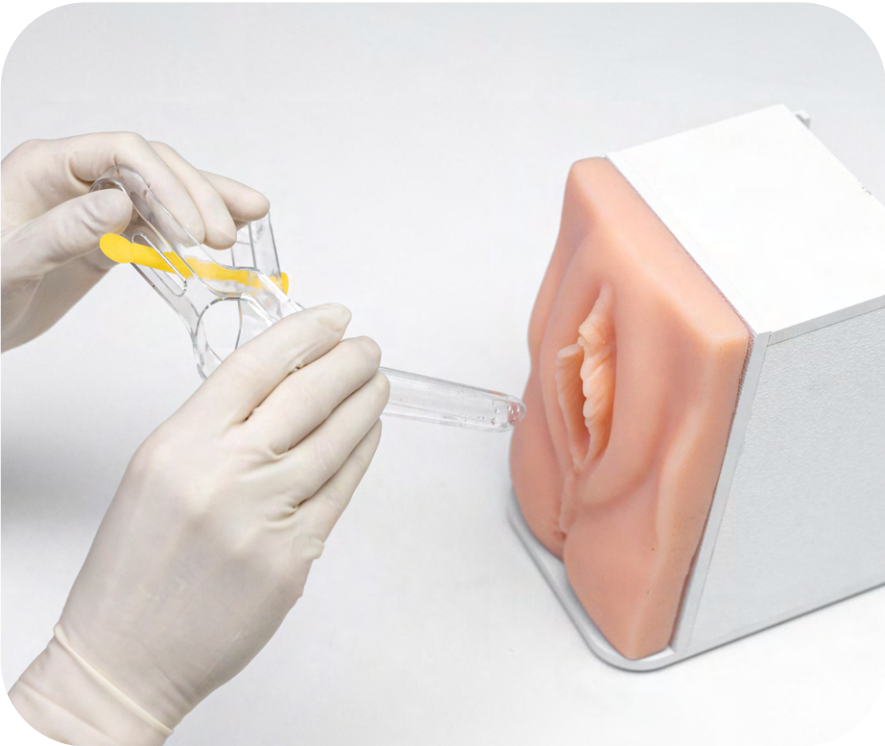


DILAPAN-S speculum insertion step by step

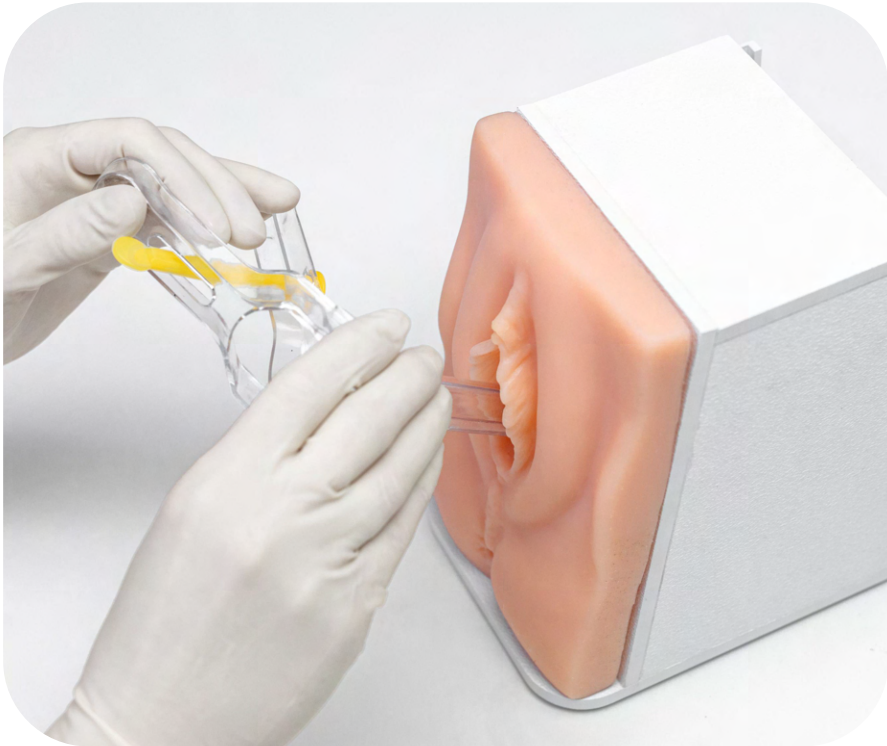
1. Prepare



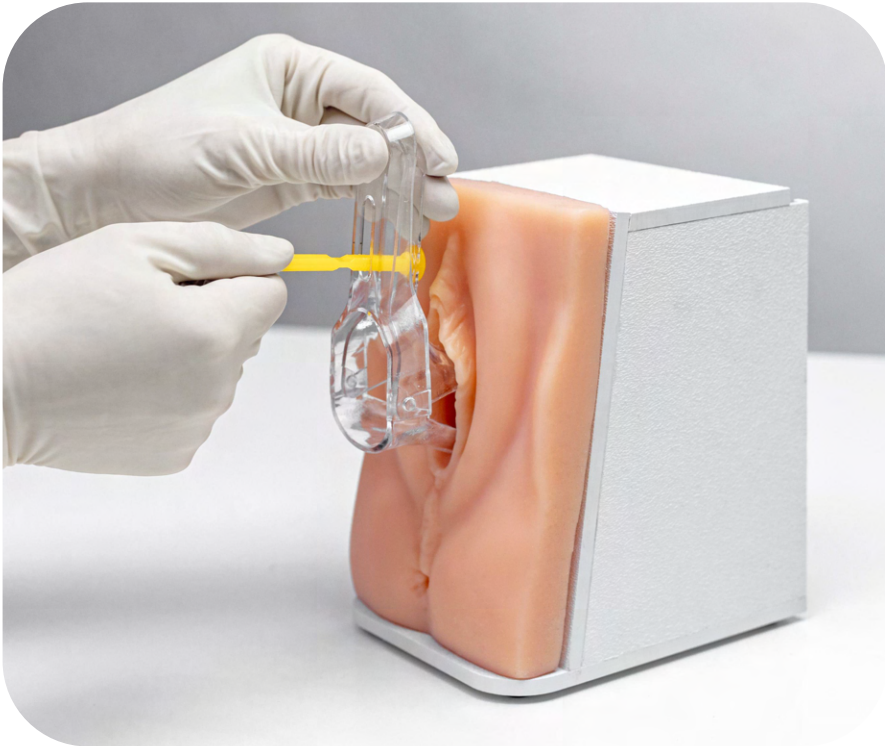
You will need a pair of sterile gloves, sponge forceps, sterile water or gel lubricant, a light source, unopened dilators, and a speculum.



Grasp the speculum with your dominant hand and hold the speculum at a 45 degree angle.



Insert the closed speculum slowly.



Rotate the speculum by 90 degrees to its final place and secure it.

