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## USER GUIDE



# CERVICAL DILATATION & EFFACEMENT MODULE

## PROMPT FLEX

This product is available  
in light and dark skin tones

**80102**

**80202**

FOR MORE SKILLS TRAINING PRODUCTS VISIT

[limbsandthings.com](https://limbsandthings.com)

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Sussex Street, St Philips, Bristol, BS2 0RA, UK | [sales@limbsandthings.com](mailto:sales@limbsandthings.com) | +44 (0) 117 311 0500

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## TAKE A LOOK AT OUR **VIDEO**

VISIT THE WEBSITE  
[limbsandthings.com](https://limbsandthings.com)

OR YOUTUBE CHANNEL  
[youtube.com/limbsandthings](https://youtube.com/limbsandthings)



**SCAN ME**

PACKAGE  
SUPPLIED

Perineum

80138 80238



Pelvic Ring

80139 80239



Static Rig

80140



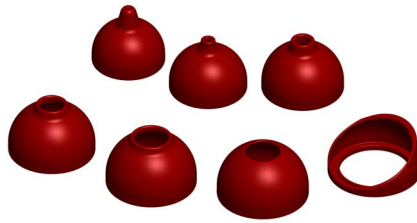
Dynamic Rig

80141



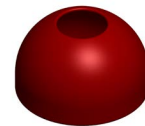
Set of 7 Latent Labour Cervixes

80142



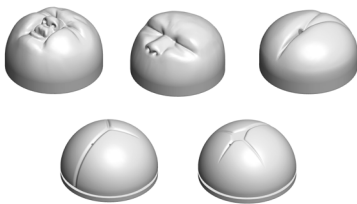
Dynamic Cervix

80143



Set of 5 Presenting Parts

80144 80244



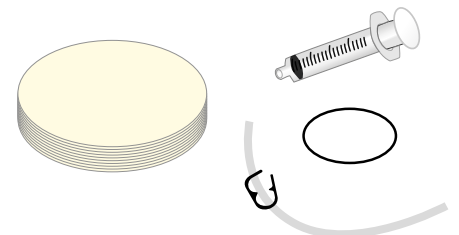
Set of 2 Difficult Labour Heads

80145 80245



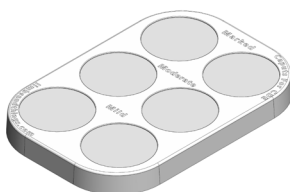
Amniotic Membrane Set

80146



Set of 3 Caputs (x2)

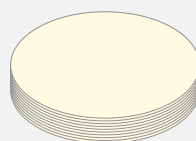
80162 80262



CONSUMABLES

Pack of 25 Membrane Sheets

80147



PROMPT Birthing Lubricant

10193



This module is to be used in conjunction with your Birthing Simulator PROMPT Flex

## SAFETY & CLEANING INSTRUCTIONS

READ THE SAFETY INSTRUCTIONS CAREFULLY BEFORE USING YOUR CDE MODULE PROMPT FLEX

### DO's



Follow all instructions. Keep these instructions. Heed all warnings.

Only use the lubricant supplied with PROMPT Flex. Use of non-recommended fluid products may weaken or damage the simulator.



Wear gloves at all times and remove all jewellery items. Sharp surfaces such as finger nails and rings can lead to damage of silicone parts.

Clean the product with a damp soft cloth or sponge, using only warm water with mild detergent, after every training session.

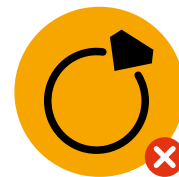


### DON'Ts



Do not install near any heat sources, do not expose the product to flames or use near naked flame sources. Do not use flammable solvents near or on this product.

Do not use any attachments other than those supplied by the manufacturer.



Do not wear any jewellery items.

Do not disassemble the product or attempt to repair a faulty unit, please return the product to Limbs & Things for assessment and repair.



## STORAGE & TRANSPORTATION



Always ensure that the products are properly packed and secured during transportation and storage in order to prevent personal injury or damage to the product.

# QUICK SET UP

## SETTING UP DIFFERENT SCENARIOS

### LATENT STAGE

### ACTIVE STAGE

1 Select a RIG



Static Rig



Dynamic Rig

2 Pick one of the PRESENTING PARTS



Flexed Head



Deflexed Head



Face



Brow



Breech



Flexed Head



Deflexed Head

#### AMNIOTIC MEMBRANE SET



\* To simulate membrane rupture

Or any of the DIFFICULT LABOUR HEADS



Flexed Head



Deflexed Head



Set of 3 Caputs



Head Skin

3 Select one of the CERVIXES



0 cm dilatation  
0% effacement



4 cm dil  
100% eff



10 cm dil  
Anterior lip

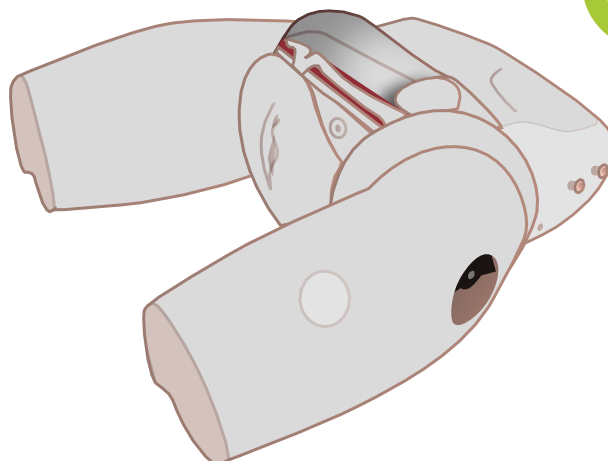
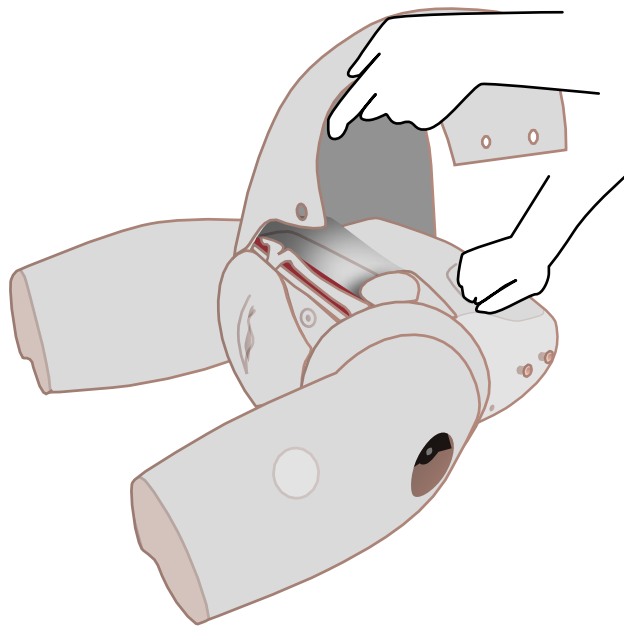
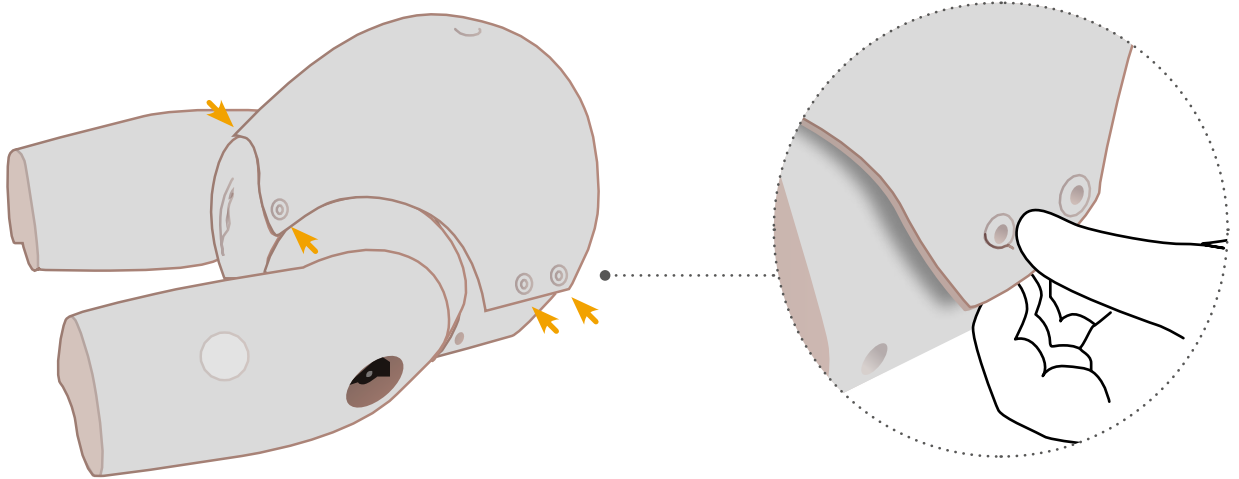


