How to Use Your Cunningham Bard® Incontinence Clamp

This information will help you learn how to use your Bard® Cunningham Incontinence Clamp, including how to find the right size, how to apply it, and how to clean it.

The Cunningham Incontinence Clamp is a device that can help control urinary leakage that occurs when straining, coughing, or lifting things. This is called stress incontinence. It can also help control leakage and dribbling related to other urinary problems, such as prostate cancer.

The clamp works by putting light pressure on the urethra on the underside of the penis.

Finding the Right Size Clamp

The Cunningham Incontinence Clamp is available in 3 sizes: large, regular, or juvenile. To find the size that is right for you, you will need to measure around the shaft of your penis while squeezing it slightly.

To do this, gently squeeze the middle of your shaft with your thumb and forefinger. Apply slight pressure as if stopping the flow of urine. Then, measure around your shaft using a tape measure.

- If your shaft is 3 inches, you will need the large clamp.
- If your shaft is 2 inches, you will need the regular clamp.
- If your shaft is 1½ inches, you will need the juvenile clamp.
Applying Your Clamp

Before applying your clamp to your penis, practice using it on your finger.

1. Wash your hands thoroughly. Dry them with a clean cloth or paper towel.
2. Place your penis between the 2 foam pads on the clamp. The clamp should be halfway down the shaft of your penis (see Figure 1).

3. Tighten the clamp to squeeze your urethra. Make sure you don’t set the clamp too tightly or prevent your blood from circulating.
   - The large and regular clamps have 5 settings that adjust the pressure on your urethra.
   - Use the ratchet catch to adjust the pressure. To remove the catch, push the spring wire loops together.
   - The juvenile clamp isn’t adjustable.
4. Shape the upper foam pad with your fingers to help it fit better and feel more comfortable.
Guidelines for Using Your Clamp

- Remove your clamp every 1 to 2 hours to allow urine to flow out. This is important in order to avoid urinary tract infections (UTIs).
- If you have trouble removing your clamp, call your doctor.
- Every 2 hours, move the clamp up or down your shaft. **Don’t keep it clamped for more than 2 hours in the same place.**
- Don’t use the clamp if you have arthritis or trouble using your hands.
- **Don’t use the clamp at night while you’re sleeping.** Use adult urinary pads for leakage.
- Make sure that your clamp isn’t set too tightly on your penis. This can prevent your blood from circulating and cause skin irritation. It’s important that you have feeling in your penis so that you can feel anything that is painful or irritating.
- After you have been using your clamp for awhile, check for signs of deterioration or damage (such as cracking, discoloration, or separation of foam).
- Your clamp should be replaced every 3 months or sooner if the foam wears down.

**Urinating with your clamp**

When you have to urinate, release the clamp by pushing the spring wire loops together.

After you’re finished urinating, put your clamp back on to prevent dribbling. If possible, place the clamp on a slightly different part of your shaft.

**Cleaning your clamp**

Follow the steps below to clean your clamp. Make sure to clean your clamp after each use.

1. Hand wash your clamp in a sink with mild soap and warm water. Don’t use bleach, detergent, or hot water on your clamp.

2. Rinse your clamp thoroughly in cool, clean water.
3. Gently squeeze the foam to get rid of excess water.

4. Let your clamp dry in a cool place away from excess heat or direct sunlight. Don’t put your clamp in the washer or dryer, or use a blow dryer on it.

**Ordering new clamps**

To order new clamps, call Byram Healthcare at 877-902-9726, or order online by visiting www.mybyramhealthcare.com

You can also call any other major medical supply company that distributes urological supplies.

After you place the order, the supply company will contact your doctor for authorization. Once the supply company receives authorization from your doctor, your clamps will be mailed to you within 1 or 2 days.

**Call Your Doctor or Nurse if You Have:**

- Trouble removing the clamp
- Swelling, discoloration, or discharge from your penis
- Skin irritation around your penis
- Loss of feeling in your penis
- Pain or irritation on your penis
- Any other unusual symptoms

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.