

ProctoClean®



Cleaning tool

Perfect hygiene
for lasting anal
prophylaxis



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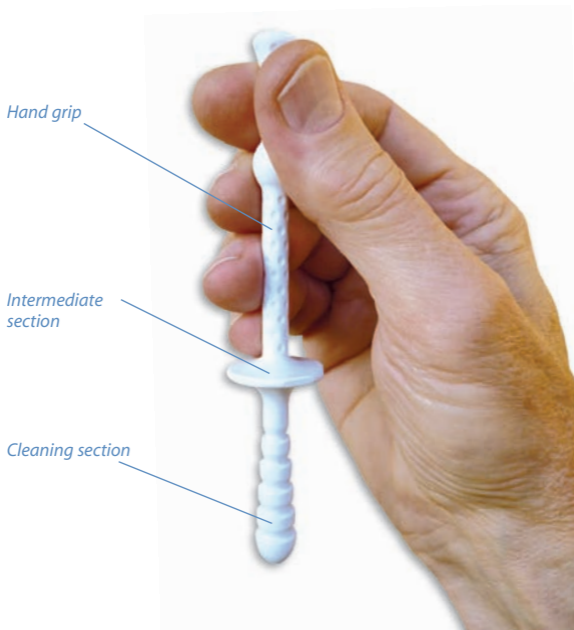
ProctoClean®

Proctoclean cleaning tool - in short

The **ProctoClean®** cleaning tool cleans, cleanses and cares for the area behind the sphincter known as the anal canal; an area in which problems can occur.

The tapered rib-step cleaning section of the **ProctoClean®** cleaning tool should first be moistened with oil or water and then carefully inserted into the sphincter. After gently moving the tool lengthways a number of times, the tool should then be removed and cleaned with paper or running water. This procedure should be repeated a number of times until the anal canal is very clean.

Finally, the external area of the anus should also be cleaned with paper or water.



Simple internal anal hygiene for a healthy and therapeutically cleaned anal canal.

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Dear **ProctoClean®** user,

the **ProctoClean®** cleaning tool is an innovative product that will help you achieve noticeable and sustained improvement to your well-being in the anal region. **ProctoClean®** offers the following benefits:

- Lasting cleaning and cleansing of the anal canal after the bowel movement. Stool remains are removed from behind the sphincter and are no longer able to seep out of the anus.
- Proneness to inflammation and irritation in the entire anal area is significantly reduced.
- Ointments, pads and soiled underwear become redundant to a large extent.
- Simple way of transporting liquids and care oils into the anal canal.
- Cleansing with the finger becomes superfluous. The cleaning tool method is significantly superior.
- Improvement of personal hygiene and well-being.

Important: Please note medical and general information on page 14/15!

Philosophy of anal prophylaxis with **ProctoClean®**

ProctoClean® is effective in an area which previous methods have neglected. The main objective of this hygiene method is to reduce stool remnants and to deposit a coating of therapeutic oil. The subsequent release of stool remnants through the anus is minimized and thus the inflammation and irritation of the outer skin!

The human body can be seen as a kind of tube with a sort of vestibule at both ends. There is an entrance and, at the rear end, there is the anal canal. The quantity of faecal remains in the anal canal depends on the consistency of the faeces. The softer the faeces, the greater the volume of the remains.

For thousands of years any active prophylactic and hygienic influence of the patient on the anal canal has mainly been restricted to the external anal region; that is, outside the actual area in which problems occur. Millions of people, especially in Asia and in Muslim countries, clean the anal regions more or less effectively with water and involve the fingers of the left hand. Consequently, contact with the left hand is considered a taboo. Similarly, above all in countries of the western world, millions of people merely clean the external opening with paper in an even less effective manner. As a consequence every fifth human being is afflicted by health problems in this anal region.

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Significantly positive results have been collected during the trials and have been so convincing that we feel it is safe to say that every user of **ProctoClean®** will perceive a noticeable and long-lasting improvement in personal comfort in the anal area. Just a few days of use are sufficient to remove any doubt as to the effectiveness of **ProctoClean®**, even for the healthy user.

