Cntrl+

Instructions for Use



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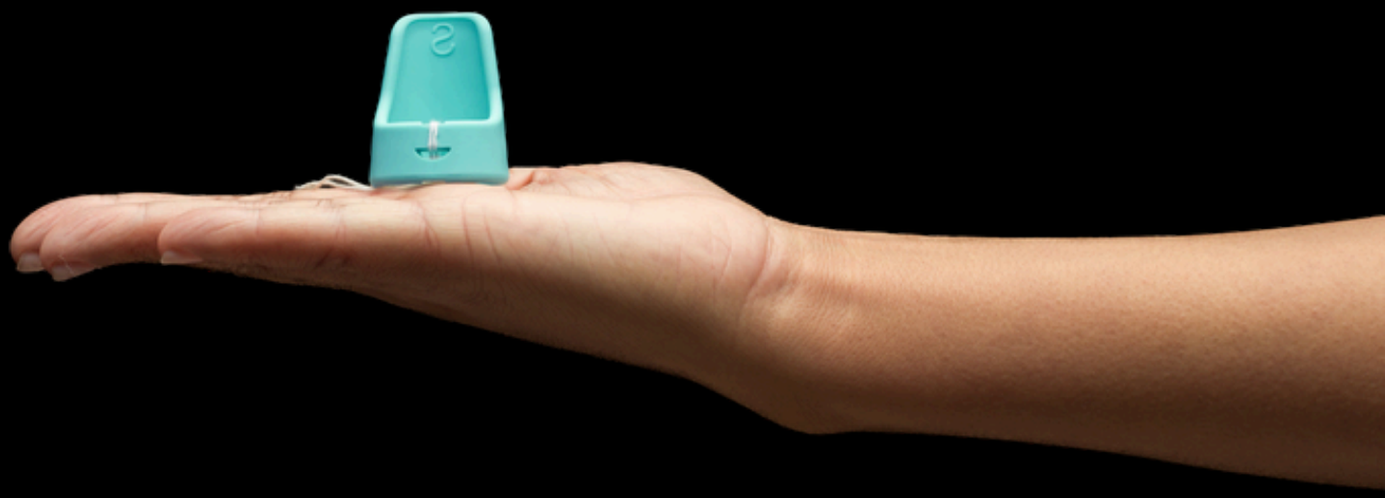
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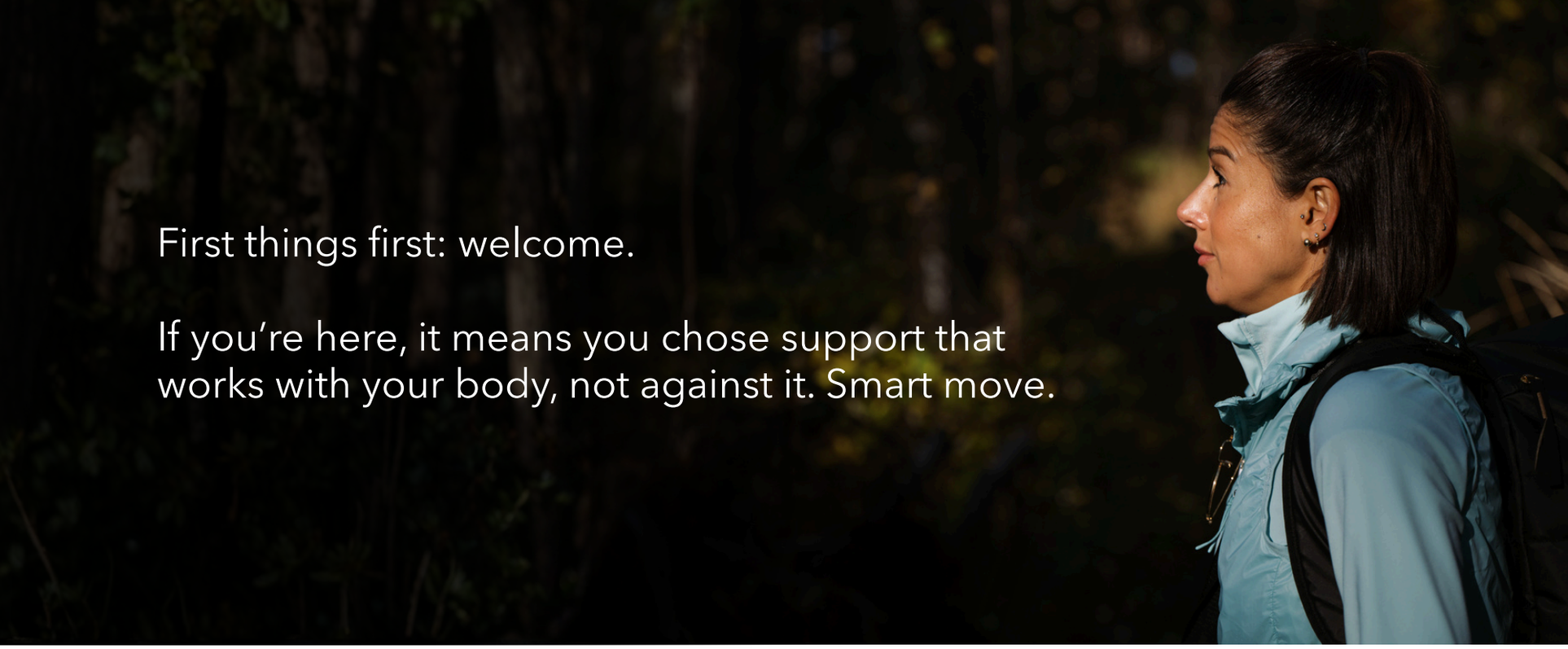
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Indications for Use