4 cm to 10 cm  
Dilatation

SET UP

GETTING THE PROMPT FLEX READY

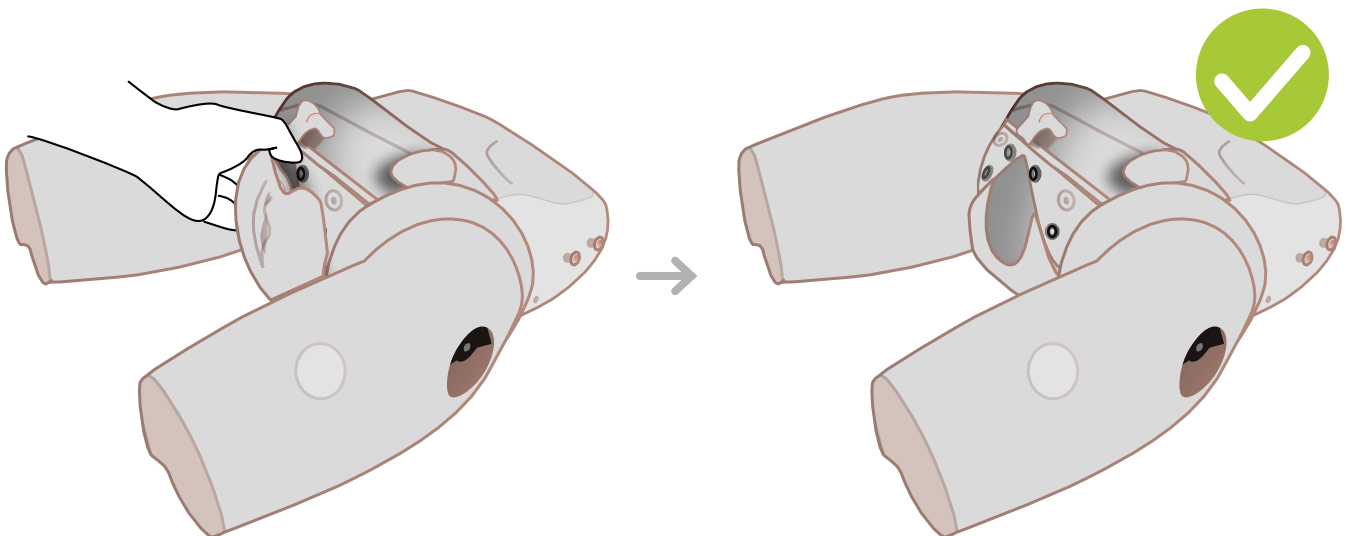
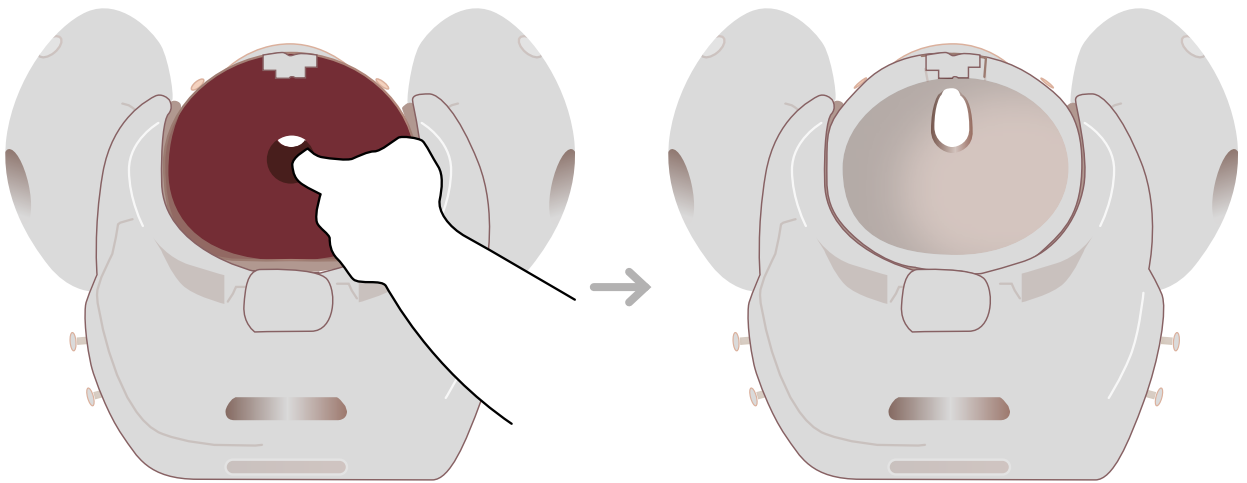
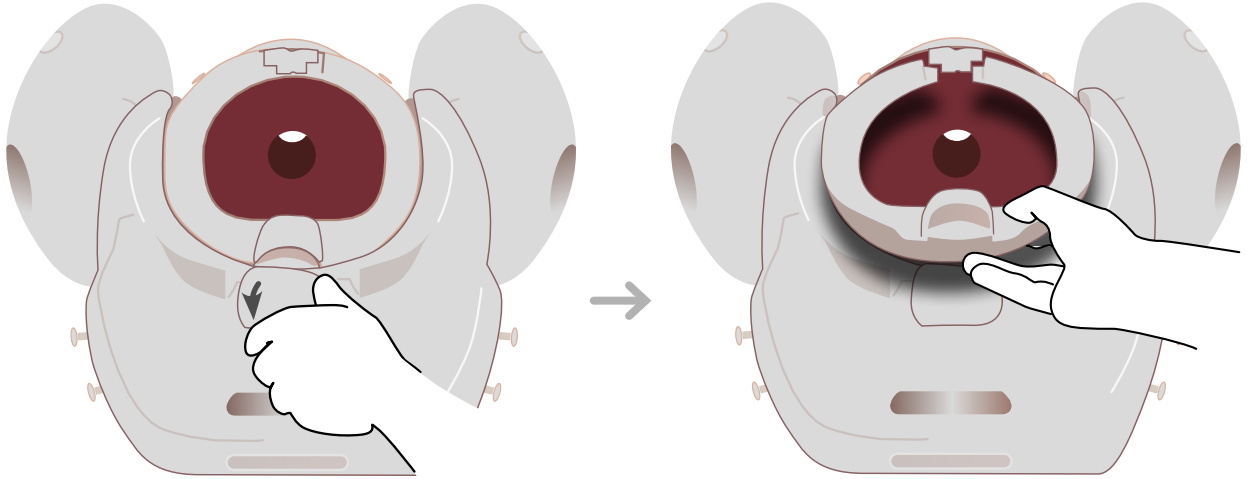
Removing the ABDOMINAL SKIN



SET UP

GETTING THE PROMPT FLEX READY

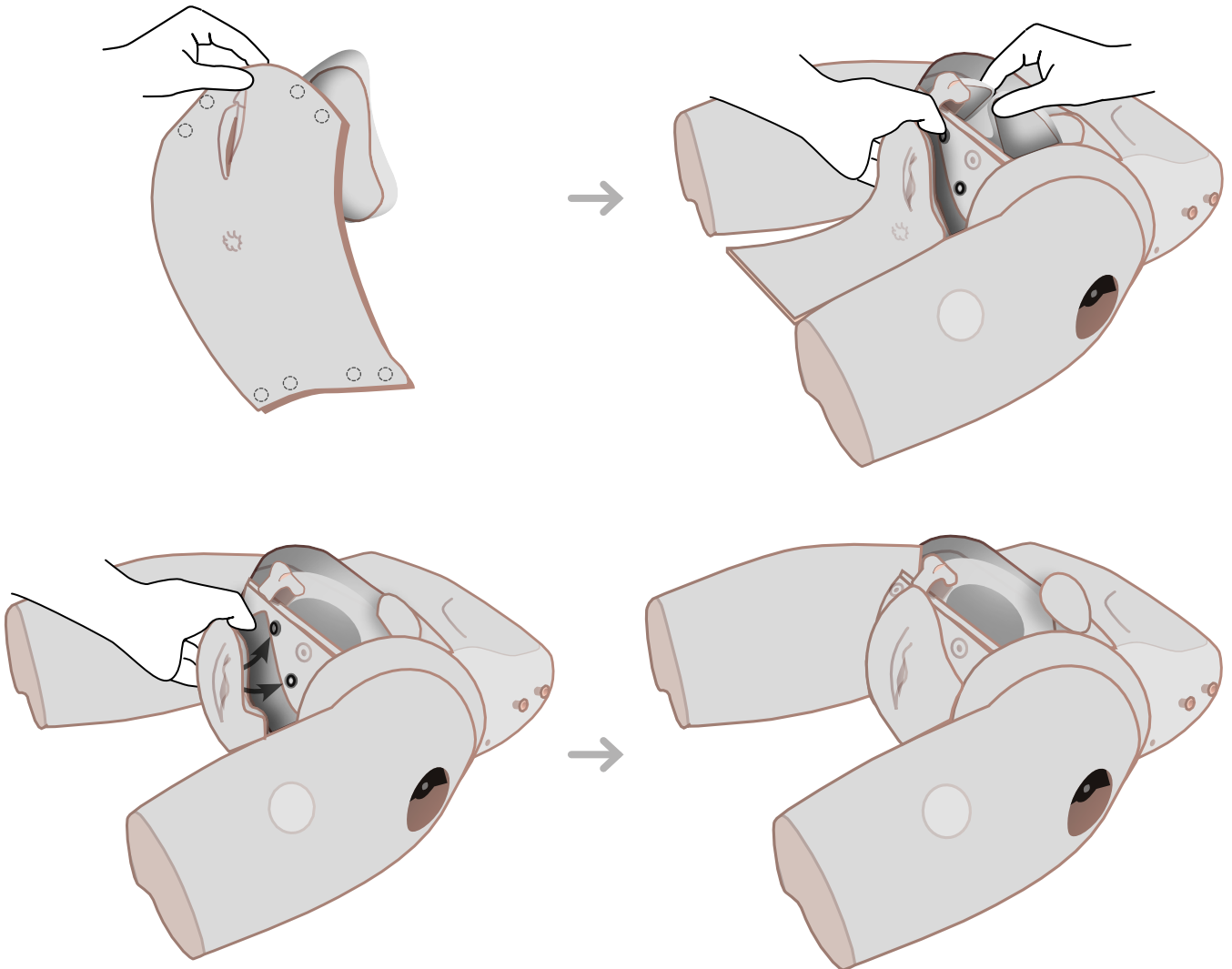
Removing PELVIC RING CLAMP, CERVIX & PERINEUM PROMPT FLEX



