



## Natural Childbirth & Pelvic Floor Trainer

**EPI-NO** childbirth training prepares the perineum for normal vaginal birth, reducing the risk of perineal tearing and episiotomy during delivery.

**EPI-NO** can strengthen the pelvic floor muscles during pregnancy and again following the birth.

### EPI-NO Delphine Plus

- Clinically tested in Germany, Australia and Singapore
- Increases confidence during childbirth
- Reduces the risk of perineal damage during delivery
- Shown to reduce the length of second stage labour
- More effective than perineal massage
- Strengthens and tones the pelvic floor muscles
- Helps to improve sexual health
- Reduces the chance of bladder control problems and longer term incontinence.

**TECSANA**  
Munich · Germany

40,000 EPI-NO births  
in Australia/Asia and growing.  
Available in 20 countries worldwide



**Made in Germany**



*The human body performs to maximum efficiency in any physical activity when correctly trained and prepared. Childbirth is no exception. Dr Wilhelm Horkel, Starnberg (EPI-NO inventor)*

## Childbirth Training and Recovery

**EPI-NO** training gently exercises the muscles and prepares the tissues of the birth canal for the physical strain of delivery. **EPI-NO** is also designed to speed the recovery of the pelvic floor muscles following childbirth.

### Childbirth preparation in 3 stages

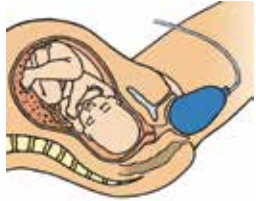
#### Exercising the pelvic floor

**EPI-NO** training can commence early in pregnancy to strengthen the pelvic floor muscles. The balloon is minimally inflated and acts as a sensor providing biofeedback of improvement.



#### Preparing the perineum

At 37 weeks the balloon is inserted two thirds into the vagina then gradually inflated, the size increased each daily 20 minute training session following the instructions enclosed, and on our website.



**Simulation exercises** Optimum training is achieved when the balloon has reached 8.5cm -10.0cm in diameter and is withdrawn when inflated.

#### Recovery from Childbirth

Hormonal changes during pregnancy can weaken the pelvic floor of mothers delivering both naturally and by caesarean section. **EPI-NO** pelvic floor training can recommence following the birth after consultation with your clinician. Kegel exercises are recommended for all new mothers.

#### Further EPI-NO Information

Visit the **Starnberg Medical** website to:

- Read the **EPI-NO** Story
- Request an **EPI-NO** Information Pack
- Ask a Midwife an **EPI-NO** question
- Access **EPI-NO** Clinical Trial data
- Read **EPI-NO** Frequently Asked Questions



Where can I purchase **EPI-NO**?

Locate an **EPI-NO** stockist or purchase online at

**www.starnbergmed.com.sg**

Starnberg Medical  
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