We designed Cntrl+ for women like you, women who want to feel confident again and get back to living life freely, without leaks calling the shots.

The Cntrl+ Bladder Support Pessary is intended for the use in adult women, over 18 years of age who experience involuntary urine loss with physical activity (stress urinary incontinence).



This guide is here to help you feel confident using Cntrl+. Inside, you’ll find everything you need, how to use it, how to care for it, and who to contact if questions pop up.

We know this is personal. That’s why we’re committed to making your experience as simple, supportive, and empowering as possible (with minimal drama and maximum confidence).

Meet Cntrl+



What it is

Cntrl+ is a soft, flexible intravaginal device designed to gently support your urethra, keeping it closed when you move, exert yourself, or do anything that normally triggers leaks.

Who it's for

Cntrl+ is for women 18+ who experience stress urinary incontinence (aka bladder leaks during physical activity). It's designed for personal use only so for your health and safety, don't share it with anyone else. (Yes, even your best friend.)

How it works

Cntrl+ is designed to fit comfortably inside your body to gently support your urethra, so leaks don't get a vote.

It's made from medical-grade, non-absorbent material that gets slippery when wet, which makes insertion easier (thank you, science).

Once in place, the circular band flexibly supports the urethra to help prevent unwanted leaks during movement, workouts, sneezes, or any other surprise life moments.

How long you can wear it

You can wear Cntrl+ for up to 12 hours within a 24-hour period.

Do not go past 12 hours. We recommend removing it at night. (Even Cntrl+ needs a break.)

Sizing your Cntrl+

If it's your first time using Cntrl+, we suggest starting with the Small size.
(No need to jump into the deep end on day one.)

Cntrl+ comes in three sizes. You can purchase all three in the Starter Kit (Small, Medium, Large), or buy sizes individually:



Small

37.7mm diameter (circular ring)
× 54.74mm height



Medium

40.1mm diameter (circular ring)
× 60.54mm height



Large

45.2mm diameter (circular ring)
× 59.24mm height

⚠ **Caution: Under federal law, Cntrl+ can only be sold or prescribed by a qualified healthcare provider.**

Contraindications

Don't use Cntrl+ if you:

- Are pregnant, menstruating, or postpartum (within the last 3 months)
- Have a UTI, vaginal irritation/soreness, or significant pelvic organ prolapse

For the full "who should not use Cntrl+" list, see below.