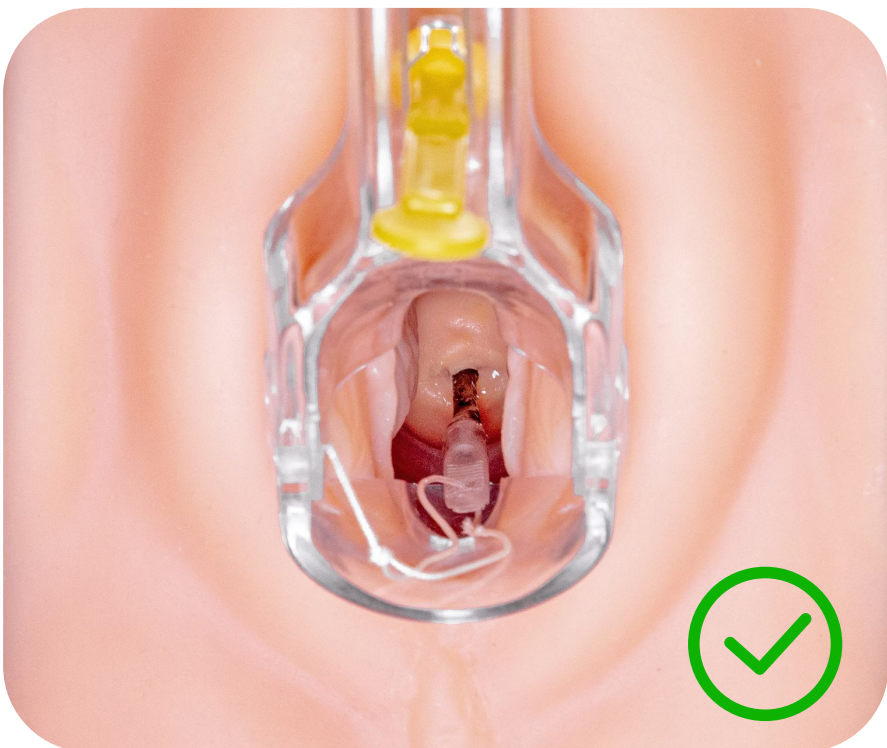
2. Insert the first dilator



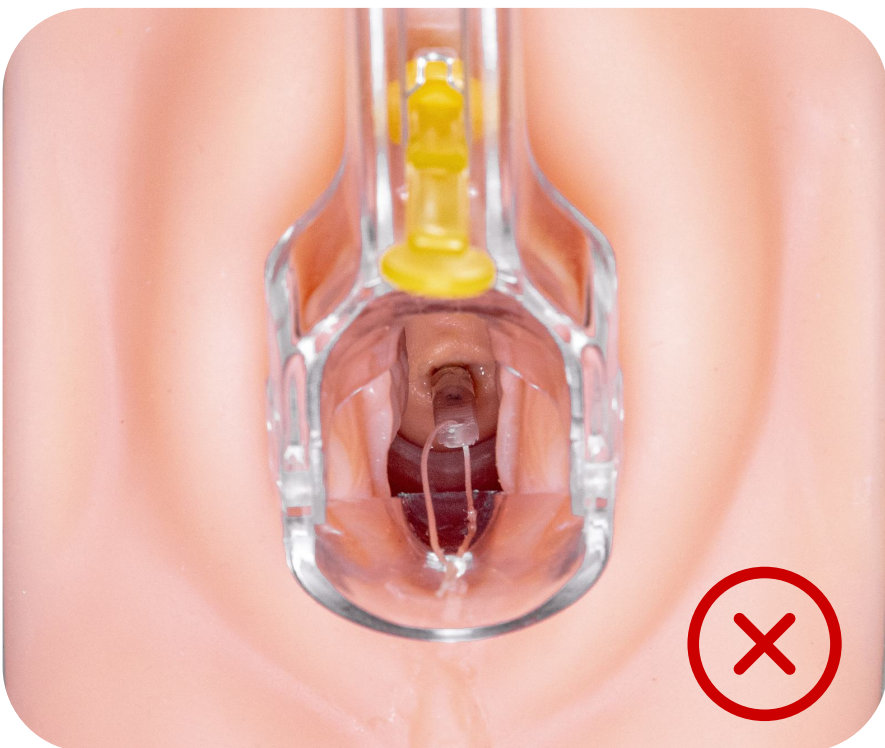
Grasp the first dilator using the sponge forceps to gain you the additional length, and lubricate the dilator tip.



Slowly insert the lubricated dilator through the cervix in a straight line.



For the first dilator, don't insert it all the way up to the cervix - leave approx. 1cm between the handle and the cervix. This will serve as a guide for the next dilators.



3. Insert the next dilators and complete the procedure



Continue inserting the remaining dilators through both external and internal os. Check that only the plastic handles can be visualised outside of the cervix.



Once all dilators are in place, adjust the first dilator by inserting it fully up to the handle.



Remove the speculum carefully and slowly not to dislodge the dilators.



Perform a gentle vaginal examination to ensure no dilator has been dislodged. Record the number of dilators in place.

4. Remove



A speculum is not usually necessary. Gently pull on the strings. The dilators will typically come out in a clump together.

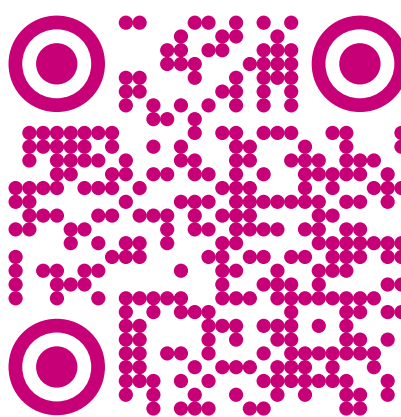


Take a note of the number of dilators removed and check against the number inserted.

