

Cleaning instructions

- After use, it's important to maintain proper hygiene by thoroughly washing and drying the dilator.
- Use mild hypoallergenic soap and warm water to clean the dilator, ensuring that it is completely free of any residue.
- Proper hygiene is essential to minimise the risk of infection during subsequent uses. By following these steps, you can ensure the safety and effectiveness of the dilator for future use.



Also available at www.kegel8.co.uk

- Kegel8 Dilator Lubricating Comfort Gel
- Kegel8 Antibacterial Cleaning Spray

Contact information

We're here to help! If you have questions or simply need some advice, please get in touch and our advisors will be on hand to help.

E: info@Kegel8.co.uk

W: www.kegel8.co.uk

Our opening hours are:

8am-4pm Monday to Friday*

*Closed bank holidays

Savantini House, Foster Street,
Hull, HU8 8BT, United Kingdom

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Kegel8®



Anal Trainers & Dilators

Instructions for users

Please read this instruction manual fully before using Kegel8 Anal Dilators for the first time.

Welcome

The Kegel8 Anal Dilators are a 5-piece graduated set designed to strengthen and reduce anal discomfort. Made from soft, body-safe silicone, they ensure comfortable usage and easy cleaning.

Dilators you can wear, for therapy when you're on the go!

The wearable design allows for discrete dilator therapy, whilst going about your daily life. The gradual size progression and extended use time is recommended by healthcare providers to help improve muscle function and overall comfort.



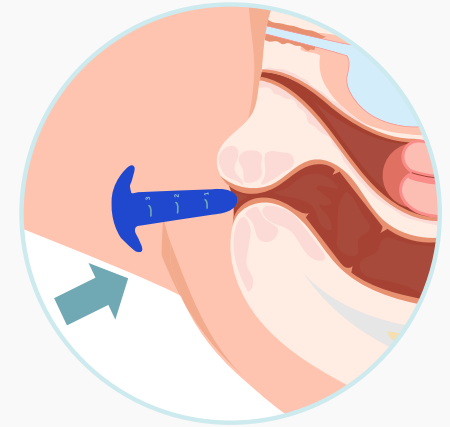
Kegel8 Silicone Anal Dilators can be used to treat the following conditions:

- Fissures
- Painful sex (dyspareunia)
- Anal Stenosis
- Cancer treatments including chemotherapy and radiation
- Chronic Constipation/Anismus
- Spastic Pelvic Floor Syndrome

Getting started

The Kegel8 Anal Dilators are designed to be worn as recommended by your physician or therapist. Normally starting from the smallest size first.

- Clean the dilators with mild soap and warm water before use
- Choose a comfortable position, such as lying on your left side, and relax.
- Apply **plenty of lubricant** to the anal canal and dilator tip. Avoid petroleum-based lubricants to prevent irritation.



How to use

During insertion, it's important to follow these steps carefully for optimal results:

- Position the tip of the dilator lightly and at a right angle to the rectum.
- As you exhale, gently ease the dilator into the anal canal. Utilising deep breathing techniques and gradually inching the dilator deeper with each exhalation can facilitate penetration.
- If you feel tense, it's crucial to pause and practice controlled breathing to relax. Remove the dilator if there's any risk of pain or injury.
- The dilator is fully inserted once the base/handle, is in contact with the skin. **Caution:** Do not insert the dilator base.
- To remove, slowly use the base as a handle to pull the dilator out.
- Discuss with your healthcare professional about advancing your size and wear time.



Size 1



Weight: 44g
Insertable Length: 6.6cm/3in
Widest Circumference: 4.5cm/1.7in

Size 2



Weight: 46g
Insertable Length: 7.2cm/2.8in
Widest Circumference: 4.7cm/1.8in

Size 3



Weight: 52g
Insertable Length: 7.6cm/2.9in
Widest Circumference: 6cm/2.3in

Size 4



Weight: 62g
Insertable Length: 8cm/3.1in
Widest Circumference: 7.4cm/2.9in

Size 5



Weight: 78g
Insertable Length: 9.2cm/3.6in
Widest Circumference: 8.4cm/3.3in