Inserting Your Cntrl+

1. Prep first:

- Empty your bladder
- Wash your hands with mild soap and warm water, then dry thoroughly
- Clean your Cntrl+ before each use (see cleaning instructions)

⚠ **Because bacteria is not the vibe.**
WARNING: Dirty hands and/or environmental impurities may transfer to your Cntrl+ and into your vagina

2. Optional but helpful: add the removal string:

Cntrl+ includes a cotton string for easy removal (some women choose not to use it and remove by hooking the circular band with a finger).

To attach:

- Thread the string through the outer straight-side hole, then through the outer hole on the top of the circular ring.
- Pass one end through the other and pull taut.
- Use a new string each time you use Cntrl+

3. Get your body on your side:

Take three deep breaths and relax your pelvic muscles (yes, this matters).

Choose a position that works:

- One foot on the toilet
- A squat
- Lying down with knees apart

If it helps, gently push out with your pelvic muscles (like during a bowel movement, but with dignity).

It relaxes the vaginal canal and makes insertion easier. This will eventually become as easy as tying your shoes.



4. Fold + lubricate: (lubrication is not cheating)

- Fold Cntrl+ in your dominant hand by gently squeezing the circular band between thumb and index finger.
- Wet it with warm water, or use a dime-sized amount of water-based lubricant if needed.

If you experience dryness or atrophy, ask your healthcare provider about vaginal estrogen cream or vaginal hyaluronic acid, which can be used alongside Cntrl+.

⚠ **WARNING: Never use petroleum-based lubricants (like Vaseline), as it could degrade your Cntrl+, and don't overdo lube or it may slip out.**



5. Insert it (direction matters):

- Separate your labia with your fingers.
- Insert Cntrl+ in an upward-back direction (about 45 degrees toward your tailbone), like a tampon or menstrual cup.
- Keep the long flat side facing the back of your vagina.

You may feel resistance at the pubic bone. That's normal. Keep going gently and steadily.



How far in should it go?

Farther than you think. But don’t worry, you can’t “lose it” up there. Your body is not a storage unit.

Cntrl+ should be inserted until:

- The tip is close to the cervix
- The circular ring sits near the top of the vagina, where it supports the urethra
- You should be able to fit your index finger between the outer edge of the device and your vaginal wall

Quick check: insert a finger until you touch the bottom of the Cntrl+. When it’s positioned correctly, the vaginal opening should be closed and the Cntrl+ pushed in, up to the second knuckle of your index finger.

The goal: “set it and forget it”

Once it’s in the right place:

- You shouldn’t feel discomfort
- The device should not press on or sit at the vaginal opening
- It shouldn’t leak or slip out when you walk, run, cough, sneeze, or have a bowel movement
- You should still be able to urinate normally and easily

Quick check (because reassurance helps)

If Cntrl+ feels like it’s:

- still slipping out and your leaks haven't stopped move up a size, or
- if it’s uncomfortable or difficult to urinate move down a size.

If anything feels off or you’re having trouble, reach out to our knowledgeable customer service agents for guidance.

Removing it (aka: The Exit Strategy)

1. Wash your hands with mild soap and warm water, then dry thoroughly. (Clean hands only. This is not a “let’s see what happens” moment.)
2. Get into the same comfortable position you used for insertion.
3. Relax your pelvic floor with three deep breaths. You’re doing great.

If you attached the string:

- Gently pull it downward. This helps release any suction and collapses the device back into its folded shape.

If you’re not using the string:

- Insert your index finger, hook it around the top of the circular band, and slowly pull Cntrl+ forward and out.





Clean your Cntrl+ following the instructions below.

Having trouble removing it?

First: don't panic. Second: try this.

- Take a few deep breaths to relax your pelvic floor.
- Bear down like you're trying to have a bowel movement (not glamorous, but effective).

This helps bring Cntrl+ closer to the vaginal opening so you can grab the circular band.

If dryness is the issue:

- Add a pea-sized amount of water-based lubricant to your finger and gently run it around the outside of Cntrl+ to help ease it out.

(Never use petroleum-based lubricant like Vaseline.)