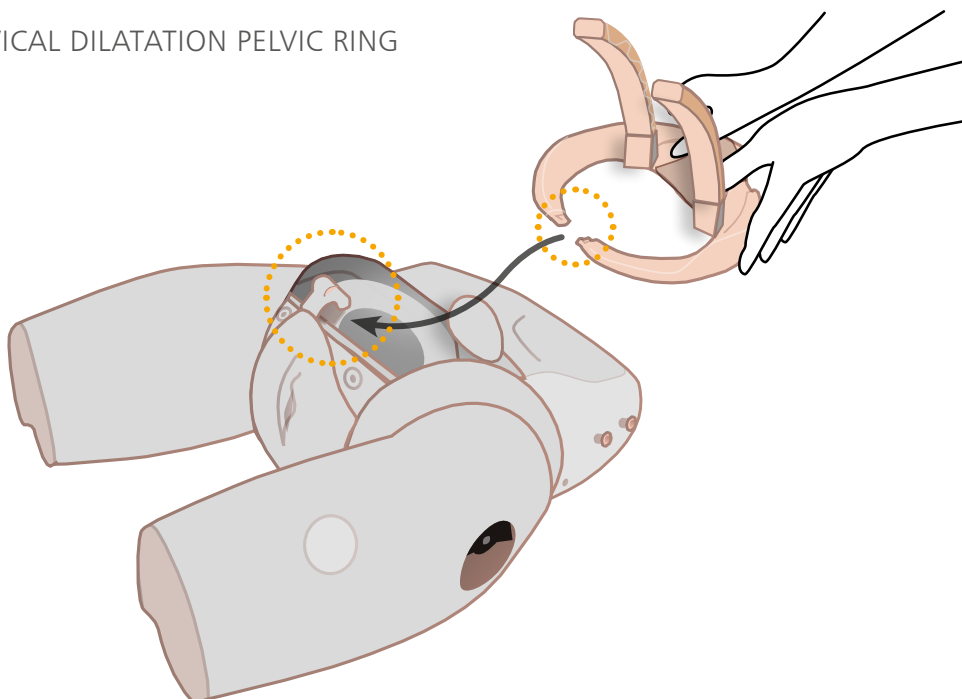
SET UP

GETTING THE PROMPT FLEX READY

Attaching the PERINEUM for CDE PROMPT Flex and C-Section modules



Fitting the CERVICAL DILATATION PELVIC RING

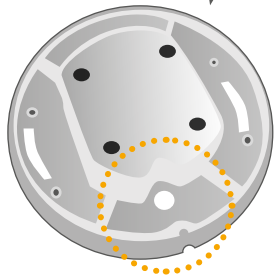
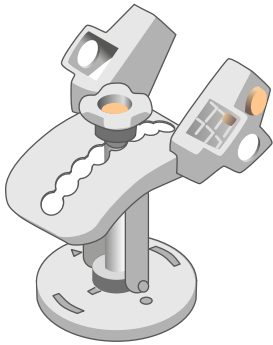




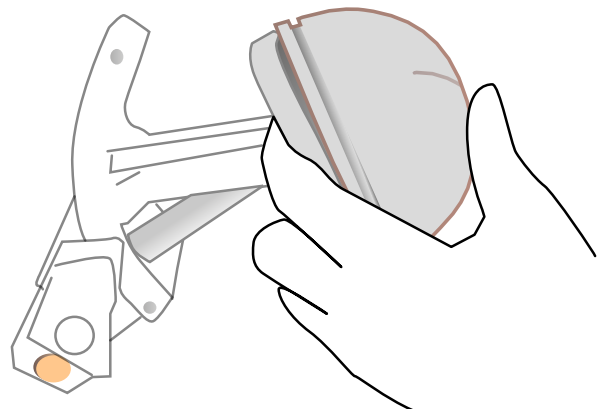
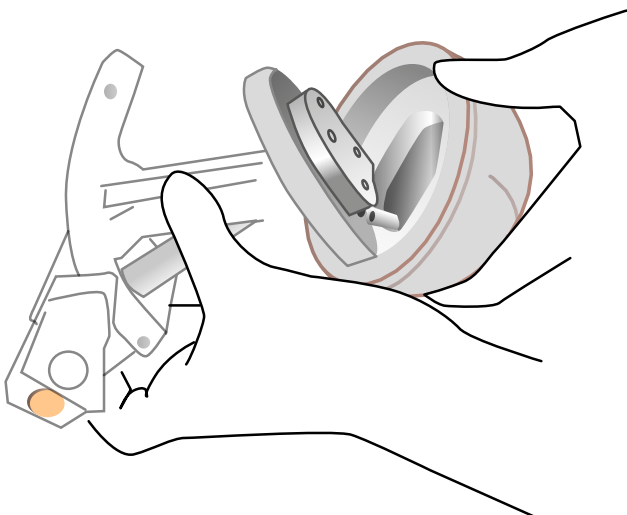
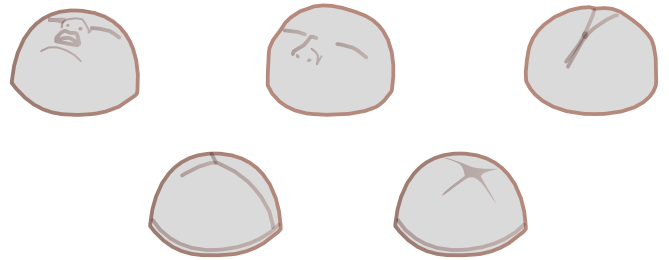
SET UP