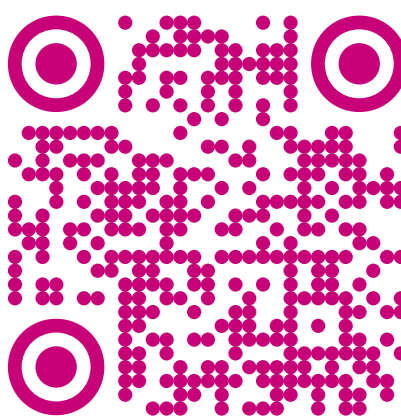


This is a brief instructional guide on how to insert and remove DILAPAN-S. Please always read the **Instructions for use** before using the product. DILAPAN-S is manufactured by company MEDICEM Technology s.r.o., Czech republic (www.medicem.com)

Watch the training video



Visit DILAPAN-S website



DILAPAN-S digital insertion (without speculum) step by step

1. Prepare



You will need a pair of sterile gloves, sponge forceps, sterile water or gel lubricant and some unopened DILAPAN-S dilators.

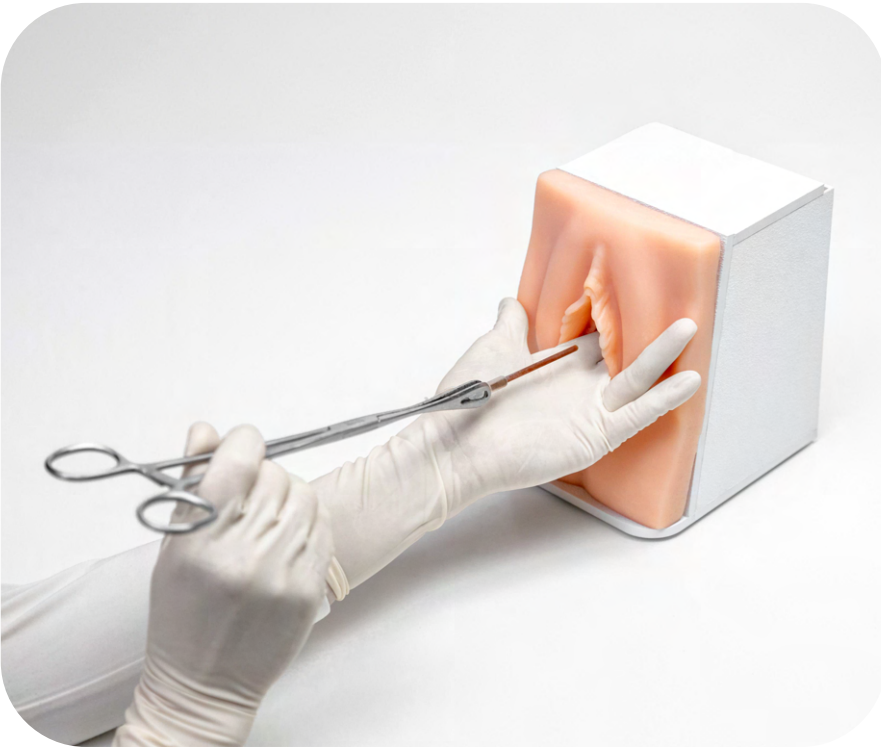


Proceed with a vaginal examination as you would when performing an artificial rupture of membranes. Locate and hold the cervix with your fingers.