If you've tried these tips and still can't remove Cntrl+, contact the Cntrl+ support team, or your healthcare provider within 24 hours for assistance.

And remember: you can always reach out to our support team anytime at support@cntrlplus.com. Live agents are also available at cntrlplus.com Monday - Friday, 8am-8pm across the continental US.

When to discontinue use

Stop using Cntrl+ right away if:

- You can't urinate
- You feel burning when peeing or suddenly need to pee more often than usual (this could be a UTI)
- You have vaginal itching or pain
- You notice a change in the odor of your vaginal discharge

⚠ **Important: Toxic Shock Syndrome (TSS)**

TSS is extremely rare, but very serious and can be life-threatening if not treated quickly. It has been linked to prolonged use of high-absorbency tampons.

Cntrl+ is made from non-absorbent material, but if you choose to use the cotton removal string, be sure to use a new string every time.

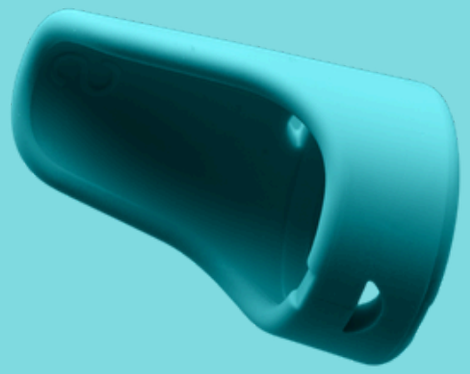
TSS symptoms can feel like the flu and may include:

- sudden high fever
- vomiting
- diarrhea
- dizziness or fainting
- a rash that looks like sunburn

If you experience any of these symptoms while using Cntrl+, remove it immediately and contact a healthcare provider right away.



Cleaning your Cntrl+



To keep Cntrl+ safe, hygienic, and generally not gross, clean it before and after each use. (Yes, every time. No shortcuts.)

You'll need:

- Mild liquid soap
- A soft-bristled brush (like a toothbrush that is only for Cntrl+. Not your teeth. Not your grout. Just Cntrl+.)
- A clean cloth or surface to let it dry on

Steps for cleaning

1. Start with clean hands
Wash with mild soap and warm water for 30 seconds, then rinse thoroughly. (No soap residue, please. This is not a bubble bath.)

2. Soak + hand-wash your Cntrl+.
Use warm water and liquid soap for 90 seconds.

3. Get into the details.
Use a soft-bristled brush to clean inside any slots and openings.

4. Rinse well.
Hold under warm running water for 30 seconds, or until there are zero soap bubbles left.

5. Dry it.
Use a soft, clean cloth.

6. Final check.
If you see any leftover residue, repeat steps 2–5 until it's completely clean.

Keep it safe (and working like it should)

To avoid messing with the safety and effectiveness of your Cntrl+:

- Don’t use organic solvents on it (this isn’t a science fair project)
- Don’t boil it
- Don’t microwave it
- Don’t use heat to dry it

Basically: treat it like the high-performance little device it is, not leftovers.

When to replace it

Your Cntrl+ is designed to last 30 to 90 uses. (Yes, it’s reusable. No, it’s not immortal.)

Pro tip: jot down the date you first use it so you can keep track of its lifespan and know when it’s time to swap it out.

Replace your Cntrl+ if:

- It stops preventing leaks
- You notice a deep crease on the inside upper ring
- You see signs of wear like deterioration, discoloration, or pitting
- The texture changes (for example: tacky, rough, or weird in a way it wasn’t before)



Your questions, answered

What if I'm having trouble inserting my Cntrl+?
First: totally normal. Second: don't force it like you're trying to open a stuck pickle jar.

Try this:
- Take a few deep breaths to relax your pelvic floor.
- Add a small amount of water-based lubricant (like KY Naturals Intimate Gel) to the leading edge of the device to help it glide in more comfortably.

My Cntrl+ is slipping out. What do I do?
First: annoying, but fixable. Here's what to try:

- If it only slips out during a bowel movement, remove it beforehand and reinsert it after (following the usual removal + insertion steps).
- Talk to your healthcare provider, you may simply need a larger size.
- If it keeps happening, stop using Cntrl+ and contact your healthcare provider. Persistent slipping could be a sign of pelvic organ prolapse (POP).

