

## Amielle Comfort dilators

AVAILABLE ON PRESCRIPTION

Vaginismus is a condition where the vaginal muscles go into spasm causing the vagina to feel tight and often making sexual intercourse difficult. This may be due to a number of reasons including fear, pain of penetration, gynaecological surgery or trauma following childbirth.

Dyspareunia can also inhibit sexual intercourse as women may suffer pain and discomfort upon penetration. This is often associated with vaginal dryness or infection.

**Amielle Comfort** vaginal dilators offer an effective way for women to take an active role in their treatment of these and other sexual issues in the privacy and comfort of their own surroundings.

Designed in conjunction with psychosexual therapists, **Amielle Comfort** vaginal dilators help women familiarise themselves with their bodies and thus help build confidence at a pace that suits them best.

**Amielle Comfort** vaginal dilators offer 5 graduated sizes with a smooth surface and a handle to make insertion and removal easier. Used daily they allow women to take control of their treatment until they feel able to progress to natural penetration with their partner.

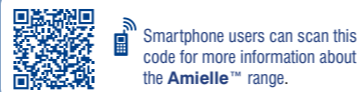


Women's Sexual Health

Amielle Comfort



**POCD**  
Point of Care Diagnostics



### OUR ACCREDITATIONS INCLUDE:

- ISO13485 Certification
- Medical Device Directive 93/42/EEC
- CMDCAS 13485 (Canadian Health Authority)
- Environmental Management Systems ISO14001



SM2100LFDEC11



A gentle self treatment for painful sexual intercourse





Size 0: 7cm x 1.5cm (2¾" x 5/8")

Size 1: 9cm x 2cm (3½" x ¾")

Size 2: 11cm x 2.5cm (4¼" x 1")

Size 3: 14cm x 3cm (5½" x 1¼")

Size 4: 16cm x 3.5cm (6¼" x 1½")

**Contents:**

- 5 graduated dilators
- TWIST & LOCK handle
- Lubricating gel
- Instructions for use

Twist & Lock Handle



Amielle Comfort Product Code: SM2100  
PIP Code: 270-6174

## Cleaning Instructions

Amielle Comfort dilators should be washed after every use. Clean the dilators in hot soapy water and dry thoroughly before putting them away in the carry bag. Make sure that all traces of soap are removed to avoid irritation. Alternatively, you can immerse the dilators in boiling water for 5 minutes.

Remember to wash the dilator handle if it has been used.

Always make sure the dilators are dry inside and out before returning them to the bag for storage.

## Warnings and precautions

These instructions are intended as a guide and should be used together with the advice given to you by your healthcare professional. Ask your healthcare professional about what to expect when using your dilator.

## How to use your Amielle Comfort vaginal dilator

When using your dilators for the first time, wash them in hot soapy water and dry thoroughly making sure all traces of soap have been removed.

Use the dilators in a room where you feel comfortable and won't be disturbed.

Find a position you feel comfortable with; either lie flat on your back with your knees bent and legs slightly apart or stand with one leg raised on a chair.



1. Starting with the smallest dilator, attach the grey handle using the twist & lock action.

To make the insertion of the dilator more comfortable, always use a lubricant. Spread the lubricant around the tip of the dilator and also apply a small amount to the opening of your vagina.



2. Controlling your breathing, relaxing as much as possible gently ease the dilator into your vagina as deeply as is comfortable. As you get used to it try to relax the vaginal muscles by holding the dilators in the inserted position for as long as you feel comfortable.

You may find when you begin using the dilators that you can only tolerate the tip of the dilator inside your vagina. This is perfectly normal.

This sequence should be repeated daily. When you feel comfortable with using the smallest dilator, gradually move to the next size and so on. There is no time limit on the time it takes to progress to each new size.

It is advised that when you can comfortably insert the smallest size dilator, change to the next size in the same session, as your vaginal muscles will already be relaxed and you will find it easier to progress to the next size. This also applies as you progress to the other sizes.

When you feel comfortable with inserting the larger dilators you may be ready to attempt penetrative sexual intercourse.

### Amielle Comfort is available from :

1. Healthcare professionals on prescription
2. Online at [www.amazon.co.uk](http://www.amazon.co.uk) and [www.medicalshop.co.uk](http://www.medicalshop.co.uk)
3. Call us on Freephone **0800 731 6959** for more information.  
Monday to Friday - 8.30am to 5.30pm

AVAILABLE ON PRESCRIPTION



## Useful contact details for support and information:

### Owen Mumford – Amielle

Support and information for you and your partner on the uses and benefits of Amielle Comfort.

Telephone **0800 731 6959**  
[www.time2talksexualhealth.com](http://www.time2talksexualhealth.com)

### College of Sexual and Relationship Therapists (COSRT)

A national specialist for sexual and relationship therapy. Previously known as the British Association for Sexual and Relationship Therapy (BASRT)

Their website includes a list of therapists nationwide.

Telephone **0870 774 3571**  
[www.cosrt.org.uk](http://www.cosrt.org.uk)

### The Sexual Advice Association

A charitable organisation, to help improve the sexual health and wellbeing of men and women. Previously known as the Sexual Dysfunction Association (SDA)

Telephone **0207 486 7262**  
[www.sda.uk.net](http://www.sda.uk.net)

### Relate

Relate offers advice, relationship counselling, sex therapy, workshops, meditation, consultations and support face-to face, by phone or through their website. Their website has details of how to locate the nearest Relate office.

Telephone **0300 100 1234**  
[www.relate.org.uk](http://www.relate.org.uk)

### British Society for Sexual Medicine (BSSM)

Founded for the purpose of promotion, research and exchange of knowledge of sexual function & dysfunction throughout the UK.

Telephone **01543 432757/432622**  
[www.bssm.org.uk](http://www.bssm.org.uk)

