



MEDIPLUS PESSARY RANGE

**A conservative
management option
for the treatment of
urinary incontinence and
pelvic organ prolapse**

Pessaries are used to help patients with pelvic organ prolapse (POP) and urinary incontinence. They are available in 23 different styles and many sizes to fit each patient’s anatomy. Made of soft autoclavable material, pessaries are an excellent addition to any practice that treats women with lower urinary tract dysfunction.

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PESSARY GUIDE

PROLAPSE				Stress Urinary Incontinence	Cystocele	Rectocele	Cervical Weakness	Retro-displacement	MOST COMMONLY USED
1-2 nd Degree Uterine	2-3 rd Degree Uterine	Sexually Active	Vaginal Vault						
	✓								POPY™
	✓								POPY™ SHORT STEM
✓		✓			✓				RING
✓		✓			MILD ✓				RING WITH SUPPORT
✓		✓	✓		MILD ✓	✓			SHAATZ
✓		✓		✓	✓				INCONTINENCE DISH
✓ ✓				✓	MILD ✓				DISH WITH SUPPORT OR HODGE WITH SUPPORT
	✓ ✓		✓ ✓		MILD ✓	✓			DONUT GELLHORN (FLEX 95% RIGID)
	✓	✓			MILD ✓	MILD ✓			INFLATOBALL
	✓	✓	✓	✓	✓	MILD ✓			CUBE, TANDEM CUBE
	✓	✓		✓	✓	MILD ✓			GEHRUNG
	✓			✓	✓	MILD ✓			GEHRUNG WITH KNOB
		✓ ✓		✓ ✓					INCONTINENCE RING RING WITH KNOB
				✓					HODGE & HODGE WITH KNOB HODGE WITH SUPPORT & KNOB
		✓		✓	MILD ✓		✓	✓	SMITH, HODGE, RISSER
✓		✓		✓	MILD ✓				RING WITH SUPPORT & KNOB

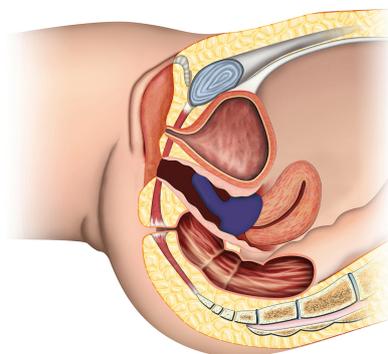
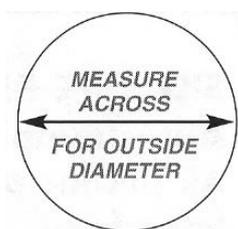
PESSARIES FOR PELVIC ORGAN PROLAPSE

All pessaries are supplied with detailed illustrated fitting instructions. Silicone pessaries are *Latex Free and Autoclavable*.

POPY™ SHELF PESSARY FOLDING SILICONE

POPY™ SHELF PESSARY SHORT-STEM FOLDING SILICONE

Indication for use: *2nd/3rd degree prolapse or procidentia*



Order Code

Size

POPY57	6	57mm o.d.
POPY64	8	64mm o.d.
POPY70	10	70mm o.d.
POPY76	12	76mm o.d.
POPY83	14	83mm o.d.
POPY89	16	89mm o.d.

Order Code

Size

POPY57-S	6	57mm o.d.
POPY64-S	8	64mm o.d.
POPY70-S	10	70mm o.d.
POPY76-S	12	76mm o.d.
POPY83-S	14	83mm o.d.
POPY89-S	16	89mm o.d.

PESSARIES FOR PELVIC ORGAN PROLAPSE

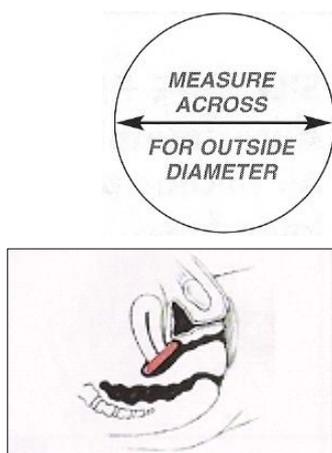
All pessaries are supplied with detailed illustrated fitting instructions. Silicone pessaries are *Latex Free* and *Autoclavable*.