The ProctoClean® anal prophylaxis tool enables the user to realize distinctly higher standards of hygiene for a lasting positive effect on his/her personal anal inflammation problems and helps improve well-being in this region considerably – without large amounts of money, time and equipment.

Description of the ProctoClean® cleaning tool

The cleaning tool is a device made up of a **cleaning section**, an **intermediate section** and a **hand grip**. See picture on p. 3.

The **cleaning section** has a rounded tip and is modelled on the narrower end of a chicken egg. This special shape facilitates gentle penetration of the anal sphincter. The diameter of the rings behind the tip is tapered back consecutively in five steps down to the intermediate section. The cleaning section is 40 mm long.

***NB: The outer rims of the rib-steps are well rounded down!
Soft tissue damage is thus excluded!***

In terms of shape and diameter the rounded-edge ribs have been developed to enable the tool to glide into the internal area of the anus with as little resistance as possible. At the same time oils or other fluids can also be inserted into the anal canal, the area in which problems can occur.

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On **removal** of the cleaning tool from the anal canal the rounded ridges of increasing diameter collect faecal remains from the surface of the mucous membrane. A fine oil film is left behind!

The subsequent **intermediate section** is designed to prevent the tool from going too far into the anal canal and the hand holding the tool from becoming soiled. The specially shaped **hand grip** facilitates safe handling during internal prophylactic cleaning.

Usage with special care oil

The application of **ProctoClean**[®] with natural oil (e.g. olive oil) or liquid Vaseline (paraffin oil from a pharmacy) in case of delicate skin is helpful for those unfamiliar with this practice and especially useful in dealing with inflamed or irritated areas of the anal area.

Function of the oil coating:

- Easier penetration of the sphincter
- Gentle cleaning procedure
- Gentle removal
- Soothing and anti-infectious effect in the anal canal
- There is also potential as regards the use of therapeutic substances (i.e. for haemorrhoids)
- Adhesion of stool remnants is reduced simplifying the ultimate cleaning procedure

The tip of **ProctoClean**[®] as well as the rounded down steps of the cleaning section should be covered with a few drops of oil. The tip is then drawn over the external opening of the anus to moisten it with oil. Use with water only is also possible.

There is every indication that this new method of personal hygiene equips patients and private individuals with a sustainable prophylactic means.

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User Information for a healthy and therapeutically stabilized anal canal

Preparation

Clean the anus after defecation as usual. Wait a moment before commencement. Hold **ProctoClean®** exactly as shown in the picture.

Place some drops of oil (e.g. olive oil) or liquid Vaseline (paraffin oil) on the tip and on the steps of the cleaning section using a dropper bottle, or moisten the whole cleaning section with water.

NB: It is essential that the rounded tip is moistened!

Cleaning section



1. With Bidet and running water

1.1 While sitting on the bidet, place the tip of the lubricated cleaning tool onto the anal orifice and lubricate it with the oil used as above.

1.2 Gently insert **ProctoClean**[®] into the anal canal up to the intermediate section.

TIP: Push lightly as for defecation and insert the tool simultaneously.

Move **ProctoClean**[®] lengthways in and out approximately five times in small movements. The structures on the cleaning tool distribute the oil onto the mucous membrane and collect faecal remains from the surface of the mucosa without causing any damage.

1.3 Remove **ProctoClean**[®] from the anus almost completely in order to clean it with water from the bidet. (Not removing the tool completely avoids having to introduce the tool again, while the tool is simultaneously cleaned by the water jet from the bidet.) The oil applied previously simplifies cleaning considerably.

1.4 Repeat steps 1.2 and 1.3 as often as required and then remove the tool completely. The repetition of steps 1.2 and 1.3 ensures the inner mucous membrane is cleaned very effectively.

1.5 Finally, the external area of the anus should be cleaned and dried with a towel or toilet paper. The entire anal cleaning procedure requires 2 – 3 minutes. Now clean the **ProctoClean**[®] thoroughly using a jet of hot water under as high a pressure as possible.

