



Renew Insert anal plug directions for use




SIZING

Renew® Inserts come in two sizes, Regular and Large. Start with the Regular size Renew Insert. If the Regular size comes out at unexpected times or if you experience leakage, try the Large size Renew Insert.




PREPARATION


Step 1. Wash your hands. Separate a single blister unit by pulling sideways to break the perforations holding them together.



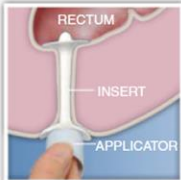
Step 2. Do not use a Renew Insert package unless it is fully sealed. Peel back the top of the package to fully expose the Renew Insert.



Step 3. Place your index finger into the light blue removable applicator and lift the Renew Insert out of its package. The Renew Insert is now ready to use. If the Insert falls off the applicator prior to insertion, discard it and use a new one.




Step 4. Sit on a toilet. Raise yourself up onto one hip by leaning to the side. Reach behind your raised side and position the top disc of the Renew Insert so it's lightly resting on the anus.




INSERTION

Step 5. Relax your muscles and gently slide the Renew Insert into the anus until you feel the applicator touch the anus.



Step 6. Gently withdraw the applicator. The bottom disc of the Renew Insert should be resting just outside the anus.



Step 7. Discard the applicator in a waste receptacle. Wash your hands after use. The Renew Insert is now properly in place and sealing from the inside to help prevent ABL.

REMOVAL

Step 8. The Renew Insert is designed to be naturally expelled with your next bowel movement. Alternatively, simply pull on the bottom disc outside the anus to remove the Renew Insert. Wash your hands after direct contact with the used Insert.

REPLACEMENT

Step 9. For optimal protection, use a new Renew Insert after each bowel movement.

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Figure 1 Renew® anal insert (reproduced with permission of Renew Medical Inc.).

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