STATIC RIG SET UP

Select STATIC RIG

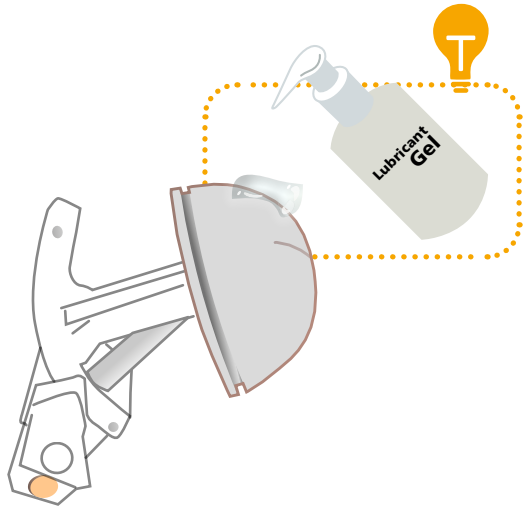


Select one of the PRESENTING PARTS

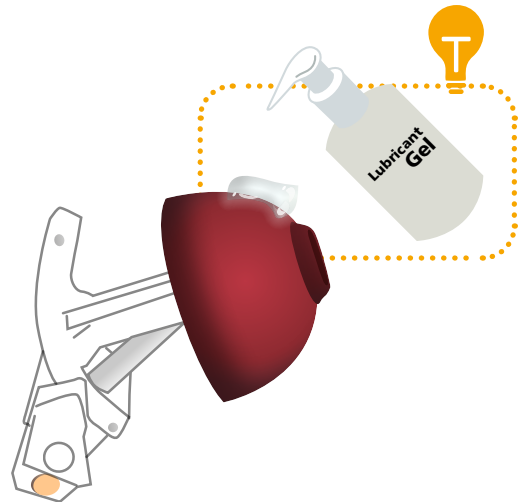
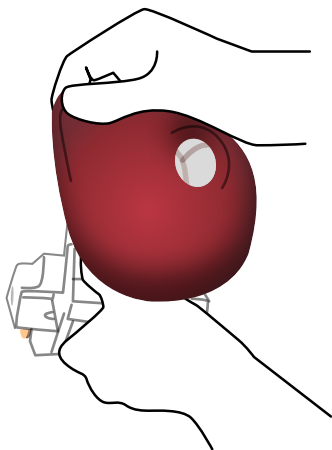
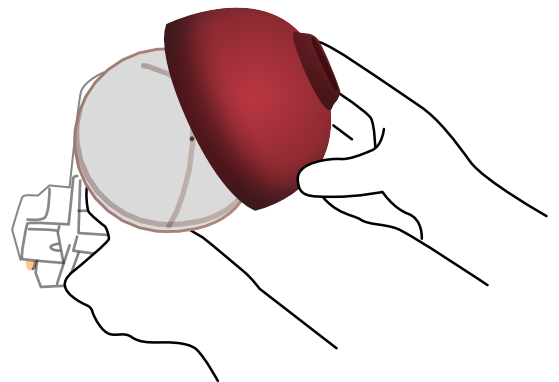
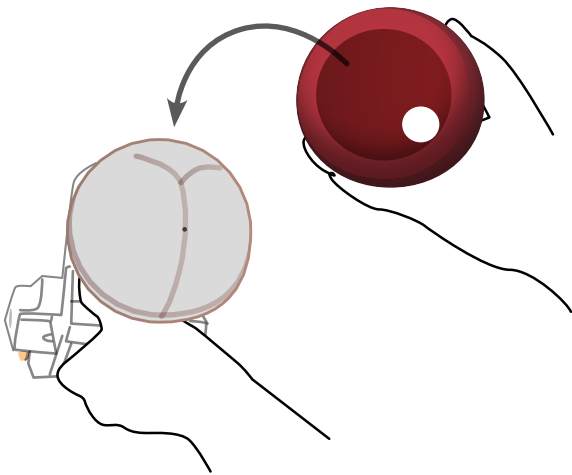
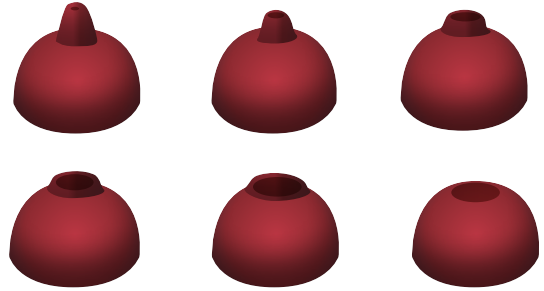


SET UP

FITTING CERVIX

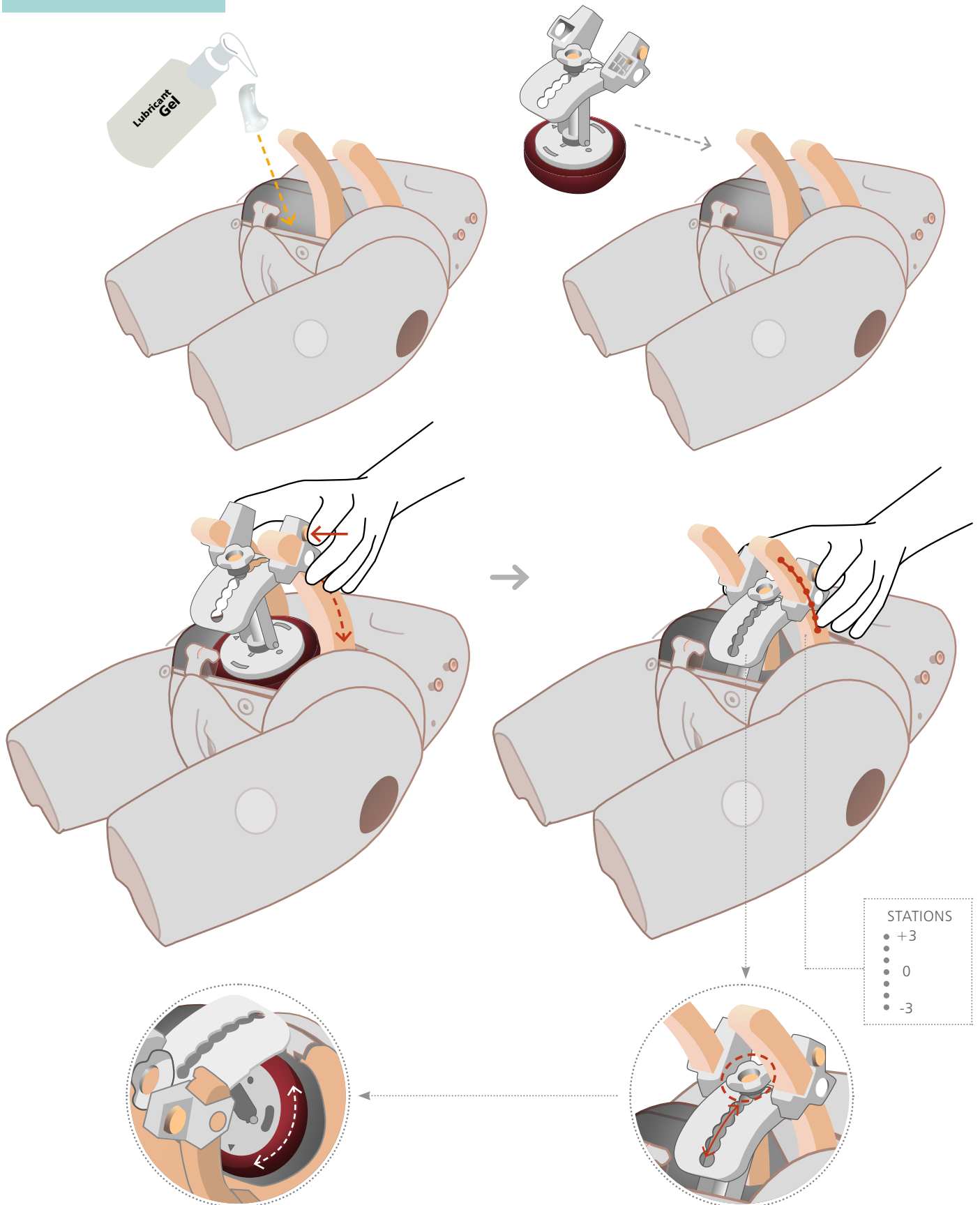


Select one of the LATENT CERVIXES



SET UP

FITTING STATIC RIG TO PELVIC RING



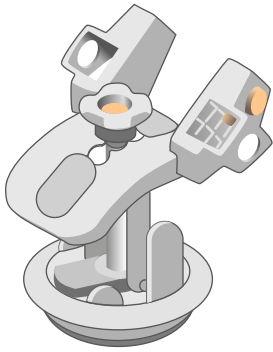
Adjust fetal head position  
(rotates to 16 different positions)

To adjust the cervical position

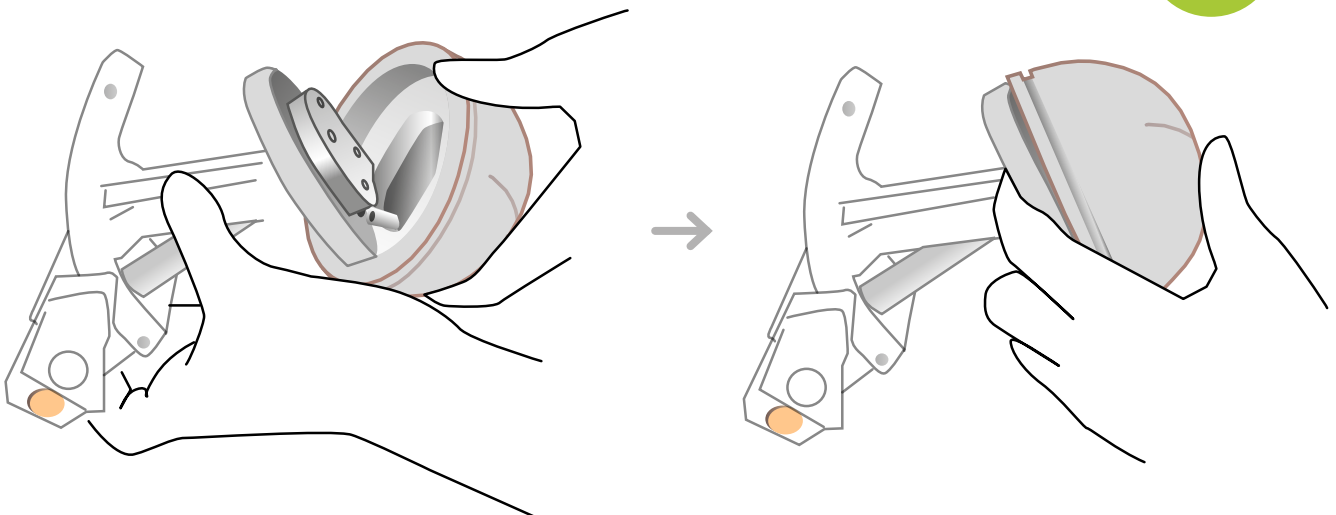
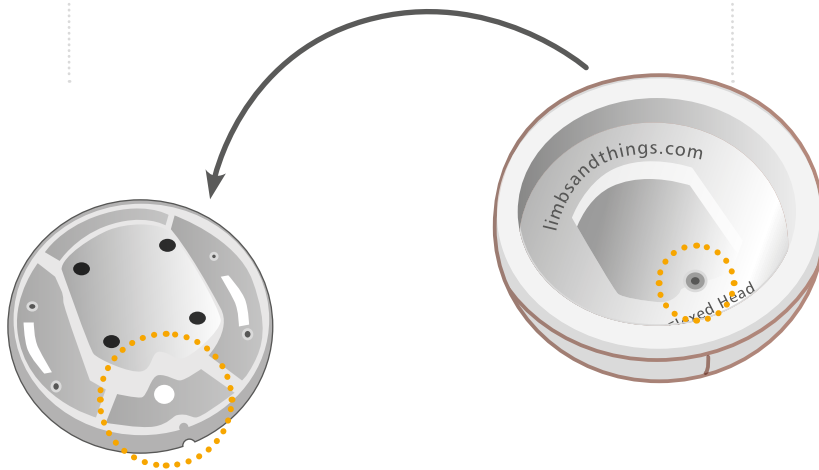
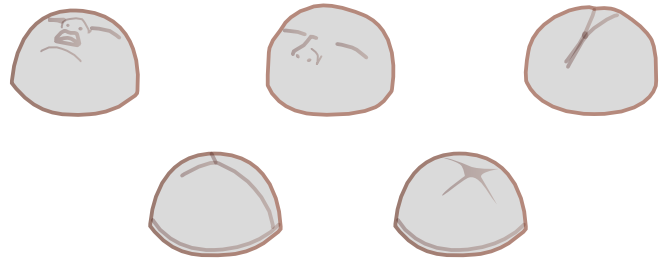
SET UP

