Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

How to Use Your Incontinence Clamp

This information will help you learn how to use your incontinence clamp, including how to find the right size, how to apply it, and how to clean it.

The 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 (tube that carries urine out of your body) on the underside of the penis.

Finding the right size clamp

Incontinence clamps come in 3 sizes: large, regular, or small. To find the size that's right for you, you'll 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 (pee). Then, measure around your shaft using a tape measure.

- If your shaft is **3 inches (7.6 centimeters),** you'll need the **large** clamp.
- If your shaft is **2 inches (5 centimeters),** you 'll need the **regular** clamp.
- If your shaft is **1½ inches (3.8 centimeters),** you'll need the **small** clamp.

Applying your clamp

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

1. Wash your hands for at least 20 seconds. 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).

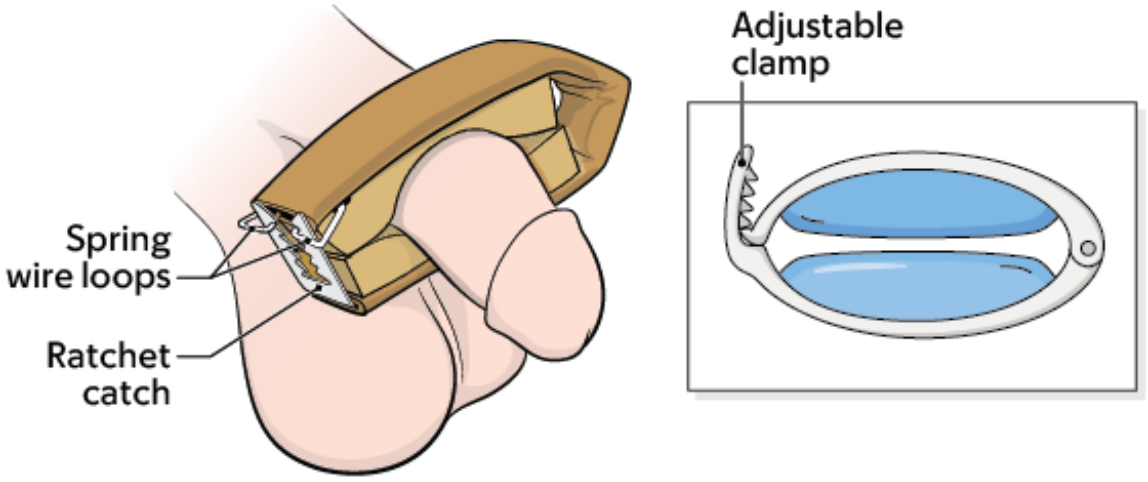


Figure 1: Incontinence clamp on the penis

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 (see Figure 1). 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

Follow these guidelines when 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 healthcare provider.
- 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 of 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've 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. 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 the company that makes your clamp. Here are some companies you can order from:

- Byram Healthcare: www.mybyramhealthcare.com

- Wiesner Healthcare
  Innovation: www.wiesnerhealth.com

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

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

When to call your healthcare provider

Call your healthcare provider 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 questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

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

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