2. Insert the first dilator



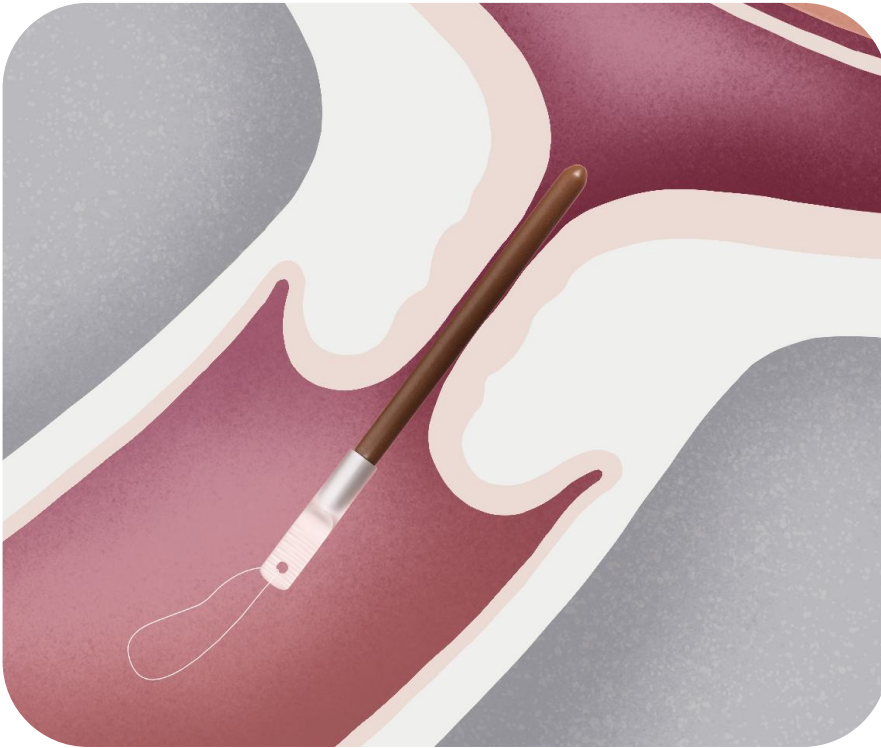
Grasp the first dilator using the sponge forceps to gain you the additional length, and lubricate the dilator tip.*



Imagine that the sponge forceps and dilator are like an amnihook. Run the dilator along your fingers through both the