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## CÓMO EJERCITAR CON BOLTEX INERTIAL

HOW TO EXERCISE  
WITH BOLTEX INERTIAL

COMMENT UTILISER  
BOLTEX INERTIAL



# Indicaciones de Uso

## Instructions for Use / Instructions d'Utilisation

- Tratamiento de la incontinencia urinaria de esfuerzo.
- Tratamiento de la incontinencia urinaria mixta (Incontinencia urinaria de esfuerzo e Incontinencia urinaria de urgencia).
- Prevención tras el parto vaginal.
- Prevención de prolapsos de los órganos pélvicos en la menopausia.
- Tratamiento de las disfunciones sexuales derivadas de la falta de tono de los M.S.P (Disminución de la sensibilidad e intensidad del orgasmo).
- Tratamiento coadyuvante a la cirugía pélvica (pre y post operatorio).
- Prevenir la pérdida de tono en las mujeres que realizan actividades físicas y deportivas de impacto.
- Treatment of stress urinary incontinence.
- Treatment of mixed urinary incontinence (Stress urinary incontinence and Urge urinary incontinence).
- Prevention after vaginal delivery.
- Prevention of pelvic organ prolapse in the menopause.
- Treatment of sexual dysfunction derived from lack of PFM tone (Reduction in sensitivity and intensity of orgasm).
- Pelvic surgery adjuvant therapy (pre- and post-operative).
- Prevention of loss of tone in women who practice physical activity and impact sports.
- Traitement de l'incontinence urinaire d'effort.
- Traitement de l'incontinence urinaire mixte (incontinence d'effort et incontinence impérieuse).
- Prévention après accouchement vaginal.
- Prévention de prolapsus des organes pelviens à la ménopause.
- Traitement des dysfonctionnements sexuels issus du manque de tonus des MPP (diminution de la sensibilité et de l'intensité de l'orgasme).
- Traitement complémentaire à la chirurgie pelvienne (pré et postopatoire).
- Prévention de la perte de tonus chez les femmes qui pratiquent des activités physiques et sportives à fort degré d'impact.

# How to Use

**Boltex**  
INERTIAL

Follow the instructions given by your health professional.

This device has been designed for use and application in women of any age and build.

As a general rule, follow the recommendations for use listed below:

- 1) **Empty your bladder**, if necessary.
- 2) **Clean Boltex** with warm water and mild soap.
- 3) **Lubrication:** Use a small amount of lubricating gel in case of vaginal dryness.
- 4) **Insertion:** Relax your pelvic muscles both for inserting and for removing the device.

Bending one or both legs (squatting) can help insertion. Place your index or middle finger on the flat area of the sphere (situated between the removal strings) and push the sphere **into the vaginal passage**. Part of the string will remain outside the body to enable the device to be removed.

5) **Exercising:** Exercise your muscles by walking for an hour or the time specified by your doctor. If you do Kegel exercises as well as using Boltex, the benefits will be greater.

As a general recommendation, start with 15 min/day exercises for 2 weeks. After 2 weeks, you can continue with 30-60 min. exercise sessions.

During treatment, combine fast voluntary contractions (close anus tightly) with slow contractions lasting 15-20 seconds.

Boltex Inertial can be used every day. Improvement in muscle tone is usually noticeable after 6-8 weeks of use. Most women recover their muscle tone after 3-6 months, depending on their degree of initial low muscle tone.

*Note: At first you may experience some muscular discomfort (cramps) from using Boltex Inertial. Should you experience any severe discomfort, see your doctor before*

*continuing use.*

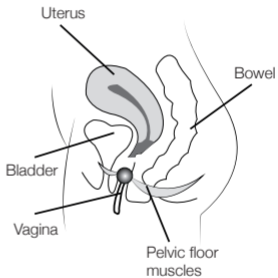
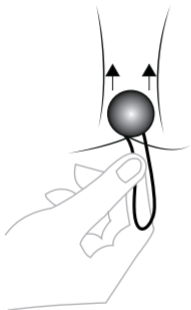
6) **Removal:** Relax your muscles and use the string to pull out the device.

Women suffering from stress urinary incontinence are advised to remove the device in the knee-chest position and with their muscles relaxed, as they have urinary bladder descent and this position makes it easier for them to remove the device in the first few weeks.



Knee-chest position

7) **Cleaning:** Clean the device before and after use with warm water and pH-neutral soap. Store it in its original case or bag to keep it in good condition and prevent contact with dust or other materials.



# Contraindicaciones

## Counter-indications / Contre-indications

**No se recomienda el empleo de Boltex Inertial en los siguientes casos:**

- Si padece infección vaginal y/o del tracto urinario.
- Durante la menstruación junto con tampones absorbentes.
- En las relaciones sexuales durante la penetración.

**You should not use Boltex Inertial in the following cases:**

- If you have a vaginal and/or urinary tract infection.
- During menstruation, with absorbent tampons.
- During sex when there is penetration.

**L'emploi de Boltex Inertial est déconseillé dans les cas suivants :**

- En cas d'infection du vagin et/ou du tractus urinaire.
- Pendant les règles, en même temps que des tampons absorbants.
- Pendant les relations sexuelles au cours de la pénétration.

# Precauciones y Advertencias

## Precautions and warnings / Précautions et avertissements

- Consulte previamente a su médico si cree que pudiera estar o está embarazada.
- Consulte a su médico en caso de dolor y/o inflamación tras su utilización.
- No lo use durante más tiempo del establecido por su profesional.
- Siga detenidamente las pautas higiénicas antes, durante y después del empleo del Boltex Inertial.
- El uso del Boltex es personal. No lo comparta.

- If you are, or think you may be pregnant, please see your doctor before using the device.
- See your doctor if you feel any pain and/or inflammation after use.
- Do not use for longer than the time recommended by your health professional.
- Carefully follow health & hygiene guidelines before, during and after using the Boltex Inertial.
- Boltex is for personal use only. Do not share.

- Consultez d'abord votre médecin si vous pensez que vous êtes ou que vous pourriez être enceinte.
- Demandez conseil à votre médecin en cas de douleur et/ou inflammation postérieure à son utilisation.
- Ne l'utilisez pas au-delà de la durée prescrite par votre professionnel de santé.
- Suivez attentivement les normes d'hygiène avant, pendant et après l'utilisation du Boltex Inertial
- Le Boltex Inertial est un objet personnel. Ne le prêtez pas.

