

## WARNINGS Continued

treatment guidelines. If you are unsure, consult your doctor - but as a guide, 3rd degree haemorrhoids prolapse with defecation and recede only by manual retraction, whereas 4th degree haemorrhoids are permanently prolapsed and cannot be retracted into the anal canal.

- If haemorrhoidal symptoms persist or worsen beyond your first 7 days of treatment with HemorRite, stop further treatment and consult your doctor.
- Do not use if you have an elevated reaction to extreme cold or to cryotherapy.
- Keep out of reach of children.
- The HemorRite Cryotherapy Device should not be taken apart.
- The HemorRite Cryotherapy Device can be used by pregnant women but please seek the advice of your doctor should you have any concerns.
- Do not expose to naked flames or high heat sources. The HemorRite Cryotherapy Device is flammable once ignited and may burn rapidly.
- The HemorRite Lubricant is 100% natural, but should not be ingested. If it is ingested, drink plenty of water and do not induce vomiting.

*For more information about HemorRite and how to treat & prevent haemorrhoids, visit:*

[www.hemorrite.co.uk](http://www.hemorrite.co.uk)



#### Manufactured for:

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# HEMORRITE®

## Stop haemorrhoids cold

## Instructions for Use

### THIS PACKAGE CONTAINS

- 1 x HemorRite Cryotherapy Device
- 1 x 35ml Bottle 100% Natural Lubricant
- 1 x Sanitary Case for freezing
- 1 x Instruction Leaflet

### DESCRIPTION

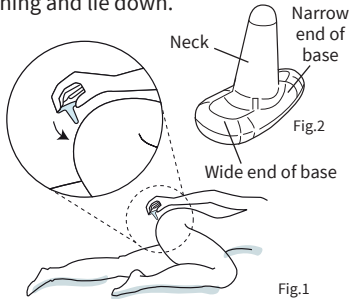
HemorRite is an anatomically-designed Cryotherapy Device, offering a safe and effective alternative to treat both internal and external haemorrhoids within the rectal cavity. HemorRite Cryotherapy is a drug-free treatment, requiring no prescription.

The direct application of cold (cryotherapy) provides prompt relief of itching, pain, and swelling. In addition, HemorRite is beneficial for the treatment of anal and perianal fissures due to the vasoconstrictive and analgesic properties of the device.

HemorRite is certified as a Class 1 Medical Device under Annex VII of MDD 93/42/ EEC Council Directive for Medical Devices.

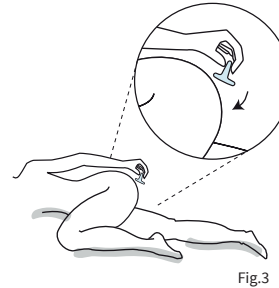
## HOW TO TREAT INTERNAL HAEMORRHOIDS

- 1 Insert the HemorRite Cryotherapy Device into its sanitary case and place in the freezer for a minimum of 2 hours.
- 2 After at least 2 hours in the freezer, remove the device from its case. Remove lower clothing and lie down.
- 3 Hold the HemorRite Cryotherapy Device by the base, apply several drops of Lubricant to the tip and allow the drops to drip down the neck of the device. Lie on one side, with one leg extended and the other leg bent towards the abdomen (see Fig. 1). The HemorRite Cryotherapy Device has a narrow end that should face backwards and a wide end that faces forward towards the genitals (see Figs. 1&2). Insert the lubricated device slowly and carefully into the anal canal until it is completely inserted.
- 4 Leave the HemorRite Cryotherapy Device in place for 6 to 8 minutes, or until it reaches body temperature; for a maximum of 10 minutes.
- 5 Remove the HemorRite device slowly and smoothly. Wash it with warm soapy water. Remove excess moisture with tissue paper and place the dry device in its case. Wash hands after use.
- 6 Return the HemorRite Cryotherapy Device, in its sanitary case, to the freezer.
- 7 Follow the above procedure for each use. The HemorRite Cryotherapy Device may be re-used for a period up to 6 months after the first freezing.



## HOW TO TREAT EXTERNAL HAEMORRHOIDS

- 1 Insert the HemorRite Cryotherapy Device into its sanitary case and place in the freezer for a minimum of 2 hours.
- 2 After at least 2 hours in the freezer, remove the Cryotherapy Device from its case. Remove lower clothing and lie down.
- 3 Lie on one side, with one leg extended and the other leg bent towards the abdomen (see Fig. 3). Take the HemorRite Cryotherapy Device by the neck, holding it with the wider end facing forward (towards the genitals) and the narrower end facing backwards (see Fig. 2&3). Place and hold the base of the device in this position over the outside of the anus.
- 4 Leave the HemorRite Cryotherapy Device in place for 6 to 8 minutes, or until it reaches body temperature; for a maximum of 10 minutes.
- 5 Remove the HemorRite Cryotherapy Device carefully. Wash it with warm soapy water. Remove excess moisture with tissue paper and place the dry device in its case. Wash hands after use.
- 6 Return the HemorRite Cryotherapy Device, in its sanitary case, to the freezer.
- 7 Follow the above procedure for each use. The HemorRite Cryotherapy Device may be re-used for a period up to 6 months after the first freezing.



## TREATMENT PERIOD

The HemorRite Cryotherapy Device can be used up to four times daily for the first week of treatment, carefully following the previous instructions. After the first week, use the Cryotherapy Device at least twice a day until the symptoms disappear. Always ensure that you leave at least 2 hours between each treatment.

The HemorRite Cryotherapy Device may be re-used for a period up to 6 months after the first freezing.

## WARNINGS

- The HemorRite Cryotherapy Device is for personal use and should not be shared by different individuals, and should be kept in its sanitary case when not in use.
- The Cryotherapy Device should be discarded if the user detects any cracks or breaks in the outer shell of the device.
- Should the HemorRite Cryotherapy Device crack or break and the internal coolant comes in contact with the skin, then rinse with plenty of water. Should any of the internal coolant come into contact with the eyes, then flush the eyes with plenty of water or proprietary eye-wash.
- Do not introduce the HemorRite Cryotherapy Device into the rectal canal without lubrication.
- Only the neck of the HemorRite Cryotherapy Device should be inserted into the rectal canal.
- For advanced haemorrhoidal conditions (3rd and 4th degree), the HemorRite Cryotherapy Device should be used for external haemorrhoidal treatment only. Once the swelling and the condition of the haemorrhoids have improved, you may then proceed with the internal haemorrhoidal

cont.