external and internal os. You may feel some resistance until the dilator passes through the internal os.



With the first dilator, leave approx. 1cm between the handle and the cervix. This helps guide the next dilators.

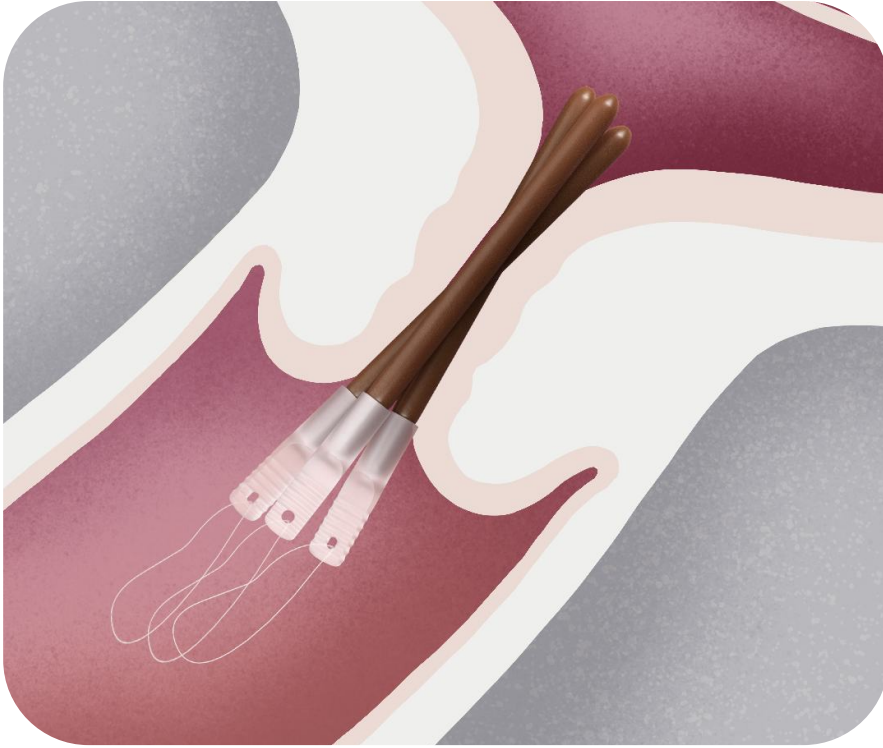
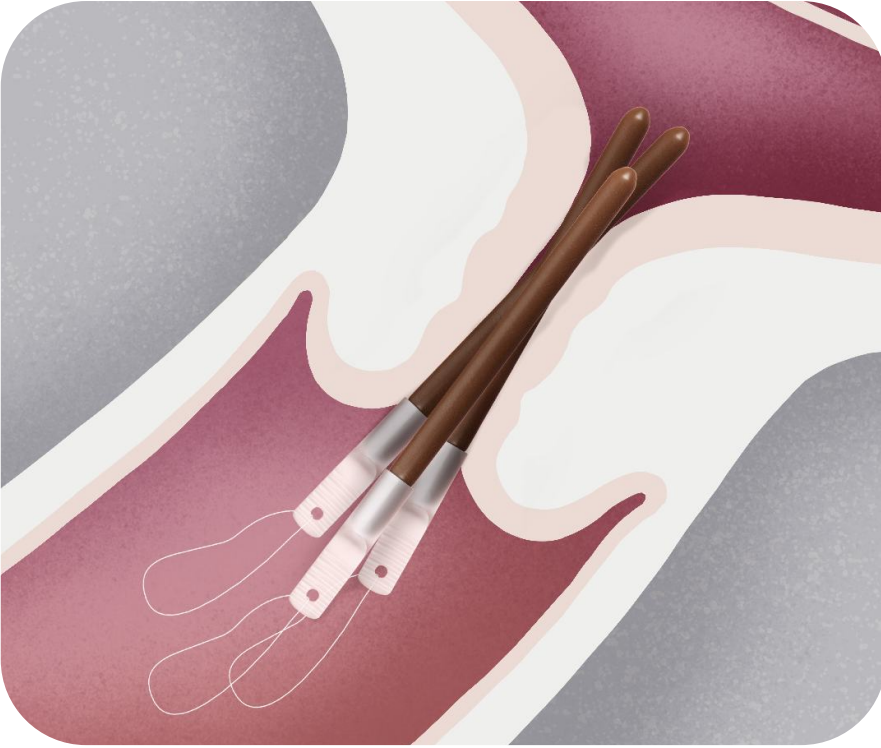


