

NAVINA INSERT QUICK GUIDE

Important Information:

Navina Insert is indicated for the management of accidental bowel leakage. Navina Insert should only be used after prescription. Before use, ensure that the advice and instructions regarding the procedure given to you by your healthcare contact are followed. Read the user manual in the package for important safety information and complete instructions. Contact your prescriber if you experience any problems.

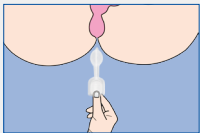
Insertion:



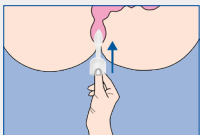
1. Wash your hands.



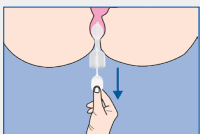
2. Open the packaging and remove the device.



3. Place yourself in a relaxed, comfortable position, such as lying on a bed. Hold the pre-lubricated insert by the white plastic applicator and align the tip of the bulb with the anus.



4. Relax your muscles and gently insert the Navina Insert until the retainer rests on the anus.

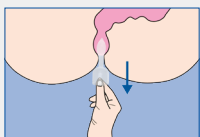


5. Withdraw the applicator and discard the applicator and packaging with the normal trash.



6. Wash your hands.

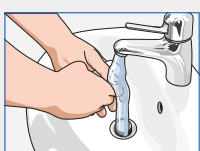
Removal:



1. Grasp the external retainer and gently pull to remove the device.



2. Discard the device with the normal waste. Flushing of the device or the device applicator is not recommended.



3. Wash your hands.

Navina™ Insert

At Wellspect we develop innovative continence care solutions that improve quality of life for people with bladder and bowel problems. We inspire our users to build self-confidence and independence as well as good health and well-being. We have been leading the industry for over 40 years with our product brands LoFric® and Navina™. We always aim to minimize the environmental impact of our products and passionately strive to become climate neutral. We work together with users and healthcare professionals to improve clinical outcome in a sustainable way, now and for the future.

Wellspect. A Real Difference.

For more information about our products and services, please visit [Wellspect.com](https://wellspect.com).

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wellspect.com

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Navina Fecal Incontinence Insert



R_x Only



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