

Studies with Efemia

94 % experienced a reduction in leakage

Thirty-four female runners that leak urine when running tested Efemia Bladder Support. 94% experienced that it reduced their urinary leakage whilst running.

Ref: CI8006-02

For more information about our studies, go to: efemia.se/en/

Try it out at home!

We're all different, so begin with the starter set to find the size that works best and is most comfortable for you.

The set includes all three sizes and is reusable for three months.

Available via NHS GP Prescription:

Efemia Starter KIT
NHS Code: 110505

About Efemia

Efemia Bladder Support is manufactured by Invent Medic Sweden, the company behind the brand Efemia.



By equally prioritising reliability, functionality and emotional aspects, we aspire to bring forward dependable and effective products that fit well into women's everyday lives.



Efemia Bladder Support is our first product developed following these principles.

Visit MyPelvicHealth.co.uk for more information



SCAN ME

Any questions?

If you have any questions or comments, please feel free to contact us at:

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Exclusive UK and Ireland Distribution:
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efemia

bladder support



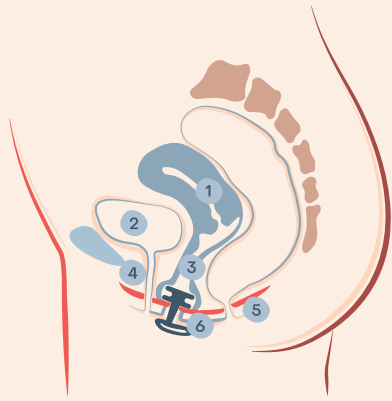
Reduces leaks due to stress urinary incontinence.

Safe & effective.

Stress urinary incontinence

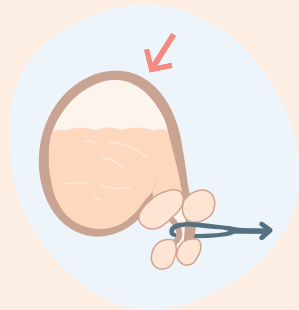
Stress urinary incontinence is involuntary urinary leakage due to physical exertion, for example, during exercise or when sneezing, coughing, or laughing. It is the most common form of female incontinence, and many are affected at some point in life.

In other words, you're not alone.



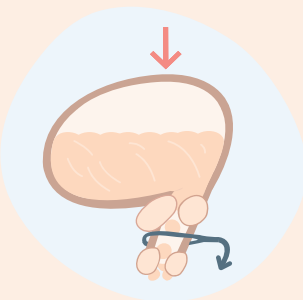
1. Uterus
2. Bladder
3. Vagina
4. Urethra
5. Pelvic floor
6. Efemia Bladder Support

The physiology



Usually, when extra pressure is placed on the bladder, the urethra closes with the help of the pelvic floor muscles contracting forward towards its ligaments, preventing urine leakage.

With damaged ligaments or weakened pelvic floor muscles, the same pressure on the abdomen can instead push the system into open mode, causing urine to leak. This is stress urinary incontinence.



Efemia Bladder Support

Efemia Bladder Support is a vaginal, non-surgical insert. Its design follows the same scientific principles and methodology as the most common surgical solutions to correct stress urinary incontinence.



Benefits

- Reusable for 3 months
- Soft & comfortable material
- Small & convenient
- Can be used during high-impact exercise
- Sits low in the vagina

Details

Can be used for up to 16 hours per 24 hours.

Sizes: 30 mm, 35 mm & 40 mm (Starter set with all 3 sizes available)

Material: silicone

Do not use Efemia

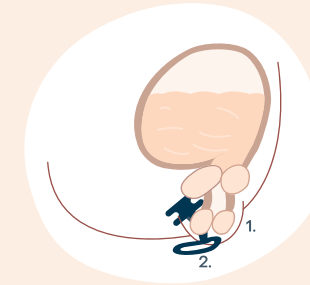
If you are pregnant

Precautions

Use water-based lubricant to avoid discomfort from use if you are sensitive in the vulvar and/or vaginal areas

Reduce use of the device if you experience any physical reactions related to the device that are not transient. Please seek medical attention if the reaction does not pass despite reduced use

How it works



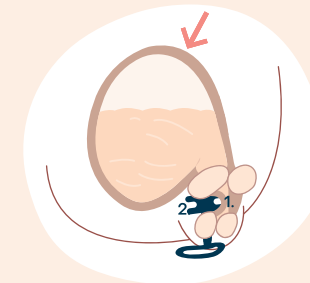
Efemia is inserted into the vagina so that the handle rests tight up against the pubic bone/perineum.

1. Labia
2. Vagina



Make sure the support rings are entirely through the vaginal opening and above the pelvic floor, just like a tampon.

1. Internal sphincter
2. Urethra
3. External sphincter



When pressure is placed on the bladder, the mid-urethra is pushed lightly against Efemia's support rings, making it bend, so leakage is reduced or prevented altogether. You can pee as usual without removing the device.

1. Urethra
2. Support rings