With the first dilator, leave approx. 1cm between the handle and the cervix. This helps guide the next dilators.

3. Insert the next dilators and complete the procedure



Keep hold of the cervix with your fingers throughout the insertion for patient comfort. Continue inserting the remaining dilators through both the external and internal os.



Finally, adjust the first dilator by inserting it fully up to the handle. Check that only the handles remain outside the cervix and all plastic handles are aligned. Record the number of dilators in place.

4. Remove



A speculum is not usually necessary. Gently pull on the strings. The dilators will typically come out in a clump together.

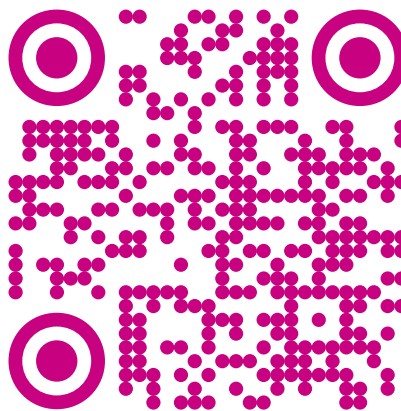


Take a note of the number of dilators removed and check against the number inserted.

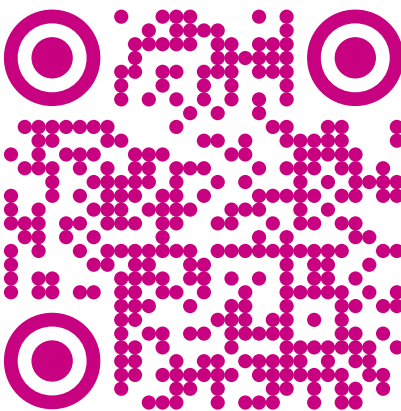


This is a brief instructional guide on how to insert and remove DILAPAN-S. Please always read the **Instructions for use** before using the product. DILAPAN-S is manufactured by company MEDICEM Technology s.r.o., Czech republic (www.medicem.com)

Watch the training video



Visit DILAPAN-S website



* Ask a colleague to place the dilator in the sponge forceps until you can do this by yourself.