 - To help improve your urine functionality, the target volume of urine to void should be at least 250 ml, consider repressing your urge reflex during the day so your bladder could fill up more and/or do not go the toilet out of habit. If you are urinating much smaller volumes and frequently, (i.e., more than 6 or more/day, assuming a typical fluid intake), you are training your bladder to function that way, which may lead to a urinary condition referred to as "Frequency";

CONTINENCE ASSESSMENT (con't)

7. When you sleep, you leak equally during the day and night, which we should continue to monitor. If you are consistently leaking more at night than the day this may be an indication of another condition referred to as Nocturia and here is a [link to an article with more information Nocturia](#);
8. Activities such as <insert as appropriate, example: sitting to stand and coughing that result in more immediate leakage, which are a tell-tale sign of stress urinary incontinence (SUI). As discussed, consider using the Knack technique to help with prior to some of these activities: Here is a link to an article on male pelvic floor contraction: [Mayo Clinic Article](#)>;
 - A suggested management strategy to help with the change in pressure when you go from sitting to stand or stand to sit is to change how you move your body. The link to the video below shows an alternative way to go from stand to sit and sit to stand: [Sit to Stand Video](#)

CONTINO TRIAL

The Contino trial period over the next few weeks is very important for your successful use of Contino and effectively managing your UI. The trial period is designed so you and your body learn to comfortably use the Contino within your daily routine. To support your use, please:

- Follow the Instructions for Use (IFUs);
- Suggestions from Contino Support; and
- Follow the advice received from our healthcare professional (the Contino Trainer).

It may take a few weeks to successfully learn to use Contino and you may experience frustration, discomfort, and/or minor bleeding during initial use. This is normal and usually goes away within the first few weeks. Please remember you are not alone, and we have scheduled regular follow-up consultations with your Contino Trainer and Contino Support.

By phone: 604 653 0360 ext. 0

email: support@life360innovations.com.



Graduated Progression Overview

The goal of the graduated progression program is to identify the smallest Contino urethral insert that works for you. Your Contino Trainer provided a starter kit and personalised sizing and training. We suggest that you begin your trial with the smallest provided device and use a pad or adult brief to help manage urine leakage as the starting device is intentionally undersized.

The graduated progression program is an iterative process and usually takes a few weeks to complete. The following are the three key stages:

Stage I	Stage II	Stage III
<ul style="list-style-type: none"> Learn to insert and remove Contino How to clean/store/travel with Contino Allow your body time to adjust 	<ul style="list-style-type: none"> Learn to incorporate the suggested behaviour techniques from the continence assessment Increase the amount of time, level of activity when wearing Contino 	<ul style="list-style-type: none"> Identify your effective size Troubleshoot the final stages of use <ol style="list-style-type: none"> Device popping out Difficulty inserting larger sizes Using Contino with your fluid management program



Please note: There may be a tendency to try and move through the progression as fast as you can, so you get back to living your life. However, a slow and steady approach gets you to the finish line faster and with less setbacks. As your body adapts and you learn how to use the Contino you may need a size larger than the ones provided. If so, we will arrange for additional sizes to be provided and you may be assessed again by your Contino Trainer. Progress at a pace that works for you and stay connected with Contino Support, who will guide you through the process.

CONTINO TRIAL (con't)

How to progress through your Contino Sizes - CHECKLIST:

1. YES NO Comfort on insertion, removal, while wearing
2. YES NO Comfort with increasing intensity of activity with CONTINO
3. YES NO Comfort with CONTINO for a full day's use (insertion, removal, wearing)

If YES to all three, then please proceed to the next size and reassess.

Activity Scale: Determine the activity experienced using Contino for the day according to the scale below:			
Comfort Scale	Comfortable	OK	Uncomfortable
Comfort Description	Barely felt the device during use, no or slight discomfort on insertion/use/removal	Noticeable when wearing the device, some discomfort on insertion/use/removal.	Discomfort or pain when wearing the device, discomfort on insertion/use/removal

Comfort Scale: At the end of each day rate the level of comfort on the scale described below:				
Activity Level	Mild	Moderate	High	Very High
Activity Description	Non-physical activities such as reading, watching TV, working at a desk, eating a meal, or phone/video calls.	Regular day-to-day activities like walking, driving, preparing a meal, or sleeping.	Active yard work, skiing, running, biking.	Running a marathon, rock climbing, heavy lifting.

After each day of “comfortable” use, you are likely ready to progress to one of the following for the next day:

- Increase the length of time of wearing the Contino by 2 to a maximum of 4 hours;
- Increase the level of activity wearing the Contino for the same amount of time; or
- Increase the size of the device, assuming you are near a full day's use, and you are wearing the device that would be consistent with your typical day's level of intensity within for you daily routine.

Connect with Contino Support when you're ready to move on to the next size for a check-in.

CONTINO TRIAL (con't)

Gradual Progression to Final Size

Determining the final size is more like an “art” than it is a “science”, and you may experience some frustration as you experience the device popping out and/or the desired size is difficult to insert. This is expected and Contino Support will help you through the selection process.

Below are troubleshooting tips that may help when the device consistently pops out even when you are not engaged with strenuous activity:

Problem	The device is undersized but you do not have a larger size to try	The device is undersized but you are unable to insert a larger size	The device size feels correct yet it migrates out while wearing	Device "pops" out with a large amount of urine leaking out
Likely Issue	Sometimes the measured size is below your actual size	Incorrect insertion procedure, insufficient lubrication	Device snags on undergarments	An overfull bladder can cause the device to pop out
Likely Solution	Try a larger size	Review insertion process and correct application of lubrication	Consider undergarments that may not “snag” on the lanyard Secure the lanyard in such a way that it does not move around.	Revisit the fluid management program suggested in the Continance Assessment, particularly if you have a weak or nonexistent urge reflex.
Action	Contact Contino Support to request a larger size.	Contact Contino Support to discuss the issue.	Contact Contino Support to discuss the issue. Contino Support may suggest you try the Contino Strap to hold the lanyard in place.	Contact Contino Support to discuss this issue. Contino support will suggest the amount of time to wear Contino before removing to urinate.

Reaching Contino Care is a significant milestone, indicating that you have likely achieved your bladder leakage goals with Contino including the following:

List goals here:

Goal

Goal

Goal

It's an accomplishment worth celebrating! By joining Contino Care, you gain access to comprehensive support, valuable community resources, expert-led webinars, and discreet & convenient monthly shipments. We are dedicated to empowering your bladder leakage control and celebrate your achievement in reaching this stage.

- Our Contino Support representatives will assist you seamlessly transition from the trial period to Contino Care. We understand that you have put in the effort to reach this point and are here to support you further.
- With Contino Care, we continue to prioritize your continence management as your health evolves. Alongside our dedicated support, we offer valuable community resources to further enhance your journey. This includes access to webinars led by experienced continence medical professionals, covering various topics relevant to your needs. These webinars provide you with insights and practical tips from knowledgeable professionals.
- To make your experience even more convenient, Contino Care ensures that discreet monthly shipments of Contino and related products are delivered right to your doorstep. Your privacy is important to us, and we want to make sure that managing your bladder leakage remains hassle-free and comfortable.