RING PESSARY FOLDING SILICONE

Indication for use: *Mild prolapse*

RING WITH SUPPORT PESSARY FOLDING SILICONE

Indication for use: *Mild prolapse complicated by mild cystocele*



Order Code	Size	
MXPER00	0	44mm o.d.
MXPER01	1	51mm o.d.
MXPER02	2	57mm o.d.
MXPER03	3	64mm o.d.
MXPER04	4	70mm o.d.
MXPER05	5	76mm o.d.
MXPER06	6	83mm o.d.
MXPER07	7	89mm o.d.
MXPER08	8	95mm o.d.
MXPER09	9	102mm o.d.
MXPER10	10	108mm o.d.
MXPER11	11	114mm o.d.
MXPER12	12	121mm o.d.
MXPER13	13	127mm o.d.

Order Code	Size	
MXPRS00	0	44mm o.d.
MXPRS01	1	51mm o.d.
MXPRS02	2	57mm o.d.
MXPRS03	3	64mm o.d.
MXPRS04	4	70mm o.d.
MXPRS05	5	76mm o.d.
MXPRS06	6	83mm o.d.
MXPRS07	7	89mm o.d.
MXPRS08	8	95mm o.d.
MXPRS09	9	102mm o.d.
MXPRS10	10	108mm o.d.
MXPRS11	11	114mm o.d.
MXPRS12	12	121mm o.d.
MXPRS13	13	127mm o.d.

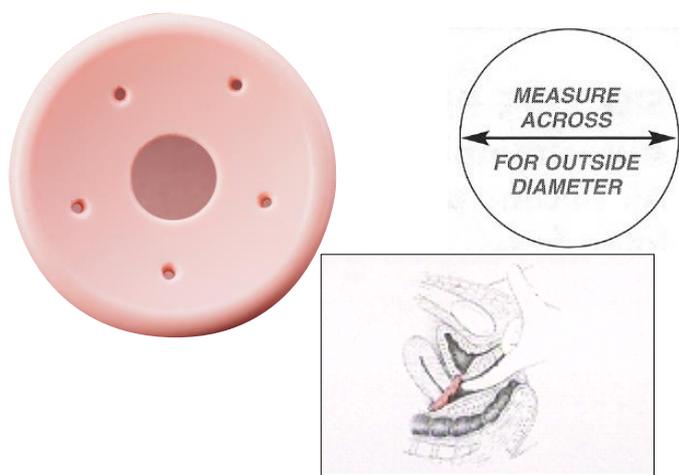
Sizes 11-13 have metal internal support – must be removed before MRI (removal before x-ray may be warranted if pessary will obscure the target area)

PESSARIES FOR PELVIC ORGAN PROLAPSE

All pessaries are supplied with detailed illustrated fitting instructions. Silicone pessaries are *Latex Free and Autoclavable*.

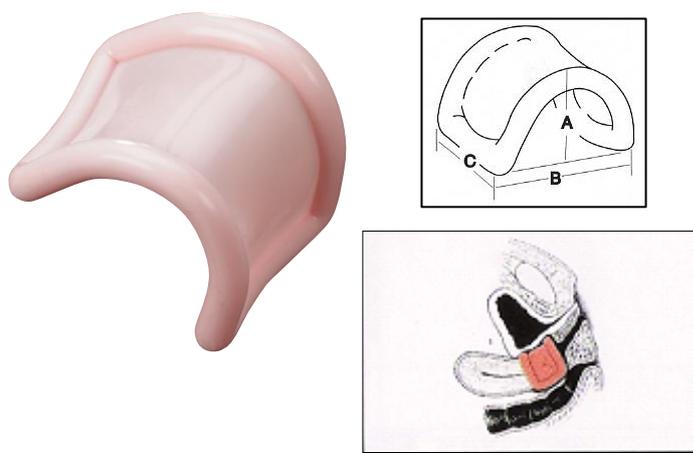
SHAATZ PESSARY FOLDING SILICONE

Indication for use: *Mild prolapse complicated by a mild cystocele*



GEHRUNG PESSARY FOLDING SILICONE

Indication for use: *Support for cystocele and rectocele. Also more adaptable in cases of procidentia where the uterus tends to herniate when other pessaries are used*



Order Code	Size
MXPSH1-1/2	38mm o.d.
MXPSH1-3/4	44mm o.d.
MXPSH2	51mm o.d.
MXPSH2-1/4	57mm o.d.
MXPSH2-1/2	64mm o.d.
MXPSH2-3/4	70mm o.d.
MXPSH3	76mm o.d.
MXPSH3-1/4	83mm o.d.
MXPSH3-1/2	89mm o.d.
MXPSH3-3/4	95mm o.d.

