

How to Use Your Cunningham Incontinence Clamp

This information will help you learn how to use your Cunningham Incontinence Clamp, including how to find the right size, how to apply it, and how to clean it.

The Cunningham Incontinence Clamp is a device that can help control urinary leakage that occurs when straining, coughing, or lifting things. This is called stress incontinence. It can also help control leakage and dribbling related to other urinary problems, such as prostate cancer.

The clamp works by putting light pressure on the urethra on the underside of the penis.

Finding the Right Size Clamp

The Cunningham Incontinence Clamp is available in 3 sizes: large, regular, or juvenile. To find the size that is right for you, you will need to measure the area around the shaft of your penis while compressing it slightly.

To do this, gently compress the middle of your shaft with your thumb and forefinger. Apply slight pressure as if stopping the flow of urine. Then, measure the area around your shaft using a tape measure.

- If your shaft is **3 inches**, you will need the **large** clamp.
- If your shaft is **2 inches**, you will need the **regular** clamp.
- If your shaft is **1½ inches**, you will need the **juvenile** clamp.

Applying Your Clamp

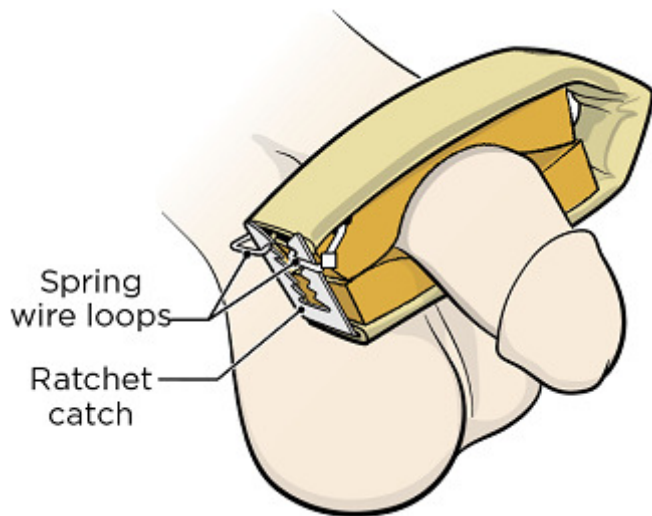


Figure 1: Cunningham Incontinence Clamp on the penis

1. Wash your hands thoroughly. Dry them with a clean cloth or paper towel.
2. Place your penis between the 2 foam pads on the clamp. The clamp should be halfway down the shaft of your penis (see Figure 1).
3. Tighten the clamp to compress your urethra. The large and regular clamps each have 5 settings that adjust the pressure on your urethra. Use the ratchet catch to adjust the pressure. To release the catch, press inward on both of the spring wire loops. The juvenile clamp is not adjustable.
4. Shape the upper foam pad with your fingers to help it fit better and feel more comfortable.
5. To urinate, release your clamp.
6. After you are finished urinating, put your clamp back on to prevent dribbling. If possible, place the clamp on a slightly different part of your shaft.

Guidelines for Using Your Clamp

- Release your clamp every 1 to 2 hours to allow urine to flow out. This is important in order to avoid urinary tract infections.
- Every 2 hours, move the clamp up or down your shaft. **Do not keep it clamped for more than 2 hours in the same place.**
- **Do not use the clamp at night while you are sleeping.** Use adult urinary pads for leakage.
- Make sure that your clamp is not set too tightly on your penis. This will help you maintain blood circulation and prevent skin irritation. It is important that you have proper sensation in your penis so that you can feel anything that is painful or irritating.
- After you have been using your clamp for awhile, inspect it for signs of deterioration or damage (e.g., cracking, discoloration, separation of foam). Your clamp should be replaced every 3 months or sooner if the foam wears down.

Cleaning your clamp

Follow the steps below to clean your clamp. Make sure to clean your clamp when it gets soiled.

1. Hand wash your clamp in a sink with mild soap and warm water. Do not use bleach,

- detergent, or hot water on your clamp.
2. Rinse your clamp thoroughly in cool, clean water.
 3. Gently squeeze the foam to get rid of excess water.
 4. Let your clamp dry in a cool place away from excess heat or direct sunlight. Do not put your clamp in the washer or dryer or use a blow dryer on it.

Ordering new clamps

To order new clamps, call **Byram Healthcare** at 1-877-902-9726. Or you can call any other major medical supply company that distributes urological supplies.

After you place the order, the supply company will contact your doctor for authorization. Once the supply company receives authorization from your doctor, your clamps will be mailed to you within 1 or 2 days.

Call Your Doctor or Nurse if You Have:

Any of the following symptoms while your clamp is on or off:

- Swelling, discoloration, or discharge from your penis
- Skin irritation
- Loss of sensation in your penis
- Pain or irritation on your penis
- Any other unusual symptoms

If you have any questions or concerns, talk with a member of your healthcare team. You can reach them Monday through Friday from 9:00 AM to 5:00 PM at _____. After 5:00 PM, during the weekend, and on holidays, please call _____. If there's no number listed, or you're not sure, call 212-639-2000.

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