



Don't mark on the model with a pen or leave printed materials on its surface. Ink marks on the model will be irremovable.

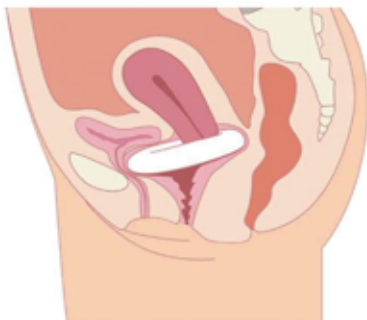
MW75

Pelvic Organ Prolapse Trainer "Utena"

Instruction
manual

Contents

- General Information P. 1-2
- Handling P. 3
- Preparation P. 4
- Training P. 5-7
 - How to wear P. 5
 - Returning the uterus and inserting the pessary P. 6
 - Cleanup P. 7



Specifications

This simulator shows pelvic organ prolapse (or uterine prolapse), a condition where the uterus is protruding from the vagina due to the loosening of the Kegel muscle. This model helps practicing returning the uterus back to its proper position and inserting or removing different kinds of pessaries.

Please use this simulator only for the designated use. Kyoto Kagaku can not be held responsible for damage or injury caused by usage not explained in this manual.

Specifications

- Realistic form and feeling due to elastic material
- Useful for repeated training
- Can be used for presentation purposes if used without wearing it

⚠ Caution

- **Don't mark on the model with a pen or leave printed materials on it**
Ink marks on the model will be irremovable.

- **Use the included lubricant**
We will not be held responsible for any damages caused by the use of any other but the included lubricant.

- **Clean after use**
Wash off any lubricant after use and dry the model using a soft dry towel. Keep away from direct sunlight and store below 40°C. Use a neutral detergent for cleaning stubborn residue.

- **Return the uterus inside**
There is a risk of deformation and damage to the simulator should the model be stored with the uterus left outside. Please push it inside for storage. Please also refrain from leaving any pessaries inside the model.

- **Prepare your own pessaries**
Pessaries are medical equipment and are not included with this simulator. In this manual, we showed a ring-type pessary. For other types, please consult your doctor.

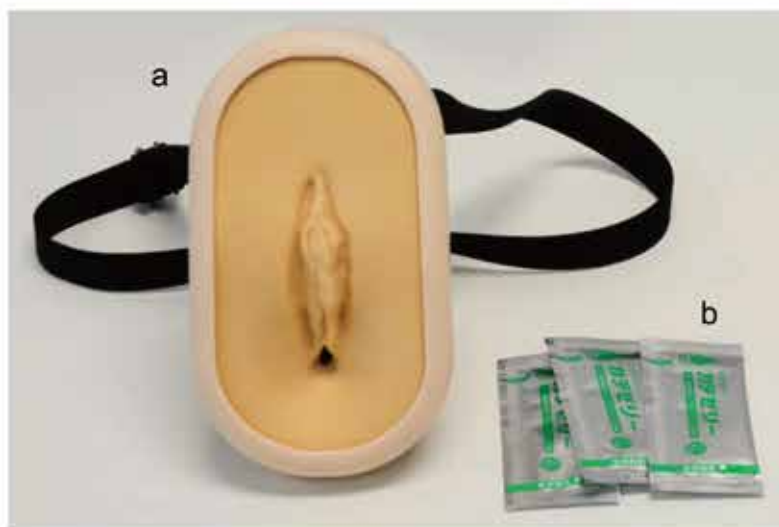
- **Be careful to not jam your fingers**
As there are movable parts, there is a risk of jamming your fingers or other parts of the body.

- **Be careful when wearing the model**
Put this model on only while it is closed to prevent injury and damage to the model. Make sure to put it on in a stable position such as sitting on a chair or kneeling.

General Information

Set includes

Please make sure that all parts are complete.



- a. Pelvic organ prolapse model 1
- b. Lubricant (5g) 3

Handling

Important!

This simulator is made from a special composition of soft resin that grants it its high elasticity and durability.
Please handle it with care.

- **Apply baby powder after training and put the model back into the included plastic bag for storage.**
- **Make sure the model does not come in direct contact with other products using the same material, or with print materials.**

If stored incorrectly, the shape of the model might change, or ink be left.