My Cntrl+ is uncomfortable and I can't empty my bladder. What should I do?
That's your cue to stop and adjust, not power through.

- It may not be inserted far enough, use your index finger to push it in further
- If discomfort continues, stop using Cntrl+. It's designed to contour to your anatomy, so it should never cause pain or make it hard to urinate.
- Talk to Cntrl+ customer support staff or your healthcare provider, you may need to try a smaller size.

How long can I wear it?
You can wear Cntrl+ for up to 12 hours within a 24-hour period.
That's the max. Don't exceed it.

My vaginal discharge has increased and is slightly pink. Should I be worried?
Usually, no. This can be normal at first.

- It's common to notice more discharge when you first start using Cntrl+. You may also see a slight pink tint the first few times, after menstruation, or if you're dealing with vaginal dryness. Water based lube can help with vaginal dryness.

But listen to your body:

- If the pink color continues, increases, turns into bleeding, the discharge darkens, or the odor changes, stop using Cntrl+ and contact your healthcare provider.



Additional information (aka: quick safety check)

Don't use Cntrl+ if:

- The tamper-proof seal on the package is broken, or
- The device isn't in a sealed bag.

If it doesn't arrive sealed, don't gamble with it.

Possible adverse effects (the fine print, but make it helpful)
Like any intravaginal device, Cntrl+ can have a few possible side effects, including:

- Urinary retention (trouble emptying your bladder)
- Vaginal or pelvic discomfort
- Risk of infection if it isn't cleaned properly (so yes, please follow the cleaning instructions above)

Contraindications (aka: when Cntrl+ is not the move)

- Remove Cntrl+ before sexual intercourse
  (This is support equipment, not a plus-one.)
- If you've had trouble using intravaginal products (like tampons or menstrual cups), or you have a history of Toxic Shock Syndrome (TSS), tell your healthcare provider before using Cntrl+.

Don't use Cntrl+ if you have any of the following:

- Urinary tract infection (UTI)
- Significant Pelvic Organ Prolapse (POP)
- Vaginal atrophy
- Cystitis
- Vaginal soreness or itching
- Abnormal vaginal bleeding or discharge

Don't use Cntrl+ if you:

- Are currently menstruating
- Are pregnant or have given birth within the last 3 months
- Have had recent vaginal surgery

Cntrl+ may also not be suitable or effective for women with certain anatomical factors, such as a very small vaginal opening, a short or narrow vagina, or minimal perineal tissue (the tissue between the vaginal and anal openings). If you're unsure, your healthcare provider can help assess fit.

⚠ **Caution (the important stuff)**

Cntrl+ is intended for use for less than 10 years. Long-term risks beyond 10 years haven't been evaluated, so let's not make this a decades-long relationship yet.

Also:

- Do not flush Cntrl+ or its packaging. (Your plumbing did nothing to deserve that.)
- Cntrl+ is made from biodegradable and recyclable medical-grade material, so please recycle it whenever possible

Warning
In animal studies, Cntrl+ caused slight irritation in some cases. So if your body starts sending complaint emails, listen.

Do not use Cntrl+ if you experience:

- redness
- swelling
- itching
- dryness
- skin cracking
- blistering
- pain
- signs of an immune response or any other unusual reaction.

If anything feels off, stop using it and contact your healthcare provider.

What do these symbols mean?
Because every great product comes with a little symbol language.
Here's the translation:


Consult the Instructions for Use
(aka: please read the directions)



Batch Code / Lot Number
(so we know which production batch it came from)



Catalogue Number / Part ID (the product's official ID)


Expiry Date / Use By Date (don't use past this date)



Federal law notice: This device can only be sold by or on the order of a qualified healthcare practitioner.

Need help? We’re here for you.

Cntrl+ Inc.

Dedicated customer support line: **1 (833) 784-5190**
support@cntrlplus.com
cntrlplus.com




Cntrl+