Order Code	Size
MXPGS00	0, A 27mm x B 38mm x C 35mm
MXPGS01	1, A 29mm x B 44mm x C 38mm
MXPGS02	2, A 35mm x B 51mm x C 41mm
MXPGS03	3, A 38mm x B 54mm x C 44mm
MXPGS04	4, A 41mm x B 57mm x C 48mm
MXPGS05	5, A 44mm x B 60mm x C 51mm
MXPGS06	6, A 48mm x B 64mm x C 54mm
MXPGS07	7, A 51mm x B 73mm x C 57mm
MXPGS08	8, A 54mm x B 76mm x C 60mm
MXPGS09	9, A 57mm x B 79mm x C 64mm

PESSARIES FOR PELVIC ORGAN PROLAPSE

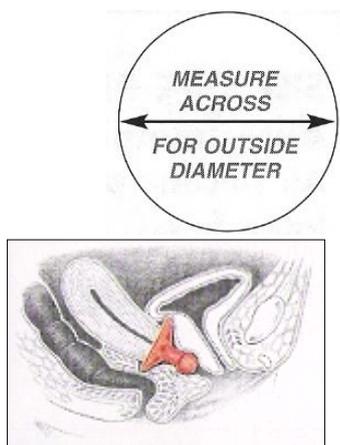
All pessaries are supplied with detailed illustrated fitting instructions. Silicone pessaries are *Latex Free and Autoclavable*.

GELLHORN PESSARY FOLDING SILICONE

Indication for use: *For third degree prolapse/procidencia*

GELLHORN SHORT-STEM PESSARY FOLDING SILICONE

Indication for use: *For third degree prolapse/procidencia. Shorter stem than standard Gellhorn/folding*



Order Code

Size

MXPGE1-1/2	38mm o.d.
MXPGE1-3/4	44mm o.d.
MXPGE2	51mm o.d.
MXPGE2-1/4	57mm o.d.
MXPGE2-1/2	64mm o.d.
MXPGE2-3/4	70mm o.d.
MXPGE3	76mm o.d.
MXPGE3-1/4	83mm o.d.
MXPGE3-1/2	89mm o.d.
MXPGE3-3/4	95mm o.d.

Order Code

Size

MXPGSS1-1/2	38mm o.d.
MXPGSS1-3/4	44mm o.d.
MXPGSS2	51mm o.d.
MXPGSS2-1/4	57mm o.d.
MXPGSS2-1/2	64mm o.d.
MXPGSS2-3/4	70mm o.d.
MXPGSS3	76mm o.d.
MXPGSS3-1/4	83mm o.d.
MXPGSS3-1/2	89mm o.d.
MXPGSS3-3/4	95mm o.d.

PESSARIES FOR PELVIC ORGAN PROLAPSE

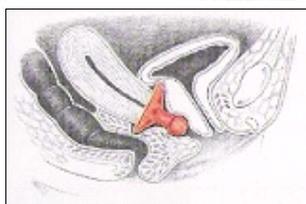
All pessaries are supplied with detailed illustrated fitting instructions. Silicone pessaries are *Latex Free and Autoclavable*.

GELLHORN PESSARY

95% RIGID

SILICONE

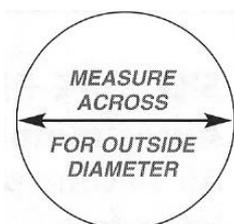
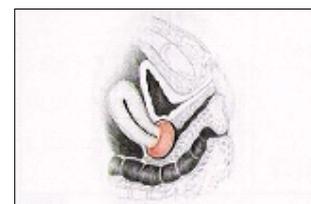
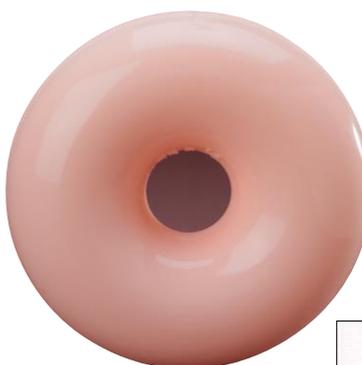
Indication for use: *For third degree prolapse/procidentia*



DONUT PESSARY

SILICONE

Indication for use: *Support for third degree prolapse/procidentia. Not to be deflated during insertion or removal. See INFLATOBALL if a deflatable pessary is necessary*



Order Code

Size

MXPGR1-1/2	38mm o.d.
MXPGR1-3/4	44mm o.d.
MXPGR2	51mm o.d.
MXPGR2-1/4	57mm o.d.
MXPGR2-1/2	64mm o.d.
MXPGR2-3/4	70mm o.d.
MXPGR3	76mm o.d.
MXPGR3-1/4	83mm o.d.
MXPGR3-1/2	89mm o.d.

