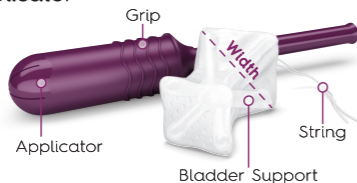


## INSTRUCTIONS FOR USE

For the temporary management of Stress Urinary Incontinence in women.

### Please read these instructions before you begin

Poise® IMPRESSA® Bladder Supports are convenient and easy to use. You may notice the applicator looks like a tampon. It is inserted into the vagina the same way a tampon is inserted, but Poise® IMPRESSA® works differently in that it gently lifts and gives support to the urethra. This added support is what helps prevent urine from leaking, while still allowing you to use the bathroom normally.



### New To Poise® IMPRESSA®? A Few Things You Should Know:

Temporary discomfort is very common, especially while trying to find your right size. It may even continue after you've found your right size, or if you only use Poise® IMPRESSA® occasionally. You may also experience discomfort during insertion and/or removal. Typically, this discomfort can last a couple of days to a couple of weeks.

### Do NOT Use Poise® IMPRESSA® Bladder Supports If You...

- Are under the age of 21
- Are pregnant, may become pregnant, or have given birth in the last 3 months
- Have experienced unusual or unexpected vaginal bleeding within the last 6 months
- Have pain or a burning sensation when you urinate (this could be a *urinary tract infection*)
- Are experiencing irritation, soreness, itching, or vaginal discharge that smells bad (this could be a *vaginal infection*)
- Had vaginal surgery within the last 3 months
- Have already been diagnosed by your doctor with a severely dry (*atrophic*) vagina

### Ask a doctor before using if you...

- Have pain during intercourse or when inserting a tampon or tampon-like device (this could be an *atrophic vagina*)
- Often experience difficulty in retaining a tampon or tampon-like device (this could be a *vaginal prolapse*)

### A Friendly Reminder

Visit your doctor at least once a year for a routine health check.

Questions? Visit [www.impressa.com](http://www.impressa.com)

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### Possible Side Effects

Women have reported some side effects when using Poise® IMPRESSA® Bladder Supports:

- Vaginal spotting/bleeding
- Temporary discomfort or soreness
- Vaginal pain
- Urinary tract infections†
- Vaginal infections†
- Increased bladder leakage

Most side effects should diminish after you have found the right size for you. While each body is different and there is no definitive time period to know how long these symptoms can last, they typically did not last more than 14 days.

\*In clinical studies, the rate of urinary and vaginal infections that have been reported while using Poise® IMPRESSA® Bladder Supports is similar to what is found in the general population.

### When To Call Your Doctor

If you experience any of the following symptoms, remove the Poise® IMPRESSA® Bladder Support and call your doctor:

- Pain or burning when urinating
- Vaginal discharge that smells bad
- Irritation or itching in your vagina
- Vaginal bleeding not related to your monthly period
- Your bladder leakage is not reduced after 14 days of use. You may have a different type of incontinence that is not Stress Urinary Incontinence (SUI) and requires different treatment

### WARNING

**Remove the Poise® IMPRESSA® Bladder Support and contact your doctor immediately if you have a fever of 102°F AND one or more of the following symptoms:**

- Aching muscles or joints
- A rash that looks like sunburn
- Redness in your eyes
- Vomiting
- Sore throat
- Diarrhea
- Weakness, fainting, or dizziness

**Call your doctor immediately because you may have Toxic Shock Syndrome (TSS).** TSS is a rare but serious disease that can cause death if your doctor does not treat it right away. Increased risk of TSS is associated with products worn in the vagina. However, an association with use of this product and TSS has not been established.

May be used for up to 12 hours. Please DO NOT use for more than 12 hours in a 24-hour period.



## How To Use Poise® IMPRESSA® Bladder Supports

### Before You Begin

- Do not use if the package is damaged
- Do not use during your period or with a tampon
- Do not insert more than one bladder support at a time
- Do not wear the same bladder support more than once
- Do not use bladder support during sexual intercourse

### 1 Size Selection

- Start with the Sizing Kit
- Try Size 1 first.** If the bladder support feels comfortable and you experience little or no leakage, then Size 1 is for you
- If not, move on to Size 2. Repeat this process until you find the right size

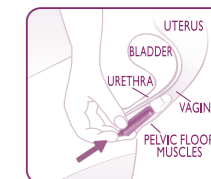
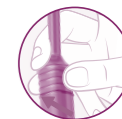
Bladder Support Size	Width Inches (mm)	Level of Support
1	1.5 inches (40 mm)	Low
2	2.0 inches (50 mm)	Medium
3	2.0 inches (50 mm)	High

### 2 Preparation

- Wash your hands
- Remove the wrapper. **DO NOT USE SCISSORS**
- Gently pull on the string to make sure it is firmly attached and hanging outside the applicator

### 3 Insertion

- Find a comfortable position, either sitting on the toilet with knees apart or standing with one foot elevated
- If needed, apply a water-based lubricant to the rounded tip of the applicator for more comfortable insertion
- Hold the applicator with your thumb and ring finger on the lowest line of the grip, as shown
- Place the applicator tip into your vagina and gently slide the applicator into your vagina until your thumb and middle finger meet the body
- With your pointer finger, push the plunger all the way into the applicator until it stops, as you would with a tampon
- Remove and discard the applicator in the trash; do not flush the applicator
- With the bladder support in place, the string should be hanging outside your body
- If you feel discomfort, use your finger to push the bladder support farther into your vagina (up to your first knuckle). If it is still uncomfortable, remove, and insert a new bladder support
- If, after several attempts, you are unable to comfortably insert the device, please visit [imprensa.com](http://imprensa.com) and contact Consumer Services



### 4 Removal

- To remove, gently pull downward on the string
- Discard in trash. **DO NOT FLUSH** bladder support, applicator, or wrapper

