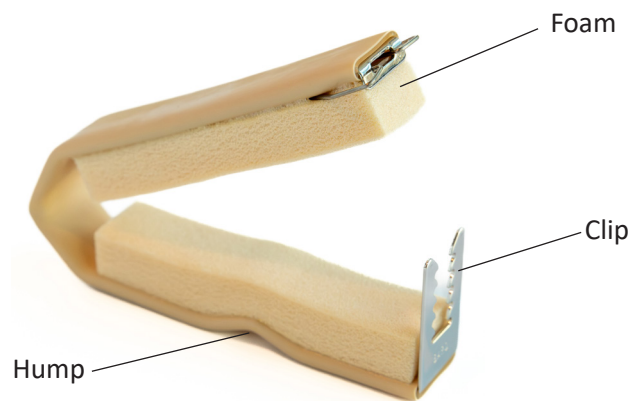


Penile Clamp

The penile clamp is a device that can help you manage dribbling and leaking urine caused by urinary problems such as prostate cancer. The soft foam in the clamp (Figure 1) puts light pressure on the penis to stop the flow of urine from the urethra (tube that carries urine out of the bladder).

Figure 1. Penile clamp



How to use the clamp

Before you use the clamp, practice tightening the clamp on your finger to understand how it works. When you are ready to use the clamp, follow these instructions:

1. Wash and dry your hands and penis well.
2. Put the open penile clamp about halfway down the shaft of your penis. The hump side of the clamp should be on the underside of your penis. Your penis should be between the 2 foam pads of the clamp. Do not place the clamp by the head of your penis.
3. Close the clamp and secure the metal clip.
4. Tighten the clamp as needed. The clip has 5 settings that become tighter with more pressure. Do not set the clamp too tight. This can block the blood flow to your penis and cause an injury. You should still have feeling in your penis when the clamp is tightened.
5. Adjust the upper foam pad with your fingers to make it more comfortable.

Removing the clamp

To take the clamp off, stand over the toilet bowl opening. Squeeze the clamp to release the metal clip. Remove the clamp.

Cleaning the clamp

You can clean your clamp by washing it in the sink. Always handwash your clamp, do not use a dishwasher, washer or dryer. Follow these instructions:

1. Use mild soap and warm water to wash it.
2. Rinse it well and gently squeeze the water out of the foam.
3. Air-dry the foam pads in a cool, dry place.

Important Instructions

As a reminder, do not set the clamp too tight since this can block blood flow to your penis and cause an injury.

- Do not leave the clamp in the same place on your penis for more than 2 hours.
- Do not use the clamp while you are sleeping.
- Replace the clamp every 3 months or sooner if the foam wears down. Keep it away from heat and sunlight to protect the foam.
- If you have a hard time using your fingers to do small movements, do not use the clamp by yourself. Ask a caregiver to help you put it on and take it off.

When to call the care team

Call your care team if you have any questions or problems using the penile clamp. Let your care team know right away if you have these problems:

- You cannot remove the clamp
- Discoloration, swelling, pain or loss of feeling in your penis
- Irritated skin on your penis
- Discharge from your penis
- Cannot urinate