Order Code

Size

MXPDO0	51mm o.d.
MXPDO01	57mm o.d.
MXPDO02	64mm o.d.
MXPDO03	70mm o.d.
MXPDO04	76mm o.d.
MXPDO05	83mm o.d.
MXPDO06	89mm o.d.
MXPDO07	95mm o.d.

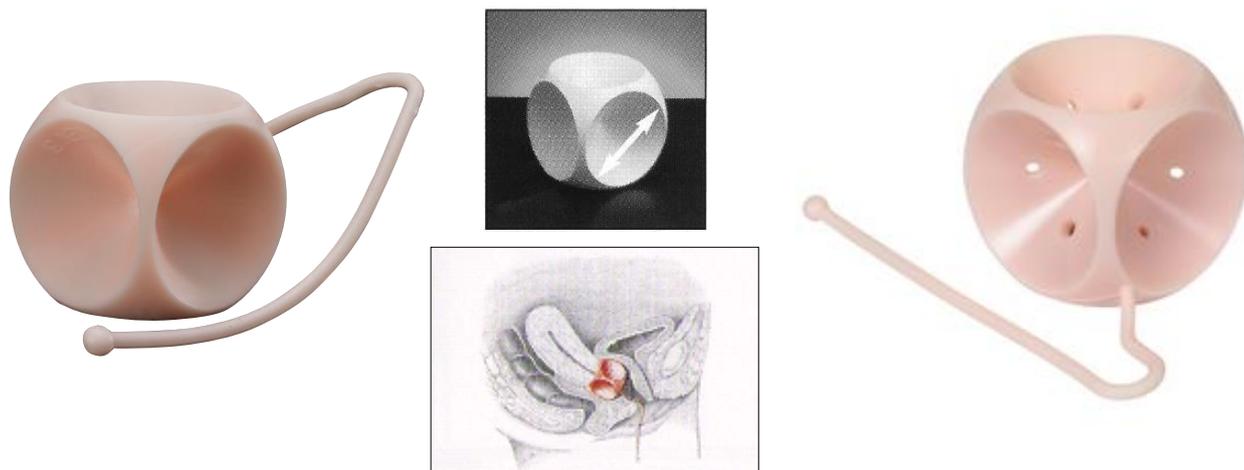
PESSARIES FOR PELVIC ORGAN PROLAPSE

All pessaries are supplied with detailed illustrated fitting instructions. Silicone pessaries are *Latex Free* and *Autoclavable*.

CUBE PESSARY SILICONE

CUBE PESSARY WITH DRAINAGE HOLES SILICONE

Indication for use: *Support for third degree prolapse/procidentia. Should be removed nightly.*



Measurement is the diagonal of the cube

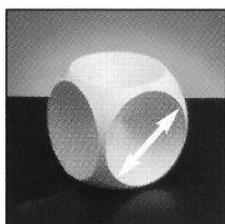
Order Code	Size	Order Code	Size
MXPEC00	0 25mm	MXPECH00	0 25mm
MXPEC01	1 30mm	MXPECH01	1 30mm
MXPEC02	2 35mm	MXPECH02	2 35mm
MXPEC03	3 38mm	MXPECH03	3 38mm
MXPEC04	4 41mm	MXPECH04	4 41mm
MXPEC05	5 44mm	MXPECH05	5 44mm
MXPEC06	6 51mm	MXPECH06	6 51mm
MXPEC07	7 57mm	MXPECH07	7 57mm

PESSARIES FOR PELVIC ORGAN PROLAPSE

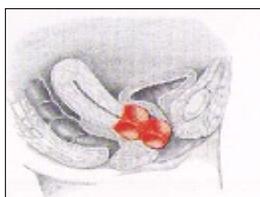
All pessaries are supplied with detailed illustrated fitting instructions. Silicone pessaries are *Latex Free and Autoclavable*.

TANDEM CUBE PESSARY SILICONE

Indication for use: *Support for third degree prolapse/procidentia when single Cube provides inadequate support.*
Should be removed nightly.

