**[LETTER HEAD FROM REQUESTING SPECIALIST PELVIC PHYSIO CLINIC]**

This patient was referred to pelvic health physiotherapy for management of stress urinary incontinence.

Vaginal examination identified:

[list any pelvic organ prolapse, vaginal health, pelvic floor strength and grading].

She has worked through physiotherapy, including tailored and progressive pelvic floor training over 3 months (as per NICE guidelines) in order to try to manage her symptoms conservatively but unfortunately continues to have stress urinary incontinence. As she does not wish to consider surgery at this moment in time, we have discussed that she would likely find benefit in using a continence device to enable her to participate in particular activities / exercise.

A continence device is a vaginal insert that will allow the patient to remain active with minimal leakage.

I have screened her for the precautions and contraindications for this and she is clear of these today (I have listed these at the bottom of this letter). I have provided her with a patient information leaflet of what the device is, how to manage it and included the contraindications and precautions for her to stop use if any of her answers to this change.

I have discussed the different options available and feel she may be best suited to

* Contrelle Activgard
* Contiform
* Efemia
* Diveen.

This comes as a starter pack initially to determine best sizing and then replacements can be prescribed for the specific size needed.

Please can I ask you to prescribe this for her.

***The NHS order code is:***

* Contiform Starter Pack SKU 184
* Contrelle Starter Pack SKU 4232427
* Diveen Starter Pack SKU 3025E
* Efemia Starter Pack SKU 110505

I will review her with the product and check sizing, answer any questions she may have and provide written information. After this point I will again update you with the size she requires and recommendations on frequency of prescription.

***Contraindications***

• Pregnancy

• Before 12 weeks postnatal

• Vaginal infection or erosions

• Current cystitis or urinary tract infection

• History of toxic shock syndrome

• Current pelvic malignancy

• Severe prolapse

• Pelvic surgery in the last 6 months

Precautions

* Vaginal discomfort / dryness - if experiencing vaginal discomfort with using product stop use and consider water based vaginal lubricant or vaginal oestrogen if post menopausal and then retry- if continues cease use.