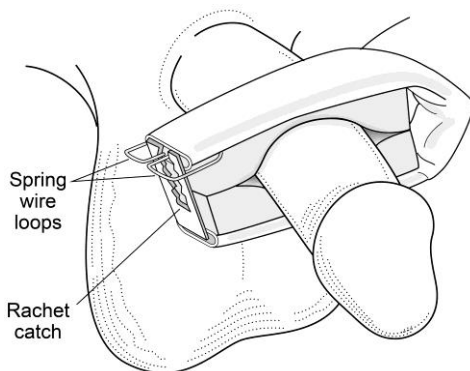


## Cunningham Clamp

### What is 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.



### How it Works

It puts light pressure on the urethra on both the upper and underside of the penis.

### How to Apply

Wash your hands well. Dry them with a clean cloth or paper towel.

Place your penis between the 2 foam pads on the clamp. The clamp should be halfway down the shaft of your penis.

Tighten the clamp to compress your urethra. The large and regular clamps each have 5 settings that adjust the pressure on your urethra. Use the ratchet catch to adjust the pressure. To release, press inward on both spring wire loops.

Shape the upper foam pad with your fingers to help it fit better and feel more comfortable.

To urinate, release the clamp. After you are done, put the clamp back on to prevent dribbling.

Replace the clamp on a slightly different part of your shaft.

### Guidelines for Use

- Release it every 1 to 2 hours to allow urine to flow out. Do this to prevent urinary tract infections.
- Every 2 hours move the clamp up or down your shaft. **Do not keep it clamped for more than 2 hours in the same place.**
- **Do not use the clamp at night while you are sleeping.** Use adult urinary pads for leakage.
- Make sure the clamp is not too tight on your penis. This will help keep blood flow and prevent skin irritation. You need good feeling in your penis so you can feel if anything is painful or irritating.
- Inspect the clamp for signs of breakdown or damage (cracking, staining, separates from foam). It should be replaced every 3 months or sooner if the foam wears down.

### Cleaning

- Make sure to clean your clamp when it gets soiled.
- Hand wash your clamp in a sink with mild soap and warm water. Do not use bleach detergent, or hot water on your clamp.
- Rinse your clamp well in cool, clean water.
- Gently squeeze the foam to get rid of excess water.

- Let your clamp dry in a cool place away from excess heat or direct sunlight. Do not put your clamp in the washer or dryer or use a blow dryer on it.

### **When to Call**

If you have any of these symptoms while your clamp is on or off.

- Swelling, discolored or discharge from your penis
- Skin irritation
- Loss of sensation in your penis
- Pain or irritation on your penis
- Any other unusual symptoms

### **Who to Call**

UW Urology Clinic ‘  
**608-263-4757**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 01/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7909