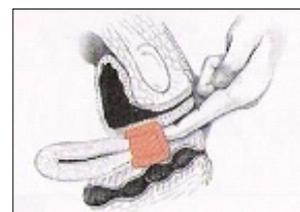
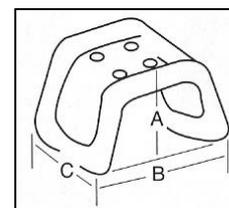


Measurement is diagonal of the bottom cube then diagonal of the top cube



REGULA PESSARY FOLDING SILICONE

Indication for use: *For uterine prolapse (1st and 2nd degree)*



Order Code	Size
MXPECT2-0	35mm x 25mm, length 60mm
MXPECT3-1	38mm x 30mm, length 68mm
MXPECT4-2	41mm x 35mm, length 76mm
MXPECT5-3	44mm x 38mm, length 82mm
MXPECT6-4	51mm x 41mm, length 92mm
MXPECT7-5	57mm x 44mm, length 101mm

Order Code	Size
MXPREG00	0, A 25mm x B 49mm x C 35mm
MXPREG01	1, A 27mm x B 51mm x C 38mm
MXPREG02	2, A 29mm x B 54mm x C 41mm
MXPREG03	3, A 32mm x B 56mm x C 44mm
MXPREG04	4, A 35mm x B 57mm x C 48mm
MXPREG05	5, A 37mm x B 60mm x C 51mm
MXPREG06	6, A 38mm x B 67mm x C 54mm
MXPREG07	7, A 41mm x B 73mm x C 57mm
MXPREG08	8, A 44mm x B 79mm x C 60mm

Sizes 2-8 have metal internal support and must be removed before MRI (removal before x-ray may be warranted if pessary will obscure the target area)

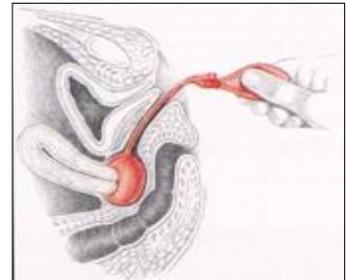
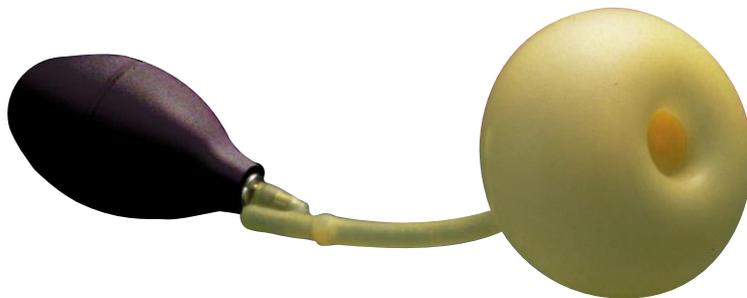
PESSARIES FOR PELVIC ORGAN PROLAPSE

All pessaries are supplied with detailed illustrated fitting instructions.

INFLATOBALL 100% LATEX

Indication for use: *Inflatable for third degree prolapse/procidentia with/without mild cystocele and/or rectocele.*

Should be removed nightly.



Order Code	Size	
MXPINFS	Small	51mm
MXPINFM	Medium	57mm
MXPINFL	Large	64mm
MXPINFXL	Extra Large	70mm

PESSARIES FOR PELVIC ORGAN PROLAPSE & URINARY INCONTINENCE

All pessaries are supplied with detailed illustrated fitting instructions. Silicone pessaries are *Latex Free and Autoclavable*.

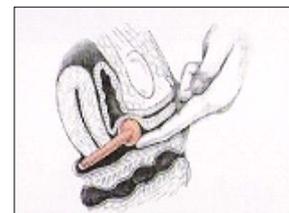
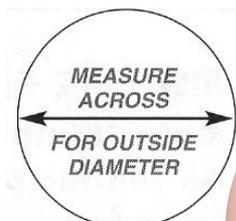
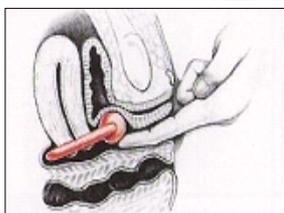
RING WITH KNOB FOLDING SILICONE

Indication for use: *Mild prolapse complicated by stress urinary incontinence*

RING WITH SUPPORT & KNOB FOLDING SILICONE

Indication for use: *Mild prolapse complicated by a mild cystocele and stress urinary incontinence*

For knob add approximately 13mm to measurement



Order Code	Size	
MXPERK00	0	44mm o.d.
MXPERK01	1	51mm o.d.
MXPERK02	2	57mm o.d.
MXPERK03	3	64mm o.d.
MXPERK04	4	70mm o.d.
MXPERK05	5	76mm o.d.
MXPERK06	6	83mm o.d.
MXPERK07	7	89mm o.d.
MXPERK08	8	95mm o.d.
MXPERK09	9	102mm o.d.
MXPERK10	10	108mm o.d.
MXPERK11	11	114mm o.d.
MXPERK12	12	121mm o.d.
MXPERK13	13	127mm o.d.

