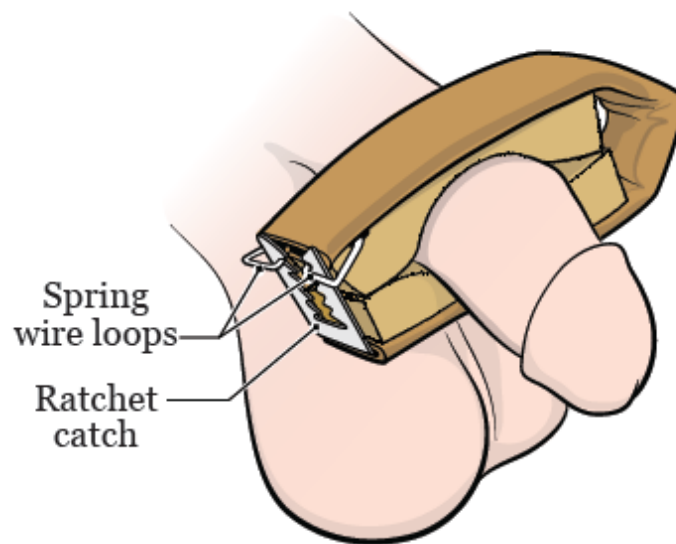


Penile Compression Devices (PCD)

An incontinence clamp is a device to help one control urinary leakage. The device may assist with bladder filling so you can maintain a full bladder. The clamp places light pressure on the urethra (tube that carries urine out of your body) on the underside of the penis.



- Clamp is recommended to be used for radiation treatment purposes.
- DO NOT wear the clamp for more than 1 hour. (*Lemmens et al., 2019*)
- To allow proper blood circulation, **DO NOT** squeeze the clamp too tightly.

Practice

Prior to placing the clamp on your penis, practice using the clamp on your index finger.

- Squeeze the two spring wire loops together with your thumb and index finger to release the alligator clamp.
- **DO NOT** forcefully pull off the clamp, as this can cause injury to the penis.

Applying the Clamp

- Wash your hand for at least 20 seconds and dry with a towel.
- The clamp should be halfway down the shaft of your penis.
- Place your penis between the two foam pads on the clamp.
- Tighten the clamp to squeeze your urethra.
- Shape the upper foam pad with your fingers to help the clamp fit better and feel more comfortable.
- Remove clamp and urinate after radiation treatment.

Cleaning the Penile Compression Devices

- As an important reminder, please remember to clean your clamp after each use.
- Wash the clamp in the sink with mild soap and warm water.
- **DO NOT** use bleach, detergent, or hot water on the clamp.
- Rinse thoroughly in cool, clean water; squeeze foam to get rid of excess water.
- Let the clamp dry in a cool place away from excess heat or sunlight.
- **DO NOT** put clamp in washer or dryer.

Precautions

If you experience any of the following, please contact your nurse or provider.

- Pain, tingling, or numbness sensation
- Trouble removing the clamp
- Color discoloration, swelling, or discharge of penis
- Skin irritation or any other unusual symptoms

DO NOT use the clamp at night while you are sleeping. Instead, use adult urinary pads or Depend® adult diapers for leakage.

- **DO NOT** set the clamp too tightly on your penis, as this can prevent blood from circulating and can cause skin irritation.
- In rare circumstances one may see small amounts of blood after using a clamp, but do not feel alarmed. Please note that this **CAN** happen, but one should notify their provider.

- After using the clamp check for signs of damage to the clamp, such as deterioration or damage.
- You may need to replace the clamp. It should be replaced every 3 months or sooner if the foam wears down.

Feedback from Previous Patients

- If you wish to wear clamp for longer than 1 hour per day, please consult your treating urologist before doing so.
- There are alternative clamp models (commercially sold online), which have a more discrete design.
- For patients with an implanted penile pump wishing to wear a clamp, you can use the lightest setting to minimize the risk of IPP damage.

For any questions or concerns, please reach out to the radiation oncology clinic on MyChart or call 214-645-8525.

Reference: Levy, A., Fader, M., Bader, D., & Gefen, A. (2017). Penile compression clamps: A model of the internal mechanical state of penile soft tissues. *Neurourology and urodynamics*, 36(6), 1645–1650. <https://doi.org/10.1002/nau.23172>