

iMEDicare Efemia Prescription Advice Form

Hospital:

Dear Doctor: Date:

Regarding patient:

DELIVERY:

Community pharmacy should order directly from iMEDicare on 01923 23 77 95 (Mon-Fri 8am to 5pm) orders@imedicare.co.uk or from the "Specials Division" of Wholesalers
FREE DELIVERY

Surname:

Hospital No.:

First names(s):

DOB:

Address:

SPACE FOR PATIENT IDENTIFICATION LABEL

Your patient was seen in the outpatient department at this Hospital today. Following assessment, we request that you prescribe the following device.

INSERT FOR FEMALE STRESS INCONTINENCE

EFEMIA Bladder Support Pessary

NHS CODE

Efemia Starter Kit (PIP CODE: 415-3870)

110505

Pack includes 1 x Small (30mm), 1 x Medium (35mm), 1 x Large (40mm)

Efemia SMALL (PIP CODE: 415-3854)

110102

Pack includes 1 x Small (30mm) Efemia Bladder Support Pessary

Efemia MEDIUM (PIP CODE: 415-3847)

110202

Pack includes 1 x Medium (35mm) Efemia Bladder Support Pessary

Efemia LARGE (PIP CODE: 415-3862)

110302

Pack includes 1 x Large (40mm) Efemia Bladder Support Pessary

Yours sincerely

SIGNED.....NAME (Capitals).....

TITLE.....or circle: Consultant, Associate Specialist, Specialist Nurse Practitioner, Nurse Consultant, Pelvic Floor Physiotherapist, Occupational Therapist, Continence Nurse Adviser, Mid-wife, Registrar.

DIRECTORATE: Urology / Uro-gynaecology / Genito-Urinary / Physiotherapy Occupational Therapy / Maternity Services / or add:

efemia



Please read the user instruction leaflet carefully before you start using Efemia. Efemia should be placed like a tampon (aiming towards your lower back, not straight up). The two support rings should sit above the narrow vaginal opening, above the pelvic floor muscle, and the handle should rest against the body, inside the outer labia.

Three sizes (30, 35 and 40 mm) of Efemia Bladder Support are included in the starter set. We recommend that you experiment to establish the best (effective and comfortable) size and placement at home first. If it feels uncomfortable, or you don't get the results you aim for, you might have placed Efemia too far out or you might have the wrong size. It may take a few tries before you find out how to place Efemia comfortably. Practice makes perfect.

Efemia can be used all day up to 16 hours, or as needed throughout the day. Unit Lifespan is 3 months on average. For product use technical support – please liase with iMEDicare Customer Services on 01923237795 (M–Fri 8am to 5pm, email: contact@imedicare.co.uk or visit www.MyPelvicHealth.co.uk.