Order Code	Size	
MXPRSK00	0	44mm o.d.
MXPRSK01	1	51mm o.d.
MXPRSK02	2	57mm o.d.
MXPRSK03	3	65mm o.d.
MXPRSK04	4	70mm o.d.
MXPRSK05	5	76mm o.d.
MXPRSK06	6	83mm o.d.
MXPRSK07	7	89mm o.d.
MXPRSK08	8	95mm o.d.
MXPRSK09	9	102mm o.d.
MXPRSK10	10	108mm o.d.
MXPRSK11	11	114mm o.d.
MXPRSK12	12	121mm o.d.
MXPRSK13	13	127mm o.d.

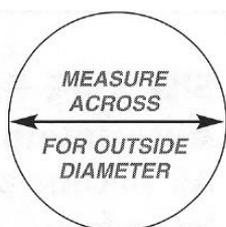
Sizes 9-13 have metal internal support – must be removed before MRI (removal before x-ray may be warranted if pessary will obscure the target area)

PESSARIES FOR PELVIC ORGAN PROLAPSE & URINARY INCONTINENCE

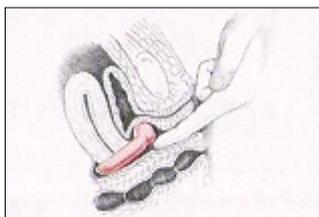
All pessaries are supplied with detailed illustrated fitting instructions. Silicone pessaries are *Latex Free and Autoclavable*.

INCONTINENCE DISH FOLDING SILICONE

Indication for use: *For stress urinary incontinence with mild prolapse*



For knob add approximately 13mm to measurement



INCONTINENCE DISH WITH SUPPORT FOLDING SILICONE

Indication for use: *For stress urinary incontinence with mild prolapse and mild cystocele*



Order Code

Size

MXPCOND00	0	55mm o.d.
MXPCOND01	1	60mm o.d.
MXPCOND02	2	65mm o.d.
MXPCOND03	3	70mm o.d.
MXPCOND04	4	75mm o.d.
MXPCOND05	5	80mm o.d.
MXPCOND06	6	85mm o.d.

Order Code

Size

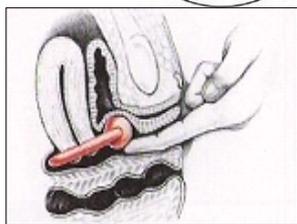
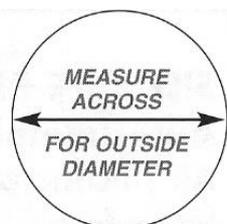
MXPCONDS00	0	55mm o.d.
MXPCONDS01	1	60mm o.d.
MXPCONDS02	2	65mm o.d.
MXPCONDS03	3	70mm o.d.
MXPCONDS04	4	75mm o.d.
MXPCONDS05	5	80mm o.d.
MXPCONDS06	6	85mm o.d.

PESSARIES FOR URINARY INCONTINENCE

All pessaries are supplied with detailed illustrated fitting instructions. Silicone pessaries are *Latex Free and Autoclavable*.

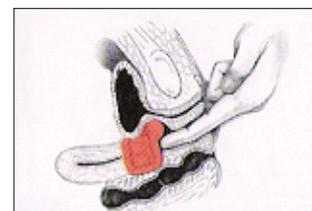
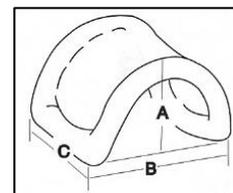
**INCONTINENCE RING
FLEXIBLE
SILICONE**

Indication for use: *For stress urinary incontinence*



**GEHRUNG WITH KNOB
FOLDING
SILICONE**

Indication for use: *For cycstocele with/without mild rectocele complicated by stress urinary incontinence*



For knob add approximately 13mm to measurement

Order Code	Size
MXPCON00	0 44mm o.d
MXPCON01	1 51mm o.d.
MXPCON02	2 57mm o.d.
MXPCON03	3 64mm o.d.
MXPCON04	4 70mm o.d.
MXPCON05	5 76mm o.d.
MXPCON06	6 83mm o.d.
MXPCON07	7 89mm o.d.
MXPCON08	8 95mm o.d.
MXPCON09	9 102mm o.d.
MXPCON10	10 108mm o.d.
MXPCON11	11 114mm o.d.
MXPCON12	12 121mm o.d.
MXPCON13	13 127mm o.d.

