The Contiform Intravaginal Device in 4 Sizes for Treatment of Stress Incontinence

Allen W, Leek H, Izurieta A
Karantanis E, Moore K H
Pelvic Floor/Bladder Unit
St George Hospital
Sydney NSW Australia

Introduction

The “Contiform” intravaginal device is shaped like a large hollow tampon and is suitable for insertion and removal by patients. Previous study (Morris et al 2003) showed most patients benefited by the device but only 20% were completely dry1. In that study only 3 sizes were available: Small, Medium and Large. Analysis of results indicated the need for Medium-Large device.The manufacturer has provided this fourth size. The aim if this study was to retest Contiform efficacy using 4 sizes

Fig 1: The Contiform Intravaginal Device

Method

Inclusion/exclusion criteria included: main complaint of Stress Incontinence, manual dexterity to insert/remove device, no prolapse beyond the introitus, no UTI, post menopausal women were given topical oestrogen cream, urodynamics were not required as this device is designed for community use.

After fitting with Contiform device, supine cough test was performed to ensure device would improve leakage. Uroflow and residual was attended to ensure the device did not cause any voiding difficulties. Patients were instructed on self insert/remove and care of the device.

A 24 hr pad test was completed at baseline (without device) and repeat 24 hr pad test with the device in situ. Quality of Life indices (short form Urogenital Distress Inventory {UDI} and Incontinence Impact Questionnaire {IIQ} and St George Score {20 point score for severity of incontinence}) were completed at baseline and at F/U 1 month later

Results

73 patients were invited to trial the Contiform Device.
- 9 declined because they did not want to insert anything into their vagina or they were improving with pelvic floor exercises.
- 12 were unable to be fitted due to previous surgery or very narrow vagina or they extruded the device with coughing.

Results Continued

- 10 withdrew due to difficulties with insert/remove device, pain or made their leakage worse.
- 8 were lost to f/u despite repeated phone calls/ letters.
-1 is in progress and
- 33 patients were happy and completed the study,
-Of the 36 women who completed this 4 week study, 50%(18) were dry on 24 hr pad test,(dry = <2g/24hr)
Of the 36 women, 6 used the New Medium/Large device of whom 4 were totally continent and 2 were markedly improved.

