

Penile Compression Devices

A user guide produced with men who have experience using penile compression devices



Penile compression devices are a continence aid that some men find helpful. This guide will help you decide....

**Would a penile compression device be right for me?
If so, how should I use it safely and effectively?**



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What are penile compression devices or 'clamps'? They are discreet devices for control of urine leakage (incontinence). They compress the penis to prevent leakage.



Are there different types? Clamp designs vary - clip, circular or strap. The picture below shows the most popular designs. Try different ones to see which is right for you.



Would a clamp work for me?

Clamps are most suitable for men with:

- ✓ Stress urinary incontinence after prostatectomy
- ✓ and good genital sensation

They are unsuitable for men with any of the following:

- ✗ Poor memory who might forget to release the clamp
- ✗ or red/sore skin on the penis - the clamp might make it worse
- ✗ or reduced feeling in your penis so you can't tell if it's too tight
- ✗ or mainly urgency and urge incontinence

Stress urinary incontinence is associated with physical activity e.g. standing, coughing, walking
Urge urinary incontinence is having to rush to the loo and not making it in time

When are clamps most useful? When being as dry as possible is important and other products (e.g. sheaths, pads, body-worn urinals) would not be as suitable. For example with activities such as swimming, dancing and golf.



To make certain tasks easier, for example:

Some men use a clamp to avoid leakage while getting to the toilet in the morning or while putting on another product or when you want a break from another product.

*When should clamps **not** be used?*

When asleep. We recommend that you:

Wear the clamp for no longer than one hour

Then have a rest period equal to the time you had the clamp on

This is to reduce the chance of damage to the penis.

Can clamps be used with other products?

Clamps can be used on their own. However, most men choose to wear a small pad with their clamp for comfort and to catch small amounts of urine leakage.

Where can I get a clamp?

Ask your urologist or continence nurse. For suppliers visit

www.continenceproductadvisor.org/products/maledevices

They are also available on the internet.

Top tips from men for clamp use:

- The clamp should never be painful – this means it is too tight and should be released and less pressure applied
- But wearing the clamp may be uncomfortable to start with
- Take time at home to practice with the clamp for short periods and gradually build up the length of time you wear the clamp
- Keep the clamp loose enough for comfort and wear with a small pad if some leakage continues
- Gradually increase the tightness to the desired level of comfort and security
- Ensure skin is clean and dry before use – avoid using creams which may cause the clamp to move
- Trim pubic hair to avoid it getting caught in the clamp and wear close fitting underpants to help support the clamp
- Adjust the clamp from time to time - before activity, with changes in penile dimension and outside temperature
- Have penis over the toilet or sit on the toilet for clamp removal as there may be a gush of urine leaking
- Get in and out of the car with legs together to avoid clamp dislodgement or rubbing
- Carry a spare clamp in a small bag or wrapped in a clean pad
- At airport security, avoid clamps with metal components
- Always follow manufacturer's instructions

Thank you to all the men who have contributed to this leaflet.

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