

## How Supplied

### Aquaflex Cones

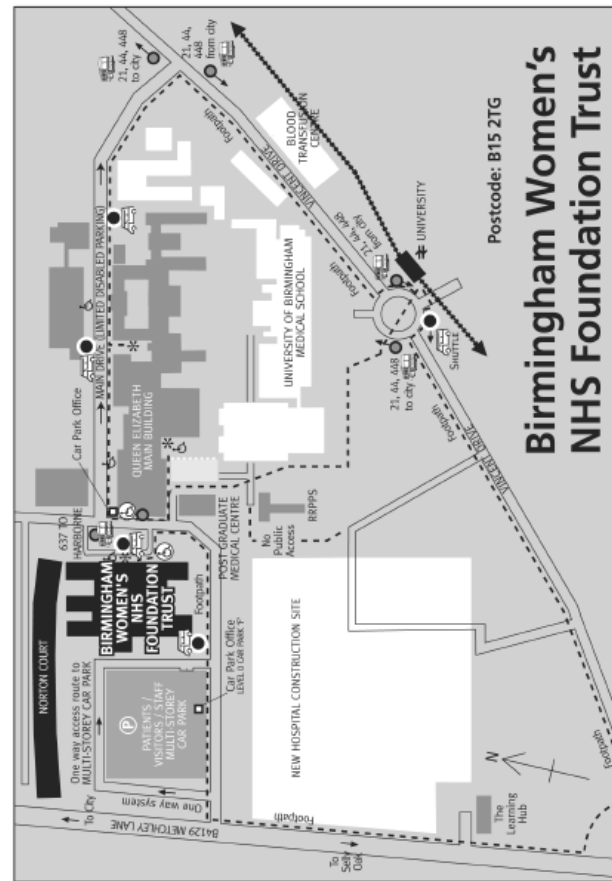
For strengthening of pelvic floor muscles in the treatment of stress incontinence.

### Product Websites:

- [www.mobilisdirect.com](http://www.mobilisdirect.com)
- [www.pharmacy2U.co.uk](http://www.pharmacy2U.co.uk)
- [www.stressnomore.co.uk](http://www.stressnomore.co.uk)

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Cones are not suitable for use during pregnancy or for women with prolapse.



KEY	
Bus Stop Centro / WM	Hospital Entrance
Shuttle Bus Stop* (Pick-up and drop off 7am to 7pm)	Disabled Entrance
Disabled Parking	Parking
Railway Station	

\*The Q-Park Shuttle Bus is a free service and is available from various locations around the QE site to transport patients and visitors to the main QE hospital, BWH hospital and QEP hospital buildings

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# Instructions for use for Vaginal Cones

## Important:

Read the instructions carefully before using the cones and weights. Start with largest cone and lightest weight. Do not use during menstruation or if you have a vaginal or uterine infection.

## Prior to use

Wash your hands before selecting the cone and weight. Rinse the cone in soap and water and thoroughly dry.

The cone with weight is placed in the vagina and acts as a downward pressure on the pelvic floor muscles. This gives a feeling of losing the weight, which causes the muscles to contract around it to stop the cone from slipping out. This contracting movement exercises and strengthens the muscles.

## Positioning and using the cone:

Select the largest cone with the lightest weight to start with. Try inserting the cone in the lying position with knees bent and feet flat on support. Insert the cone into the vagina so that it is placed just above the entrance to the vagina, keeping your index finger on the tip of the cone (where the string is attached), contract (tighten) your pelvic floor muscles and you should feel the cone move away from your finger tip. If you find you 'push' the cone out instead of 'drawing' the cone up, you are probably using the abdominal muscles and not the pelvic floor.

## Then try:

In a standing position, leaning forwards at the waist, perhaps leaning onto a support, insert the cone into the vagina as already described. You may find that you immediately have to contract the pelvic floor muscles to retain the cone, or you may find that the cone stays in place without your voluntary effort. You should be aware of the cone, if not check that the cone is not lopsided or pushed too far up and has 'wedged'. If it has, remove and re-insert ensuring that the cord is hanging from the vagina.

Once the cone is correctly positioned, walk around for approximately 60 seconds. If the cone stays in place without your voluntary effort, remove cone and try the next heaviest weight. The weight that you actively have to 'hold' using your pelvic floor muscles and can retain for 60 seconds is the weight that you should use to increase pelvic floor strength.

The aim is to increase the time you are able to retain the cone up to a maximum of 15 minutes and be able to repeat it at least twice a day. When you are able to do this you progress to the next heaviest weight. Alternatively increase the activity and decrease the time i.e. run up and downstairs. When you can hold all the weights, progress onto the smaller cone.

After use rinse the cone with soap and water and dry thoroughly. The cones do not need to be sterilized or disinfected.

## Notes:

Initially you will need to concentrate solely on retaining the cone, but as you strengthen the muscles you will find you are able to do other things, i.e. cleaning your teeth, washing your face, tidying up and putting things away. As you progress increase the amount of movement you do whilst still retaining the cone.

If at the end of a three month training period your symptoms have improved and you are able to prevent urinary leakage on most occasions, you can stop using the cone every day and use a few times a week or whenever you feel you are losing your progression. You must continue to do your pelvic floor exercises (without the cone) on a regular basis e.g. every day, a few exercises every hour.

## This is an exercise for life. If you stop your symptoms will return

If you have any problems using the cones you may need to seek professional advice, e.g. a Physiotherapist who specialises in the treatment of urinary incontinence or a continence advisor who is familiar with the use of the cones.

Strengthening the pelvic floor muscles takes time, i.e. a minimum of three months, and commitment to regular exercise of the muscles. Certain factors may influence and slow your progression:

- fatigue
- the "time of the month"
- a repeated cough for a period of time
- repeated heavy lifting