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3B Scientific Birth Stage Trainer

BIRTH STAGE TRAINER

Introduction

You have purchased a Birth Stage Trainer with which the stages of birth can be demonstrated and practiced. The trainer has 6 inserts that can be palpated and discussed with trainees. Standards as part of professional birth preparation can be practiced and improved during training and in everyday clinical practice.

Delivery contents

- 6 inserts
- Safety plate with 4 screws (for the insert in birth simulator P90)
- Lubricant
- Carry bag



Functions

The set comprises 6 different genital inserts that show the levels of cervical dilation and effacing. The inserts can be used both as stand-alone trainers and as an extension module for [Birth Simulator P90](#). The inserts look the same from the outside, a number code on the back indicated the conditions of the cervix on the inside.

Insert no. 1



Closed cervix
(0.5 cm)
Position -2

Insert no. 2



Cervix open 2 cm,
Position -2

Insert no. 3



Cervix open 3 cm,
half effaced
Position -2

Insert no. 4



Cervix open 5 cm,
effaced
Position -1

Insert no. 5



Cervix open 7 cm,
effaced,
Position -1

Insert no. 6



Cervix open 9 cm,
effaced,
Position 0

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Assembly

Putting in the birth stage inserts:

- If used in conjunction with the Birth Stimulator P90 ([Basic](#) and [PRO](#)), various inserts (1–6) can be put into the basic body of the birth simulator. Place the rubber feet of the birth simulator on a non-slip surface such as a table.
- Remove the abdominal cover.
- Remove the portio insert and the birth canal (PRO version).
- Loosen and remove the 4 screws.
- Attach the safety plate (Fig. 1) with the 4 integrated screws (which remain on the safety plate) (Fig. 2).

Basic version ONLY:

- Detach the rear phantom closure (connected with the white pins) from the abdominal cover (this can be used as a cover in normal use to prevent the lubricant running into the recess) (Fig. 3).
- Remove the vulva insert from the abdominal cover.
- Attach the abdominal cover (only around the coccyx) (Fig. 4).
- Insert the desired birth stage insert from underneath into the pelvis (Fig. 5).
- Ensure that the insert has been clicked firmly into the basic body via the phantom closure.
- Close the abdominal cover completely (Fig. 6).

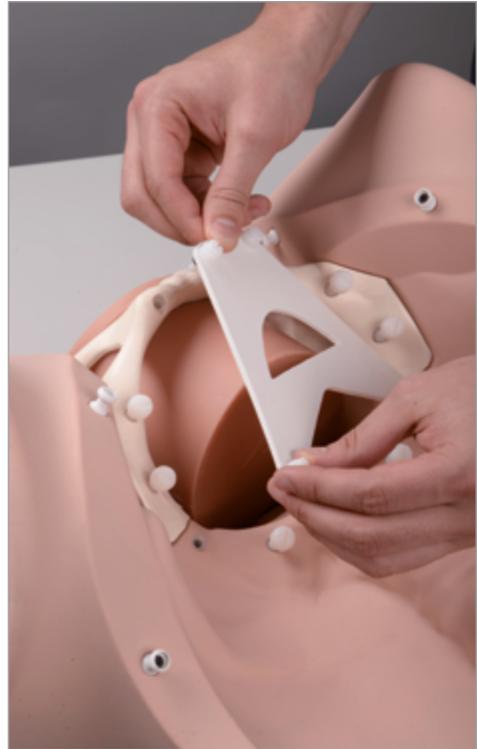


Fig. 1

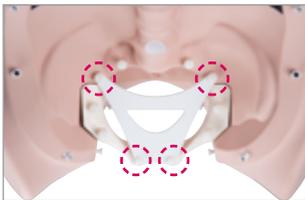


Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6

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Cleaning and care

The surface of the trainer can be cleaned with a damp cloth, or rinsed under running water. Please ensure that all parts are completely dry before storing.



TIP

Residue from applied lubricant may remain on some parts of the birth simulator if it is used again in quick succession. Always ensure that sufficient lubricant is applied before starting an examination. If not used for an extended period, clean all parts thoroughly before tidying them away.

Technical data

Dimensions:

Simulator (H x W x D): 13 x 11.5 x 13 cm

Bag (H x W x D): 25 x 60 x 23 cm

Weight: approx. 5.6 kg (incl. carry bag; 4.85 kg without carry bag)

Operating conditions:

Operating temperature: -10 °C to +60 °C

Storage temperature: -20 °C to +60 °C

List of consumables

[1020608 / XP90-015 lubricant \(2 x 250 ml\)](#)

Also recommended for the midwifery and obstetrics training

[1020332 | P90B Birth Simulator BASIC](#)

[1020333 | P90P Birth Simulator PRO](#)



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