Order Code	Size
MXPGSK00	0, A 27mm x B 38mm x C 35mm
MXPGSK01	1, A 29mm x B 44mm x C 38mm
MXPGSK02	2, A 35mm x B 51mm x C 41mm
MXPGSK03	3, A 38mm x B 54mm x C 44mm
MXPGSK04	4, A 41mm x B 57mm x C 48mm
MXPGSK05	5, A 44mm x B 60mm x C 51mm
MXPGSK06	6, A 48mm x B 64mm x C 54mm
MXPGSK07	7, A 51mm x B 73mm x C 57mm
MXPGSK08	8, A 54mm x B 76mm x C 60mm
MXPGSK09	9, A 57mm x B 79mm x C 64mm

All sizes have metal internal support – must be removed before MRI (removal before x-ray may be warranted if pessary will obscure the target area)

Sizes 1-9 have metal internal support – must be removed before MRI (removal before x-ray may be warranted if pessary will obscure the target area)

PESSARIES FOR URINARY INCONTINENCE

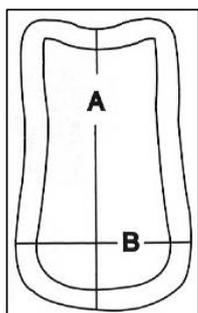
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**HODGE PESSARY
FOLDING
SILICONE**

Indication for use: *For stress urinary incontinence for a woman who has a very small vaginal introitus. Helpful in cases of repeated miscarriage due to an incomplete cervix by repositioning the weight of the growing foetus*

**HODGE WITH SUPPORT
FOLDING
SILICONE**

Indication for use: *For stress urinary incontinence with a mild cystocele for a woman who has a very small vaginal introitus*



Order Code	Size
MXPEH00	0, A 70mm x B 44mm
MXPEH01	1, A 76mm x B 48mm
MXPEH02	2, A 83mm x B 49mm
MXPEH03	3, A 89mm x B 51mm
MXPEH04	4, A 92mm x B 54mm
MXPEH05	5, A 95mm x B 57mm
MXPEH06	6, A 98mm x B 60mm
MXPEH07	7, A 108mm x B 64mm
MXPEH08	8, A 117mm x B 67mm
MXPEH09	9, A 127mm x B 70mm

Order Code	Size
MXPHS00	0, A 70mm x B 44mm
MXPHS01	1, A 76mm x B 48mm
MXPHS02	2, A 83mm x B 49mm
MXPHS03	3, A 89mm x B 51mm
MXPHS04	4, A 92mm x B 54mm
MXPHS05	5, A 95mm x B 57mm
MXPHS06	6, A 98mm x B 60mm
MXPHS07	7, A 108mm x B 64mm
MXPHS08	8, A 117mm x B 67mm
MXPHS09	9, A 127mm x B 70mm

All sizes have metal internal support – must be removed before MRI (removal before x-ray may be warranted if pessary will obscure the target area)

PESSARIES FOR URINARY INCONTINENCE

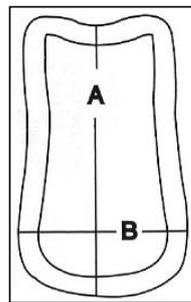
All pessaries are supplied with detailed illustrated fitting instructions. Silicone pessaries are *Latex Free and Autoclavable*.

**HODGE WITH KNOB
FOLDING
SILICONE**

Indication for use: *For stress urinary incontinence in the woman who has a small vaginal introitus*

**HODGE WITH SUPPORT & KNOB
FOLDING
SILICONE**

Indication for use: *For stress urinary incontinence complicated with a mild cystocele in the woman who has a small vaginal introitus*



For knob add approximately 13mm to measurement

Order Code	Size
MXPEHK00	0, A 70mm x B 44mm
MXPEHK01	1, A 76mm x B 48mm
MXPEHK02	2, A 83mm x B 49mm
MXPEHK03	3, A 89mm x B 51mm
MXPEHK04	4, A 92mm x B 54mm
MXPEHK05	5, A 95mm x B 57mm
MXPEHK06	6, A 98mm x B 60mm
MXPEHK07	7, A 108mm x B 64mm
MXPEHK08	8, A 117mm x B 67mm
MXPEHK09	9, A 127mm x B 70mm