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2. With a bathroom basin and running water from the tap

2.1 Ideal body position: Bend over the bathroom basin and support yourself with one hand on the edge of the basin. If necessary use a footstool to raise one foot. Place the tip of the cleaning tool onto the anal orifice and lubricate it with the oil as above.

2.2 Gently insert the **ProctoClean®** into the anal canal up to the intermediate section.

TIP: Push lightly as for defecation and insert the tool simultaneously.

Move **ProctoClean®** lengthways in and out approximately five times in small movements. The structures on the cleaning tool distribute the oil onto the mucous membrane and collect faecal remains from the surface of the mucosa without causing any damage.

2.3 Completely remove **ProctoClean®** from the anal canal and clean it using a sharp jet of warm water. The oil previously applied simplifies this task considerably.

2.4 Repeat steps 2.2 and 2.3 as often as required. The repetition of steps 2.2 and 2.3. ensures the inner mucous membrane is cleaned very effectively.

2.5 Finally, the external area of the anus should be cleaned with toilet paper. The entire anal cleaning procedure requires 2 – 3 minutes. Now clean the **ProctoClean®** thoroughly using a jet of hot water under as high a pressure as possible.

3. Use on the toilet with paper only

3.1 While sitting on the toilet bowl, place the tip of the cleaning tool onto the anal orifice and lubricate it with the oil as above.

3.2 Gently insert the **ProctoClean**[®] into the anal canal up to the intermediate section.

TIP: Push lightly as for defecation and insert the tool simultaneously.

Move **ProctoClean**[®] lengthways in and out approximately five times in small movements. The structures on the cleaning tool distribute the oil onto the mucous membrane and collect faecal remains from the surface of the mucosa without causing any damage.

3.3 Completely remove the cleaning tool from the anal orifice and clean it with toilet paper. The oil applied previously simplifies this task considerably.

3.4 Repeat 3.2 and 3.3 as often as required. The repetition of steps 3.2 and 3.3 ensures the inner mucous membrane is cleaned very effectively.

3.5 Finally, the external area of the anus should be cleaned with toilet paper. The entire anal cleaning procedure requires 2 – 3 minutes. Now clean **ProctoClean**[®] thoroughly using a jet of hot water under as high a pressure as possible.

Basically, the following applies to all methods: It makes sense to employ this means of anal prophylaxis, even hours after defecation when circumstances do not allow this procedure to be carried out immediately! Use between bowel movements provides quick relief from unpleasant afflictions.

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Medical information

The above-mentioned anal hygiene procedure using the **ProctoClean®** cleaning tool is intended to be a **hygienic and prophylactic aid**. As well as improving personal hygiene and well-being it serves to **prevent** new afflictions in the anal region. **The tool has not been designed as a medical treatment for acute, severe afflictions and is not suitable for this purpose!**

DO NOT use the cleaning tool for acute, severe afflictions and infections of the anal region. In such cases therapeutic treatment must first be provided by a general practitioner or proctologist.

The ProctoClean® is ONLY intended for cleaning the medically treated or healthy anal canal.

ONLY use **ProctoClean®** for the anal canal.

If pain is felt while using the cleaning tool, stop **IMMEDIATELY** and consult your general practitioner or proctologist.

If bleeding occurs while using the cleaning tool, stop **IMMEDIATELY** and consult your general practitioner or proctologist.

General information

Be gentle and take care when using the **ProctoClean® tool**; listen to your body.

- **ONLY** insert the rounded tip with the rounded-down rib steps into the anal canal (cleaning section, see picture description on p. 3)
- **ONLY** insert ProctoClean® into the anal canal up to the protective shield of the intermediate section!
- **DO NOT** use ointments together with the ProctoClean® tool; this may negate its benefits!
- **DO NOT** heat the cleaning tool over 121°C (250°F); it could suffer deformation.
- **DO NOT** clean the tool with abrasive items or agents.
- **DO NOT** bend the cleaning tool needlessly; it could become deformed or break.

Advice: Use ProctoClean® preferably with a natural oil, e.g. olive oil, or in the case of delicate skin with liquid Vaseline (paraffin oil from the pharmacy).