



94% experienced a reduction in leakage

Thirty-four female runners that leak urine when running tested Efemia Bladder Support. 94% experienced that Efemia Bladder Support reduced their leaks whilst running.

REF: CI8006-02

Try it out at home!

The Starter Set is offered to facilitate finding the size that works best and is most comfortable for you. The set includes all three sizes and is reusable for three months.



Available via NHS GP
Prescription:
Efemia Starter KIT
NHS Code: 110505

Information

Efemia Bladder Support is developed and manufactured by Invent Medic Sweden. A Swedish company that develops innovative products and solutions with the goal of improving women's health and quality of life.



Exclusive UK and Ireland Distribution:



Any questions?

Visit us at MyPelvicHealth.co.uk

If you have any questions or comments, please feel free to contact us at:

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efemia bladder support



Reduces leaks due to stress urinary incontinence

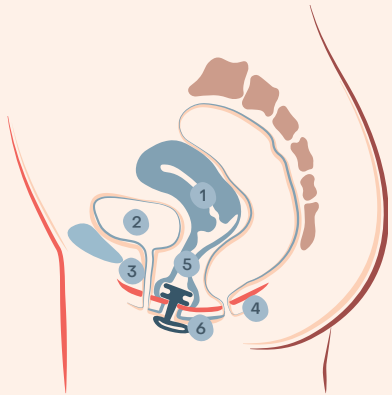
TVS1000

Safe & effective



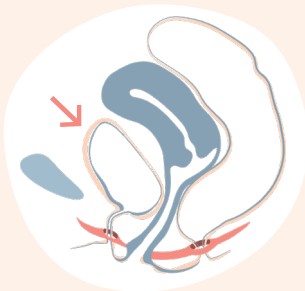
Stress urinary incontinence

Stress urinary incontinence is involuntary urinary leakage due to physical exertion, for example, during exercise or when sneezing, coughing, or laughing. It is the most common type of female incontinence, and many women are affected at some point in life.



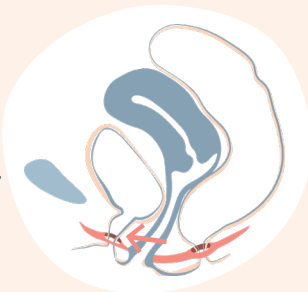
- 1. Uterus
- 2. Bladder
- 3. Urethra
- 4. Pelvic floor
- 5. Vagina
- 6. Perineum

The physiology



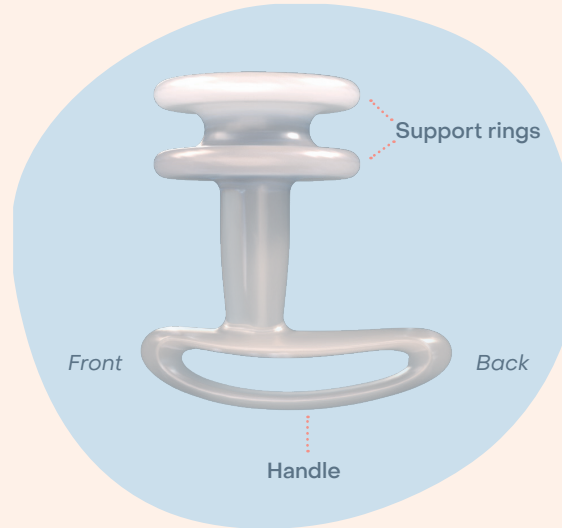
When abdominal pressure is placed on the bladder, the urethra closes with the help of the pelvic floor muscles contracting forward towards its ligaments, preventing urine leakage.

With damaged ligaments or weakened pelvic floor muscles, the same pressure can instead push the system into open mode, causing urine to leak. This is stress urinary incontinence.



Efemia Bladder Support

Efemia Bladder Support is a vaginal, non-surgical insert. Its design follows the same scientific principles and methodology as the most common surgical solutions to correct stress urinary incontinence.



Benefits

- Reusable for 3 months
- Soft & comfortable material
- Small & convenient
- Can be used during high-impact exercise
- Sits low in the vagina

Details

Can be used for up to 16 hours per 24 hours

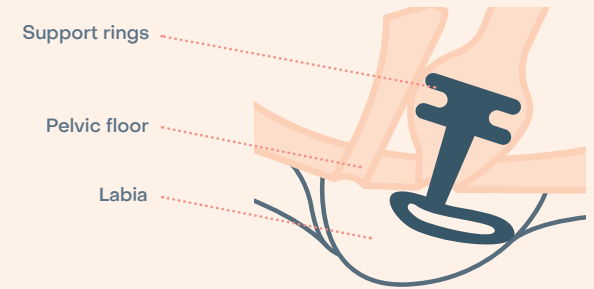
Sizes: 30 mm, 35 mm & 40 mm (Starter set with all 3 sizes available)

Material: Medical grade silicone

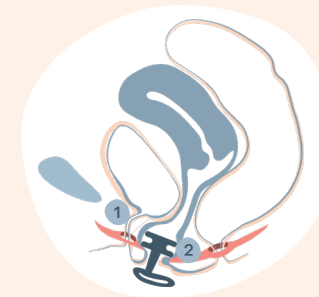


How it works

Efemia Bladder Support is inserted into the vagina so that the handle rests tight up against (the) perineum.



Make sure the support rings are entirely through the vaginal opening and above the pelvic floor, just like a tampon.



When pressure is placed on the bladder, the mid-urethra is pushed lightly against the support rings, making it bend, so leakage is reduced or prevented altogether. You do not have to remove the device to urinate.

- 1. Urethra 2. Support rings

Do not use Efemia Bladder Support

If you are pregnant or under the age of 18.

Precautions

Use water-based lubricant to avoid discomfort from use if you are sensitive in the vulvar and/or vaginal areas.

Reduce use of the device if you experience any physical reactions related to the device that are not transient. Please seek medical attention if the reaction does not pass despite reduced use.