Order Code	Size
MXPHSK00	0, A 70mm x B 44mm
MXPHSK01	1, A 76mm x B 48mm
MXPHSK02	2, A 83mm x B 49mm
MXPHSK03	3, A 89mm x B 51mm
MXPHSK04	4, A 92mm x B 54mm
MXPHSK05	5, A 95mm x B 57mm
MXPHSK06	6, A 98mm x B 60mm
MXPHSK07	7, A 108mm x B 64mm
MXPHSK08	8, A 117mm x B 67mm
MXPHSK09	9, A 127mm x B 70mm

All sizes have metal internal support – must be removed before MRI (removal before x-ray may be warranted if pessary will obscure the target area)

PESSARIES FOR URINARY INCONTINENCE

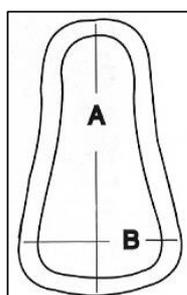
All pessaries are supplied with detailed illustrated fitting instructions. Silicone pessaries are *Latex Free and Autoclavable*.

**SMITH PESSARY
FOLDING
SILICONE**

Indication for use: *Modification of HODGE pessary. For stress urinary incontinence, designed for patient with well-defined pubic notch. Helpful in cases of repeated miscarriage due to an incompetent cervix by repositioning the weight of the growing foetus*

**RISSER PESSARY
FOLDING
SILICONE**

Indication for use: *For stress urinary incontinence, designed for patient with shallow pubic notch. Has larger weightbearing zone to support vaginal aspects of pubis*



Order Code	Size
MXPES00	0, A 79mm x B 51mm
MXPES01	1, A 83mm x B 54mm
MXPES02	2, A 89mm x B 65mm
MXPES03	3, A 95mm x B 60mm
MXPES04	4, A 108mm x B 64mm
MXPES05	5, A 114mm x B 67mm
MXPES06	6, A 121mm x B 70mm
MXPES07	7, A 127mm x B 73mm
MXPES08	8, A 140mm x B 76mm

Order Code	Size
MXPRI00	0, A 64mm x B 57mm
MXPRI01	1, A 70mm x B 62mm
MXPRI02	2, A 70mm x B 64mm
MXPRI03	3, A 60mm x B 67mm
MXPRI04	4, A 73mm x B 70mm
MXPRI05	5, A 78mm x B 79mm
MXPRI06	6, A 89mm x B 73mm
MXPRI07	7, A 89mm x B 84mm
MXPRI08	8, A 98mm x B 87mm
MXPRI09	9, A 105mm x B 86mm

All sizes have metal internal support – must be removed before MRI (removal before x-ray may be warranted if pessary will obscure the target area)

ACCESSORIES

Order Code

MXFIT-CA

Description

Milex Pessary Fitting Tray

For sizing purposes only (the special autoclavable pessaries supplied should be worn for no longer than 15 minutes).

Each fitting tray contains the following pessaries plus 1 Manikin, enclosed in a carry case.

One each:

Ring with support pessary size 2, 3, 4, 5, 6 & 7

Ring with support and knob size 2, 3, 4, 5

Gellhorn pessary size 2-1/4, 2-1/2, 2-3/4, 3

Cube pessary size 2, 3, 4, 5

Donut pessary size 2-1/2, 2-3/4, 3, 3-1/4



Manufacturer: Cooper Surgical Inc., USA
UK distributor: Mediplus Ltd

CE
0297



- | | | | |
|----------|--------------------------------------|----------|---|
| A | Tandem-Cube (Silicone) | M | Gellhorn 95% Rigid (Acrylic) |
| B | Hodge with Knob (Silicone) | N | Inflatoball (Latex) |
| C | Risser (Silicone) | O | Shaatz (Silicone) |
| D | Smith (Silicone) | P | Ring with Support (Silicone) |
| E | Hodge with Support (Silicone) | Q | Ring with Knob (Silicone) |
| F | Hodge (Silicone) | R | Incontinence Dish (Silicone) |
| G | Cube (Silicone) | S | Incontinence Dish with Support (Silicone) |
| H | Hodge with Support & Knob (Silicone) | T | Ring with Support & Knob (Silicone) |
| I | Regula (Silicone) | U | Ring (Silicone) |
| J | Gehrung (Silicone) | V | Donut (Silicone) |
| K | Gehrung with Knob (Silicone) | W | Incontinence Ring (Silicone) |
| L | Gellhorn Flexible (Silicone) | X | Cube with drainage holes (Silicone) |
| | | Y | Gellhorn short-stem (Silicone) |

USEFUL LINKS

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