DYNAMIC RIG SET UP

Select DYNAMIC RIG

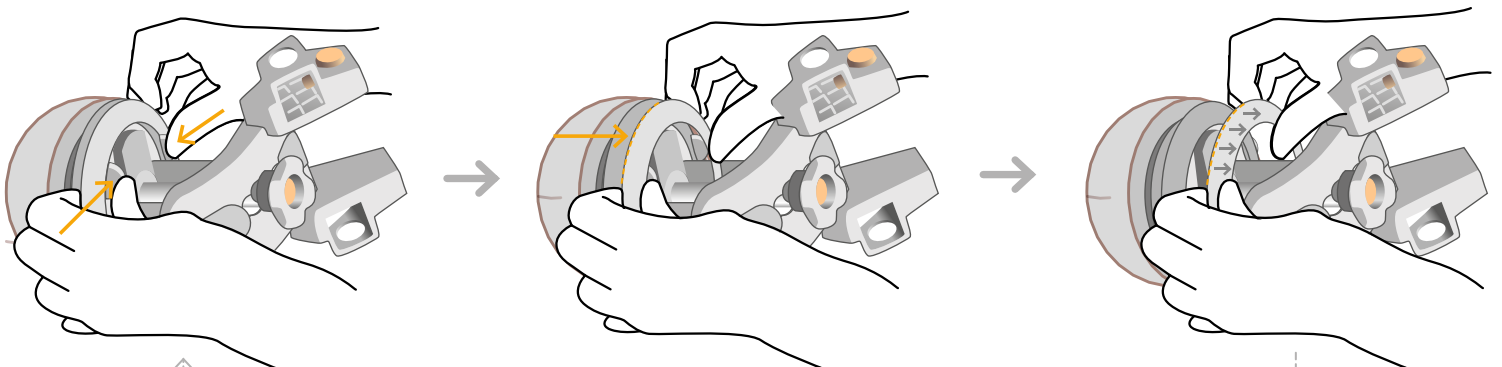
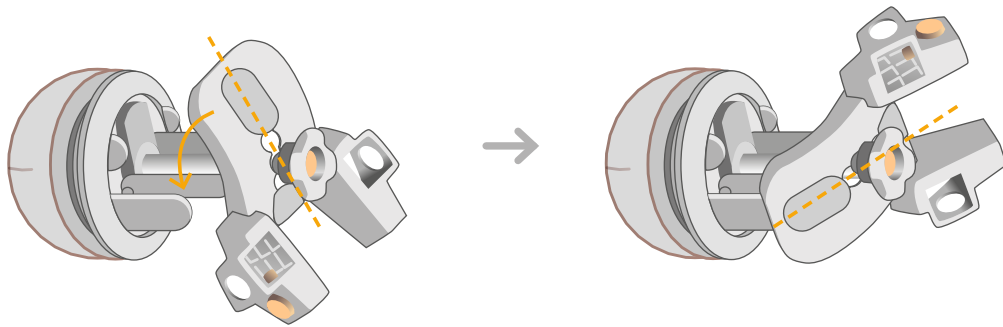


Select one of the PRESENTING PARTS

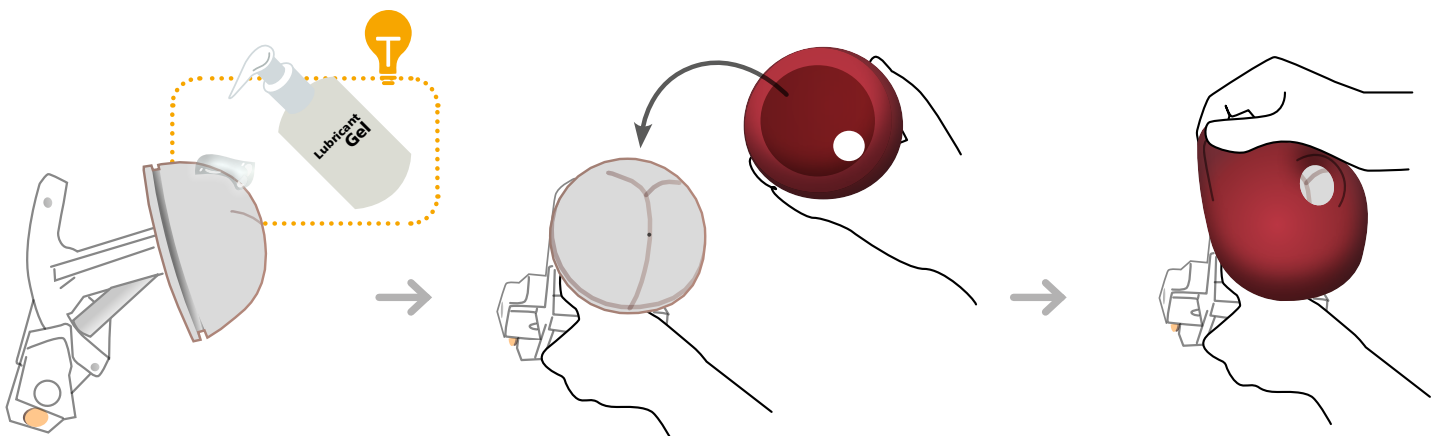
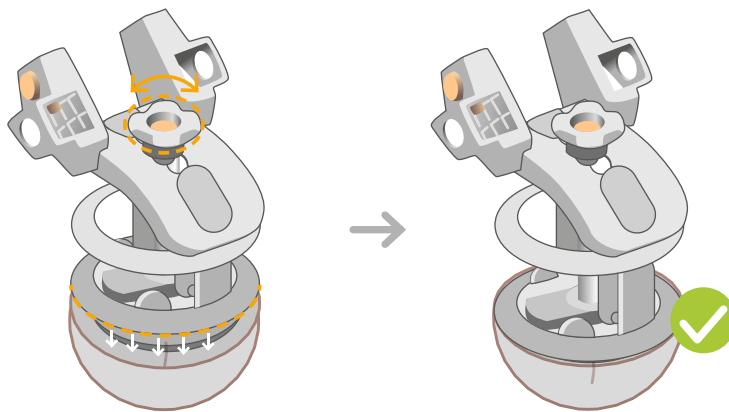


