

# urinals

## UROX Available on NHS prescription

Urox is a discreet male urine system which is easy to use, hygienic and suitable for men with voiding or incontinence problems.

Quality of life and dignity restored.

Men who face the challenges of:

- Urge incontinence after prostatectomy
- Overactive bladder from MS or SCI
- Frequent voiding due to BPH
- Other incontinence problems

Urox:

- Cost effective
- Eliminates use of pads
- Drastically eliminates soreness caused by using diapers.
- Available in different sizes

Kit consists of one cup to fit over penis, Urox fixation pants, gaiter urine leg bag. Fitting is as easy as 1,2,3. Items also sold separately.



## Uriwell

Available in Pink and Blue. This clever unisex urinal with leak proof lid concertina's into handbag size. Ideal for any travel, camping trips. People who are wheelchair or bed bound. Suitable for children and adults. Holds 750ml liquid.

Approved NHS supplier

C&G Medicare Ltd  
Williams House, 11-15 Columbus Walk,  
Off Brigantine Place, Cardiff CF10 4BY

C&G  
medicare

Contact us today!

[www.candgmedicare.com](http://www.candgmedicare.com)

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# pelvic floor

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## Pelvic floor training

We offer a whole range of pelvic floor training aids to help strengthen the pelvic floor. Whether you are preparing for childbirth or tackling pelvic floor dysfunction problems we have the solution. We work closely with medical professionals ensuring you get the best product advice for your pelvic floor needs.

## Pfilates

We are trained Pfilates instructors and hold instructor training courses. Pfilates is a medically approved pelvic floor program. Instructors must be medically qualified or classically trained Pilates instructors to attend the course. More information about this [www.pfilates.co.uk](http://www.pfilates.co.uk)

## Core Comfort

A fully adjustable elasticated unisex support belt. Provides support and relieves discomfort of the following:

- Pelvic organ prolapse
- Pregnancy discomfort
- Lower back ache
- Post-abdominal surgery
- Period pains

Core Comfort is designed to support the abdomen, pelvic region as well as the lower back for long lasting daily relief.



# pessaries

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## IncoStress

A unique innovation controls female incontinence and helps strengthen pelvic floor muscles. Clinically approved. IncoStress is ergonomically shaped giving you optimal comfort. Simply wear the same way as a tampon. It supports the urethra and bladder neck controlling those embarrassing leaks. Use day and night or simply as required. Re-usable.



## Pessaries

C&G Medicare are specialists in pessaries; we are proud to say we are Europe's largest supplier of pessaries and work with healthcare professionals offering pessary training and advice.

Contact us for your free pessary guide and pelvic organ prolapse/ bladder diaries.

We also support APOPS a non profit organisation – Association for Pelvic Organ Prolapse Support.



# books

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## Hold It Sister

164 pages of information about pelvic floor issues and bladder control. Photographic exercises teaching how to obtain stronger pelvic floor muscles to enhance intimacy, control bladder weakness and kegel exercises to prevent prolapse. Diet control advice.

## Hold It Mama

Content includes: Perfect for mothers and mothers to be. Includes effective ways to prepare for labour, effects on the pelvic floor from birth interventions used during labour. Managing core and floor muscles during childbirth. Step by step recovery after vaginal or caesarean births. Returning to exercise with the 'Shrink the Jellybelly' program and much more.

Both books by lead women's health physiotherapist Mary O'Dwyer are easy to read and recommended by healthcare professionals.

## Pelvic Organ Prolapse The silent epidemic

Written by the founder of APOPS (Association for Pelvic Organ Prolapse Support) Sherrie Palm. This award winning book is a fully comprehensive plain speaking advice, diagnosis and how to deal with Pelvic organ prolapse. Surgical approaches and non-surgical approaches dealing with POP