24 Hour Pad Test Results (excluding 1 outlier 491.7g/24hrs to 53g/24hrs)

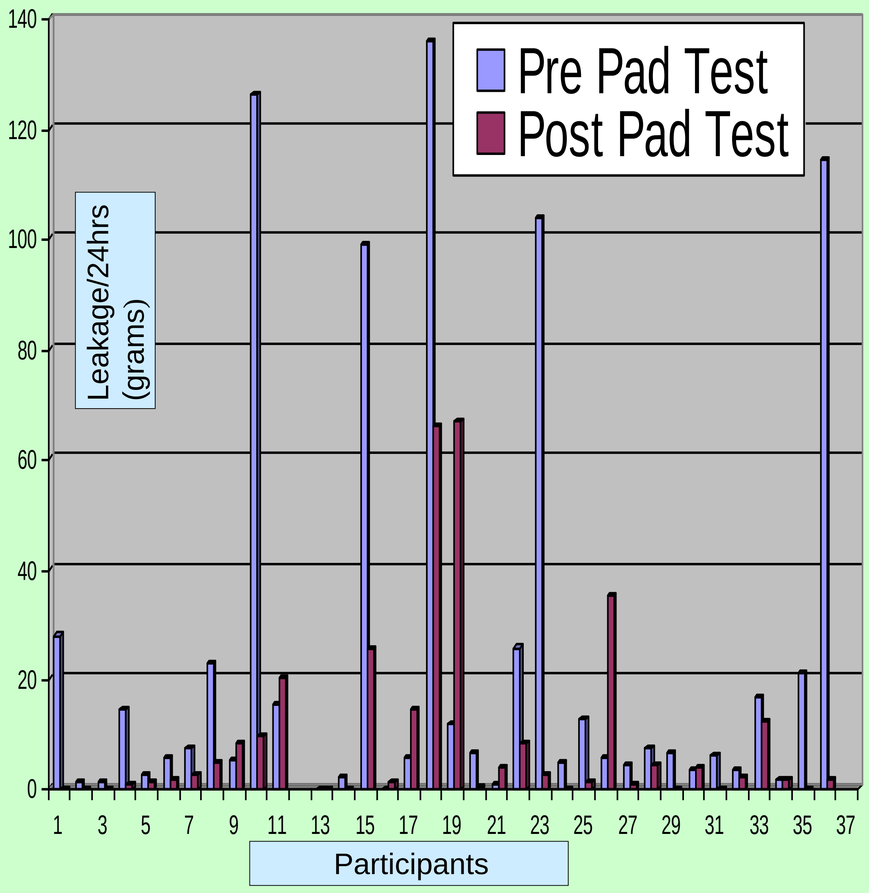


Fig 1 shows highly significant improvement in 24 hr Pad Test results, P< 0.0009

Fig 2A and 2B below shows highly significant improvement in Quality of Life indices (UDI and IIQ)

Fig 2A – Urogenital Distress Inventory (UDI) P < 0.0001

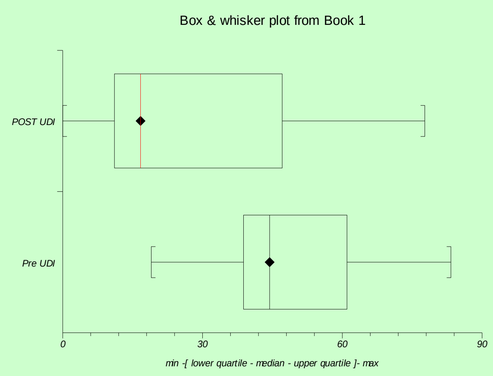
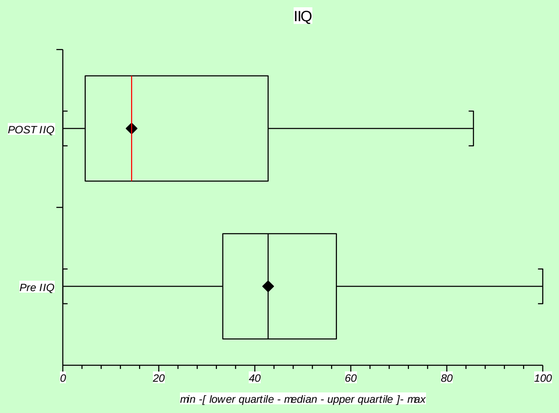


Fig 2B – Incontinence Impact Questionnaire (IIQ) P<0.0001



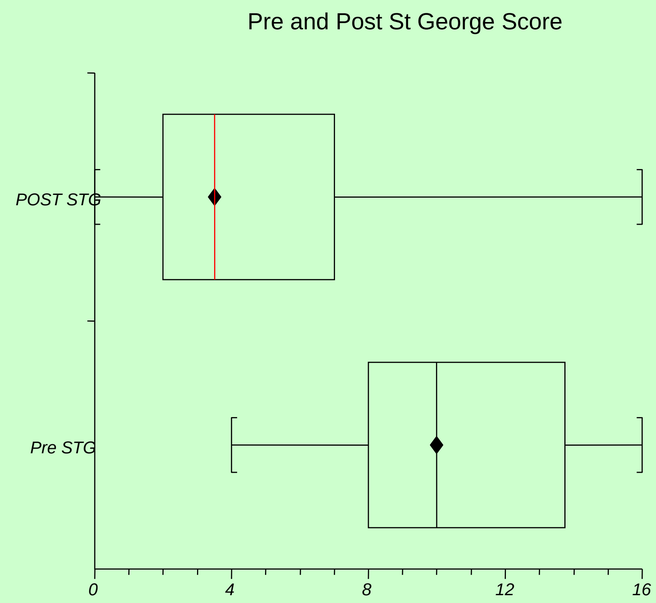


Fig 3 above : Similarly the severity of leakage on St George Score was highly significantly reduced P = 0.0001

Conclusions

• This study showed a 50% dry rate (n=36) for Contiform in 4 sizes

•This device is suitable for active women who only leak with sport or waiting for surgery or do not want surgery.

Below are some comments made by participants who used the Contiform device.

References:
•The Contiform Incontinence Device – Efficacy and Patient Acceptability. International Urogynaecology Journal (2003) 14: 412-417

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