SET UP

FITTING DYNAMIC CERVIX

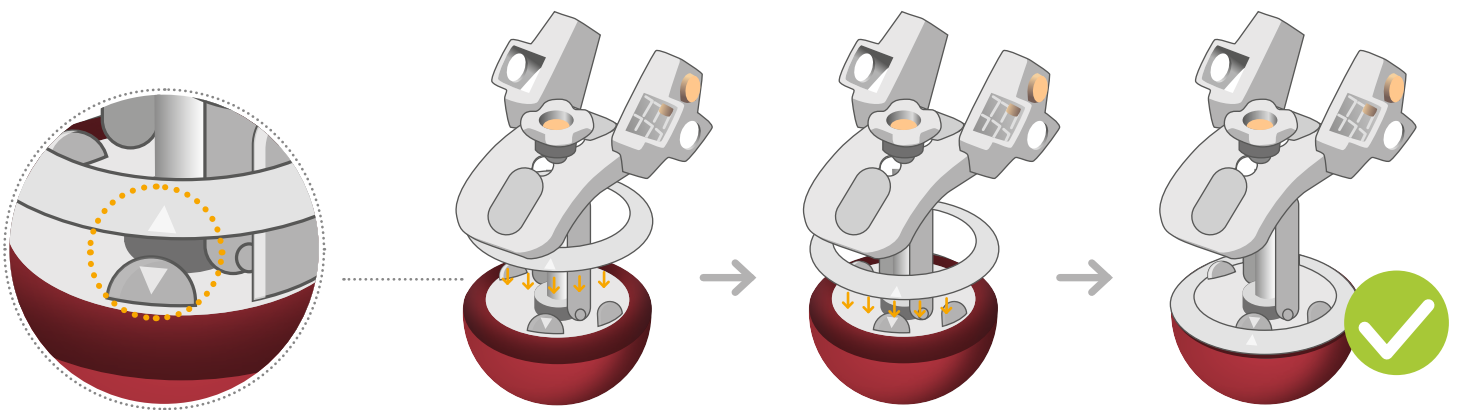


\* Turn rig 180 degrees and repeat on the other side to loosen bottom ring

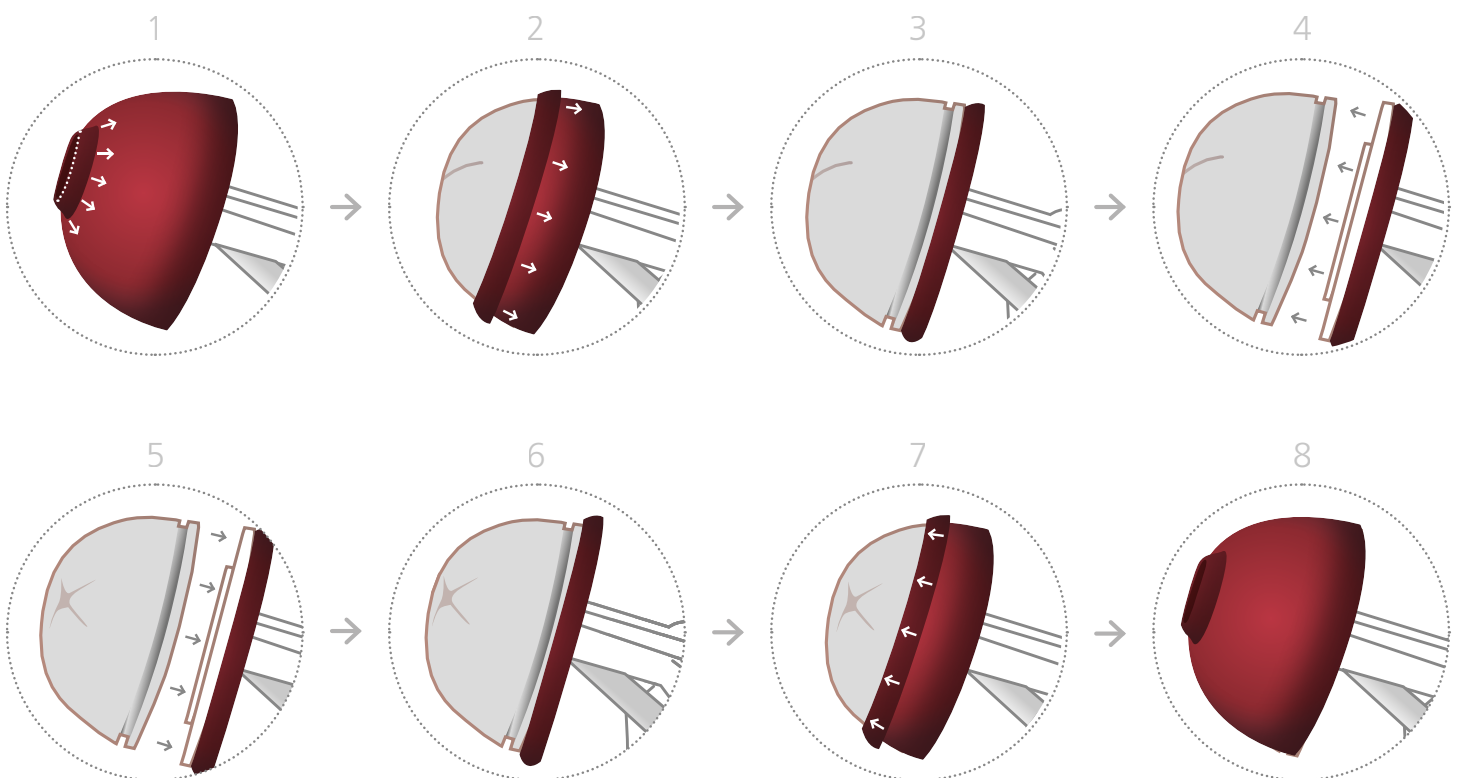


# SET UP

## FITTING DYNAMIC CERVIX

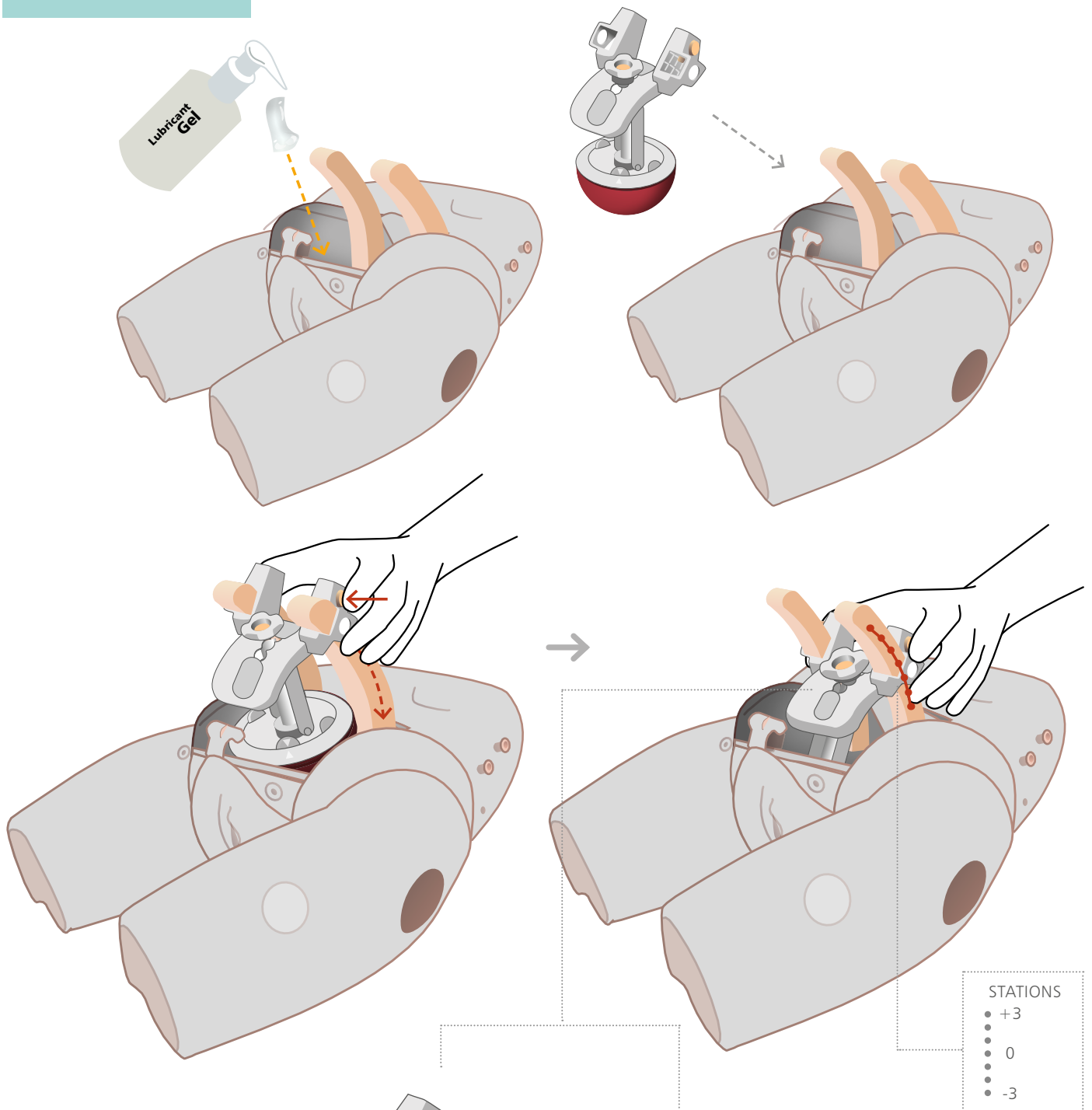


Alternatively, to change the presenting part, peel back the Cervix to swap over  
\* Lubricate liberally between the presenting part and cervix before use



SET UP

FITTING THE DYNAMIC RIG TO PELVIC RING



Adjust cervical length by rotating the lever.

The Dynamic Cervix stretches from 4 – 10cm dilated.

