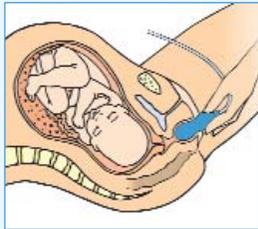


Pre-Birth Exercising

Birth preparation with EPI-NO Delphine Plus and Delphine

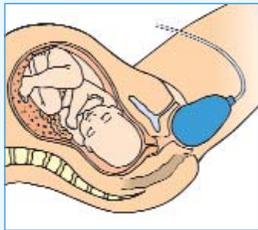
Approximately 3 weeks before delivery you should begin your EPI-NO exercises to increase the elasticity of your pelvic floor muscles. About 15 minutes per day. As in sport, the muscles will be strengthened and stretched.

Strengthening the Pelvic Floor Muscles



Insert the **EPI-NO** balloon 2/3rds into the vagina. Gently contract and relax your muscles against the balloon, which provides resistance.

Stretch the Perineum



Slowly inflate the EPI-NO balloon to the point of stretching and comfort. Each day you will inflate and stretch more. There is no risk to your baby.

Simulate the Birth



After the stretching phase relax your pelvic floor muscles and allow the inflated **EPI-NO** balloon to gently expel itself from the vagina. This will familiarise you with the sensation of delivering the baby's head.

All-round Good Feeling

With **EPI-NO** you can optimally prepare for the birth of your baby by gently stretching your pelvic floor muscles and perineum to avoid injury associated with delivery. After your baby is born, the **EPI-NO Delphine Plus** is your ideal partner to help you recover the strength and tone of your over-stretched, weak and possibly injured pelvic floor muscles.

*Pelvic Floor Muscles protect
and strengthen – for that
all-round Good Feeling.*



How **EPI-NO Delphine Plus and Delphine** will benefit you

- a simple device to exercise anytime at home
- complements your perineal massaging
- reduces the risk of perineal tears and episiotomy
- less stress for mother and baby during second stage of labour
- optimal device for speeding the regeneration/ recovery process
- more sexual satisfaction
- biofeedback monitors and motivates your recovery performance

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EPI-NO Delphine Plus and Delphine are patented and have undergone successful clinical testing. In a survey, 93% of 800 users said they would recommend **EPI-NO** to their best friend. Also available in pharmacies.

All-round Good Feeling



Birth Preparation and Recovery Exercises with
EPI-NO Delphine Plus and Delphine

A Gentle start to Life

Your baby's birth will be a small miracle involving emotions of expectation, excitement, joy and fascination. It is also hard work! By being pro-active prior to the birth you can ease your baby's start to life with the pelvic floor muscle exerciser **EPI-NO Delphine Plus** or **EPI-NO Delphine**. Gentle and regular pelvic floor muscle exercising effectively reduces your anxiety and the pain of perineal injury – caused either by involuntary tears or episiotomy.



Pre-birth perineal massaging alone certainly helps but is not enough to prevent a high percentage of women experiencing perineal injury during

birth. Perineal injury can cause infection and tissue scars (sometimes related to pain during sexual intercourse). At a later stage, as a result of pregnancy and childbirth, the possibility of incontinence and/or vaginal prolapse can occur. (See "Regeneration with **EPI-NO Delphine Plus**" – exercising the pelvic floor muscles with **EPI-NO** and the use of biofeedback). Learning how to do your pelvic floor exercises correctly is something that will benefit you for the rest of your life.

African Inspiration for Natural Birth

The idea, which led to the development of the **EPI-NO**, originates from Africa where they gently insert a calabash/ gourd into the vagina to stretch the pelvic floor muscles to facilitate a natural birth and reduce the risk of perineal injury.



From this age old African custom – still in use today – the soft inflatable **EPI-NO** balloon and birth-exercise programme was conceived and developed into a modern-day medical device.

Preparing Your Birth

A team of gynaecologists, midwives and pregnant women developed the **EPI-NO**. The **EPI-NO Delphine Plus** and **EPI-NO Delphine** are pre-birth and after-birth exercisers which help you to regenerate your pelvic floor muscles to their previous state. The **EPI-NO Delphine Plus** has the advantage of the biofeedback gauge to help locate those hard-to-find pelvic floor muscles. It also helps to monitor your progress by registering your pelvic floor muscle tone and motivates you to improve your performance.

The **EPI-NO**s consist of:

- (1) an anatomically shaped inflatable silicone balloon
- (2) a handpump
- (3) a pressure gauge (Delphine Plus) or mirror (Delphine)
- (4) an air release valve
- (5) a silicone connecting tube

EPI-NO Delphine Plus



EPI-NO Delphine



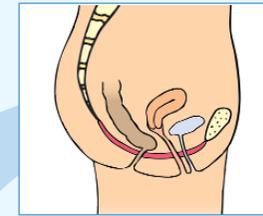
How **EPI-NO Delphine Plus** and **Delphine** will benefit you and the birth of your baby

- Clinical trials show a significant reduction of perineal injury in vaginal births
- Second stage of labour is considerably reduced which lessens the stress for both mother and child
- Less analgesic medication is required
- Regular exercise reduces anxiety and enhances your self-confidence: you will learn to simulate a natural delivery

Post-Natal Exercising

What are the pelvic floor muscles?

The pelvic floor muscles are one of the most important muscle groups in your body. They are a sling of muscles stretching from the tailbone (at the base of the spine) to the pubic bone in front. They support and contribute to the lower body's posture, breathing and circulation system. The stronger the pelvic floor muscles, the better the functioning of your lower



organs: uterus, bladder and bowel. In addition, well toned pelvic floor muscles ensure greater sexual pleasure.

Why exercise the pelvic floor muscles?

During pregnancy and childbirth your pelvic floor muscles will be extensively stretched. Your body will partially regenerate these muscles naturally. However, with a conscientious contraction/ relaxation training programme, these muscles will soon recover their former strength and tone. Exercising with **EPI-NO Delphine Plus** will help you achieve this.

Regeneration with **EPI-NO Delphine Plus**

Approx. 3 to 6 weeks after delivery you should begin Pelvic Muscle Exercises (PME) with **EPI-NO Delphine Plus** to regenerate the strength and tone of your pelvic floor muscles. The stronger your pelvic floor muscles the higher the pressure you can exert on the balloon. The pressure gauge monitors your performance and informs you that your PME's are correct. This is called Biofeedback.



EPI-NO Delphine Plus helps you to exactly locate, exercise and monitor your effective performance of those hard-to-find pelvic floor muscles.