

AROM-COT[®]

A Patient-Friendly Technique for Amniotomy

1. Less Pain:

Only fingers are inserted through the cervix.

2. Less Anxiety:

The use of instruments can cause significant anxiety to patients.

3. Exact Placement of Hook:

It is possible to feel exactly where the hook is applied, avoiding damage to surrounding tissue.

4. Lithotomy Position is Not Necessary:

As the finger is a flexible instrument, lithotomy position is not necessary even when the cervix is posterior.

5. Non-Latex

Outer Teardrop Shape
Indicates Proper Orientation
of Hook



(orient hook to face towards the palm of the hand)



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<u>Part</u>	<u>Description</u>
AR100	Small AROM-COT Finger Cot with Hook
AR200	Medium AROM-COT Finger Cot with Hook

INSTRUCTIONS FOR USE

1. Position AROM-COT over the tip of the middle or index finger of a GLOVED left or right hand.
2. Ensure hook points toward the palm of the hand.
3. Roll the cot down tightly over the finger, until the base of the finger is reached.
4. Confirm that the hook is still properly positioned.
5. WHILE EXERCISING CAUTION TO PREVENT CONTACT BETWEEN THE HOOK AND THE VAGINAL WALL, insert gloved hand into the vagina. As per hospital protocol for amniotomies, perform a vaginal examination USING A GLOVED FINGER OTHER THAN THE FINGER FITTED WITH THE AROM-COT. When finished with the examination, remove the examining finger from the cervix and CAREFULLY replace it with the finger fitted with the AROM-COT. Gently strike the membrane with two well applied movements of the hook.

CAUTION: DO NOT STRIKE EXCESSIVELY!

Store in a cool, dry place away from light - single use only.
Federal law restricts this device to sale by or on order of a physician.



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