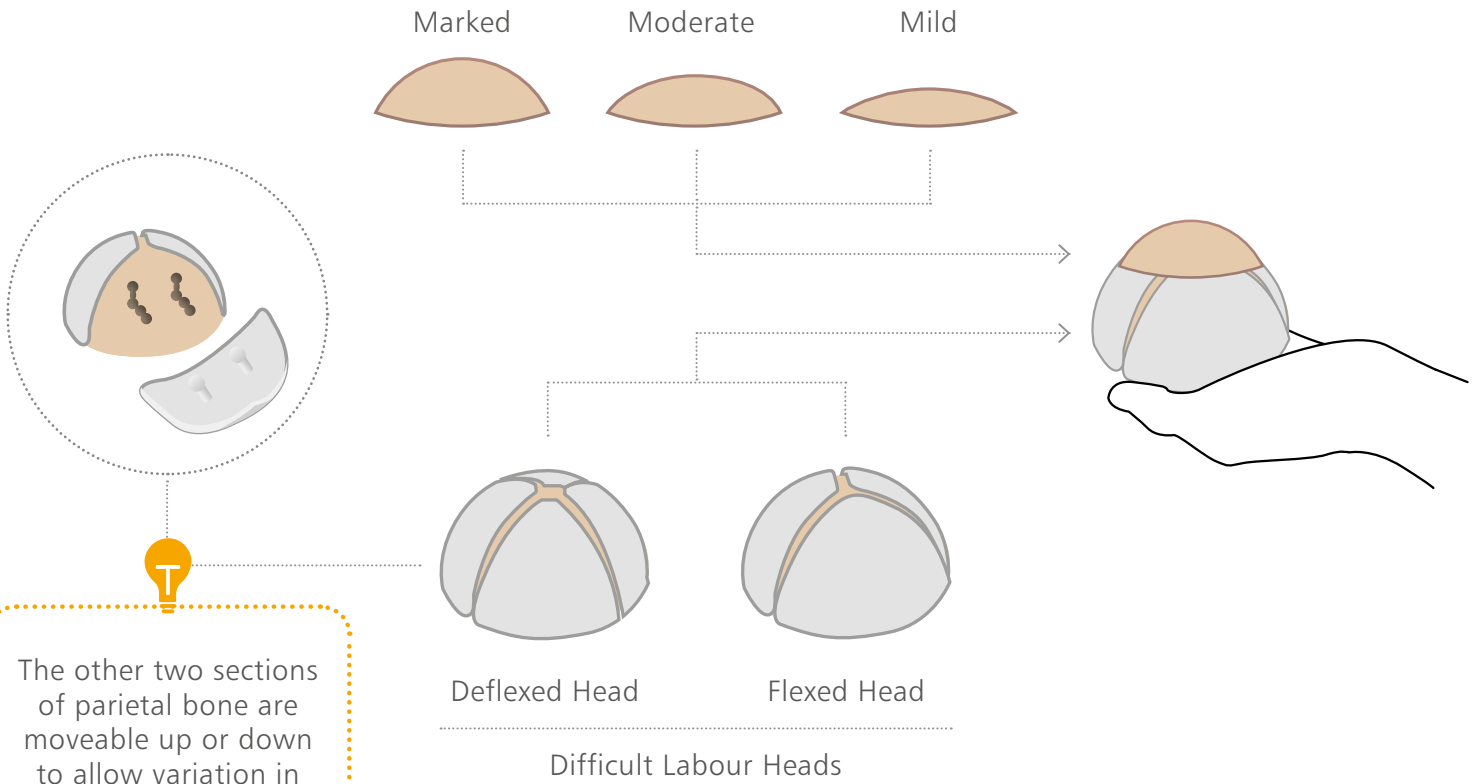


Adjust cervical position (tilt) by pulling the lever on the positioning rod and moving along the notched guide.

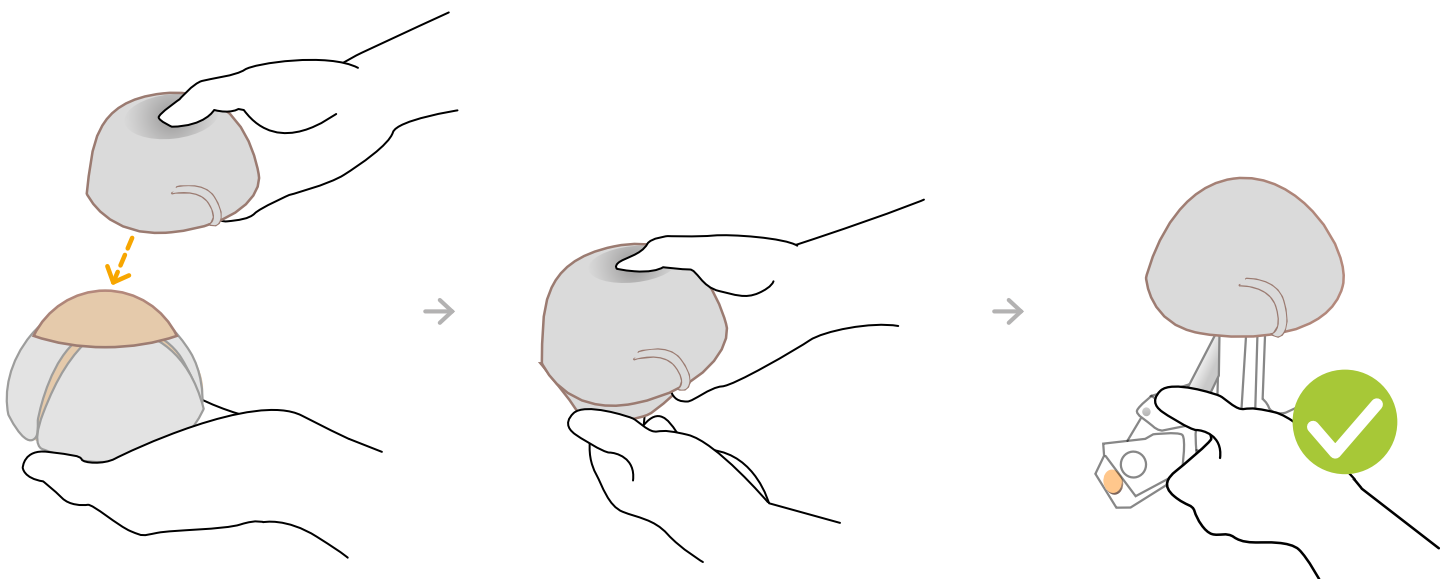


EXTRAS

MOULDING & CAPUT SET UP



The other two sections of parietal bone are moveable up or down to allow variation in the degree of molding





EXTRAS

MEMBRANE RUPTURE SET UP

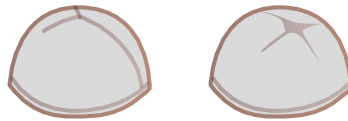
1

Select STATIC RIG



2

Select the flexed or deflexed head

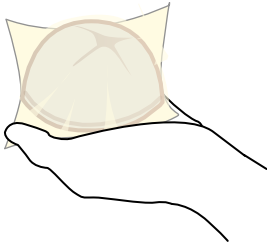


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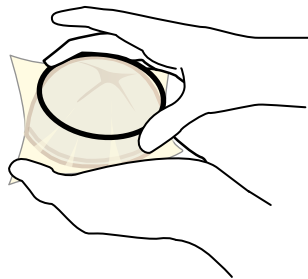
Peel away the membrane from the backing paper



4



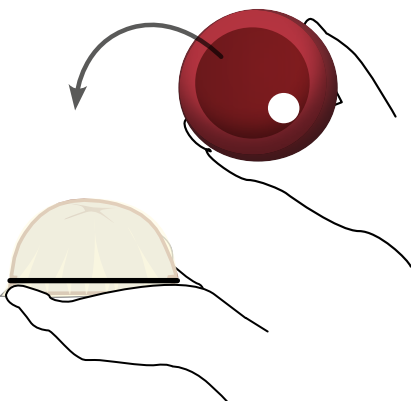
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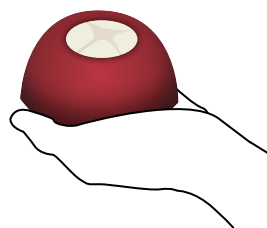
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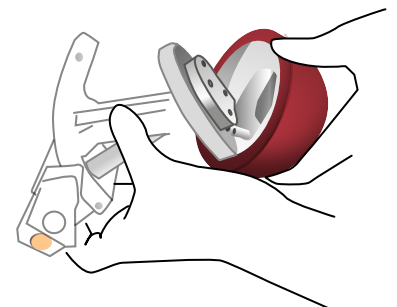
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8



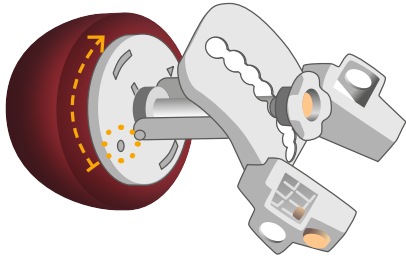
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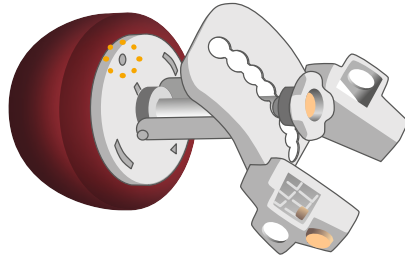
EXTRAS