- **Keep away from heat, direct sunlight and moisture.**

If the outside temperature is higher than 60°C, the circle on the left of the seal on the outside of the box will turn green.

Use this seal to check the storing condition.

Please note that once the seal has changed color, it won't turn back.



Turning the model inside out

In order to reproduce the prolapse, the uterus has to be pulled out. Apply lubricant to the uterine parts, vagina and the surrounding parts.

Pulling out the uterus

Pull the uterus out as shown in the photo. When reproducing an early stage prolapse, there is no need to pull it out completely.



Applying lubricant

Put lubricant on your fingers and apply it to the different parts. There is a possibility of the pessary slipping if you use too much lubricant. Use roughly half of one of the included packages as an estimate.



Opened lubricant

We recommend using up already opened lubricant as soon as possible. There is a possibility of damaging the model by using too old lubricant.



How to wear

This simulator was made to train how to insert a pessary into one's own body. It is possible to train while wearing or without wearing the model.

Close the model

The model can be opened while wearing so that the vagina can be seen clearly. However, please close it before putting it on to avoid injury.



Open

Closed

Wearing the model

To avoid accidents, please put on the simulator either sitting or kneeling in a stable position. Put your legs through the straps one by one.



Wearing the model (2)

Pull the straps upwards so that the simulator sits between your legs.



Inserting the pessary

Returning the uterus and inserting the pessary should be done in a relaxed state. This can be in a sitting or standing position, lying in bed or any other position that is comfortable. We recommend training without putting the simulator on if the user is not accustomed to the procedure.

Returning the uterus

Push the uterus back inside. If there is a lot of friction and it's hard to push inside, add more lubricant.

If you are training while wearing the model and it's hard to see, open it up until you can see.



Inserting the pessary

Press the pessary together as shown in the picture on the right and insert it like that.

* Pessaries are medical equipment and are not included with this model. Please consult a doctor which kind and size of pessary to use.



Inserting the pessary (2)

Release the pessary when it fits snugly in place.



Cleaning and powdering

Remove the pessary from the model and wash off any lubricant with water. If hard to remove, use a neutral detergent. Don't use any thinner or cleaners containing alcohol.

Removing the pessary

Remove the pessary used during training. Don't leave the pessary inside the simulator as this could lead to damage to the pessary or the model.



Cleaning the model

Wash off any lubricant with water. As this simulator is made from a soft and sensitive material, please refrain from using hard brushes to clean.



Drying and applying baby powder

After washing, remove any remaining water from the model using a soft, dry towel. Once the model is completely dry, apply baby powder to the soft parts. For storage, make sure that the uterus is inside of the model. Keep the simulator away from heat, direct sunlight and moisture and use opened lubricant as soon as possible. Old lubricant can be the cause of mold or damage to the model.



Consumables

Code	Item name
11478-010	Lubricant 5g set of 5



Lubricant 5g

Please contact the seller or your respective Kyoto Kagaku office for any further questions.

■ USA, Canada, and South America



Kyoto Kagaku America Inc.

WEB • www.kkamerica-inc.com

E-MAIL • info@kkamerica-inc.com

TEL : 1-310-325-8860 FAX : 1-310-325-8867

3109 Lomita Boulevard, Torrance, CA 90505-5108, USA

■ Europe, Russia & Africa

Kyoto Kagaku Europe GmbH.

TEL : +49-69-5060-28160

De-Saint-Exupery-Str.10,60549 Frankfurt, Germany

■ Worldwide Inquiries and Orders

☐ KYOTO KAGAKU co.,LTD

URL: <http://www.kyotokagaku.com> e-mail: rw-kyoto@kyotokagaku.co.jp

TEL : +81-75-605-2510 FAX : +81-75-605-2519

15 Kitanechoya-cho, Fushimi-ku, Kyoto, 612-8388, JAPAN

The contents of the instruction manual are subject to change without prior notice.

No part of this instruction manual may be reproduced or transmitted in any form without permission from the manufacturer.

Please contact manufacturer for extra copies of this manual which may contain important updates and revisions.

Please contact manufacturer with any discrepancies, typos, or mistakes in this manual or product feedback. Your cooperation is greatly appreciated.