MEMBRANE RUPTURE SET UP

10



11

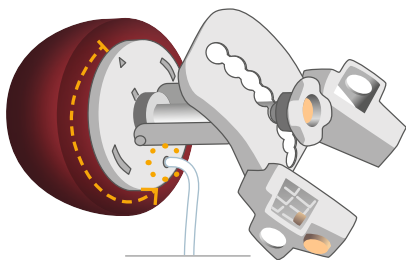


12

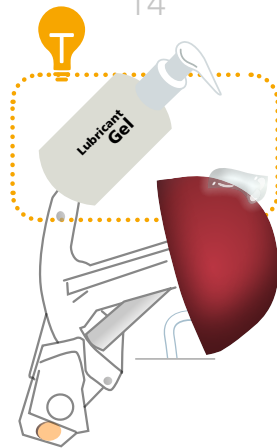


\* Insert fluid tube

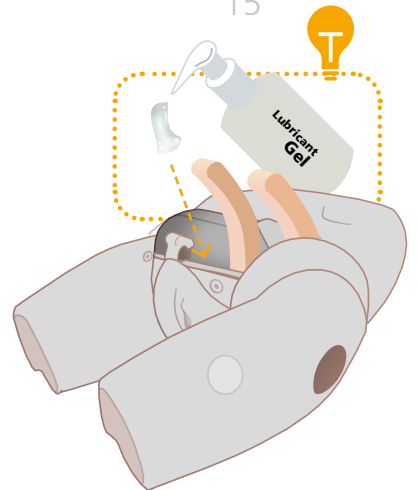
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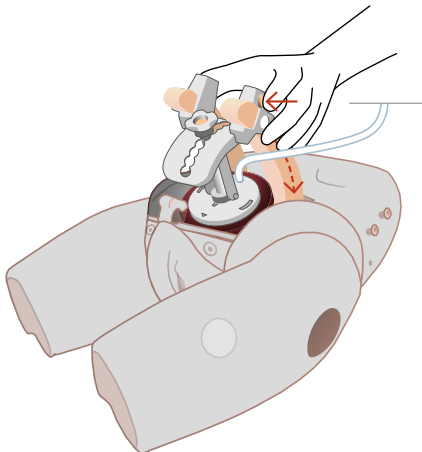
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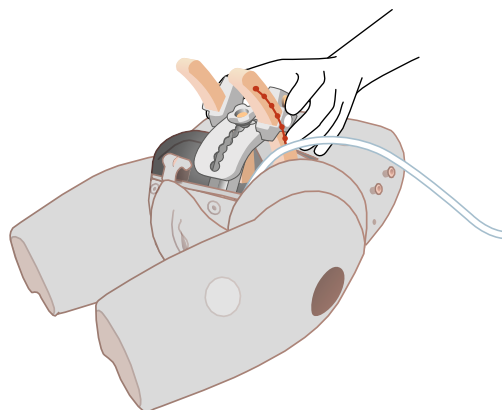
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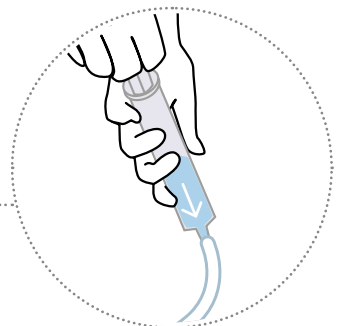
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14



15



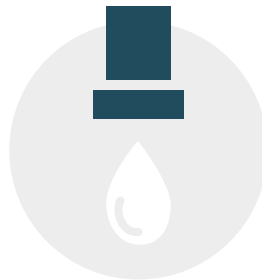
## CLEANING & STORAGE

### ADDING/REMOVING PERINEUM

After each training session, clean all the lubrication from all mother and baby surfaces with a warm damp cloth.



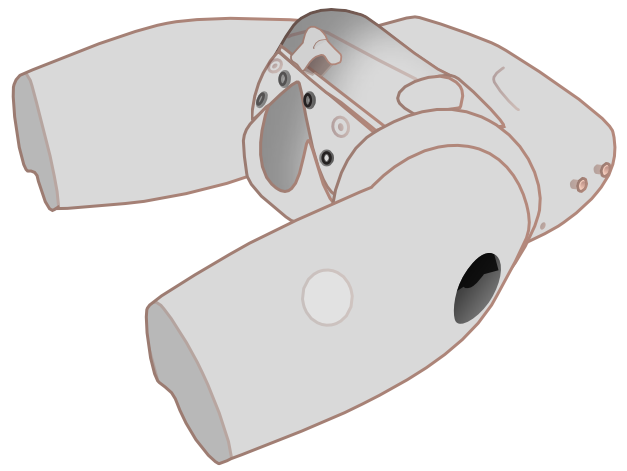
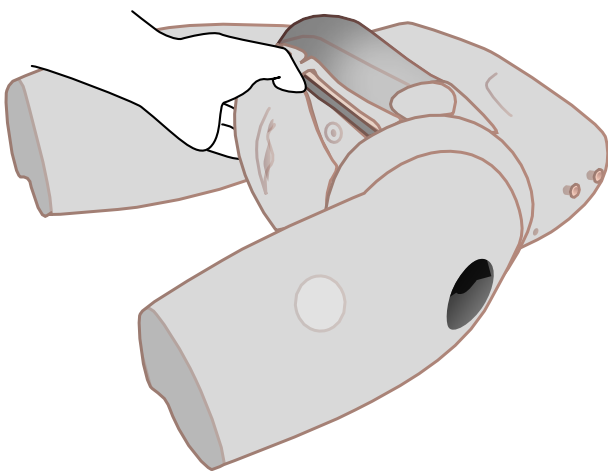
Clean with a damp cloth



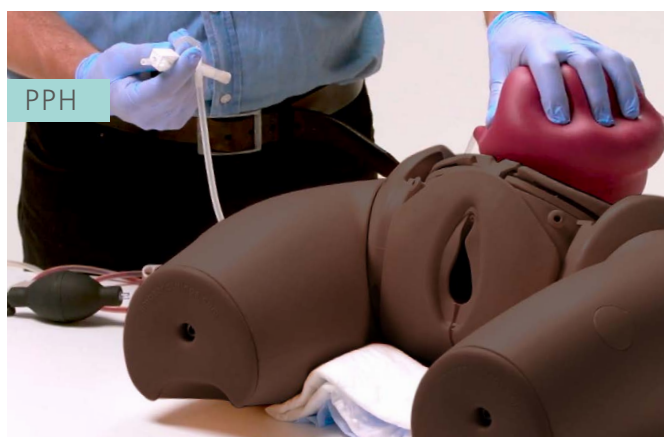
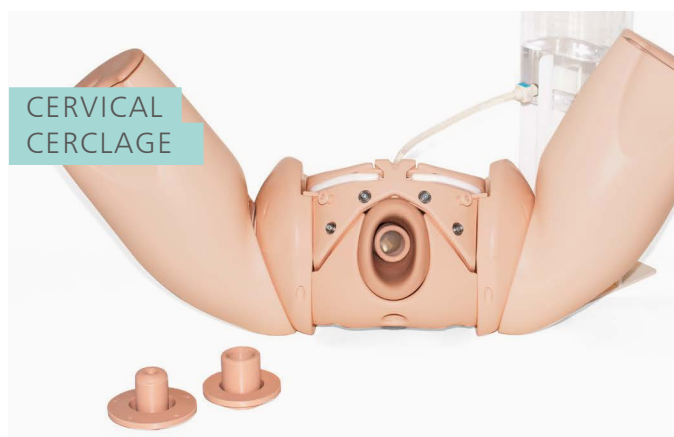
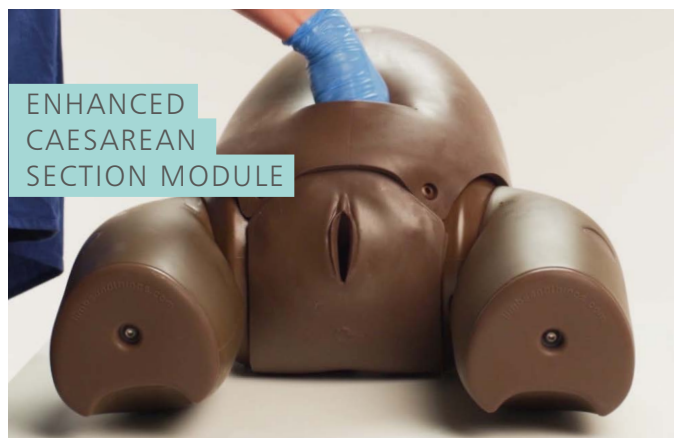
Remove water from product



Remove sutures carefully



ADDITIONAL MODULES \*  
ALLOW YOU TO TAILOR  
YOUR TRAINING NEEDS



\* All available in dark and light skin tones.