

InstantCath Intermittent Catheter

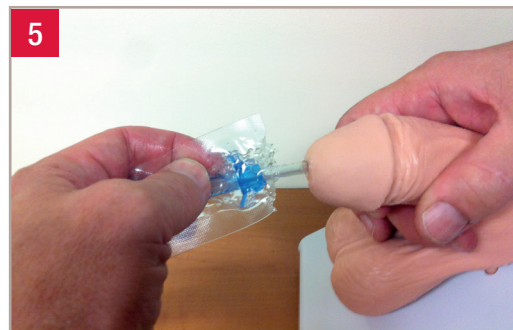
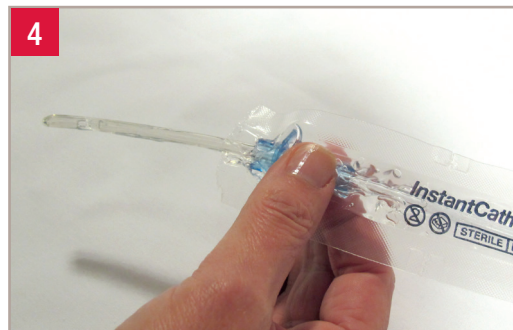


Instructions for Use

- 1 Wash your hands



- 2 Tear open funnel end (Point A). Tear open tip end (Point B).
Clean the urethral opening and surrounding area



Preparation

Using dominant hand, place thumb and forefinger over viewing window so you can feel and pinch the catheter through the sleeve.

Use other hand to advance catheter tip approximately 6 cm (2") through the blue insertion guide.

Pinch catheter while straightening sleeve to prevent catheter sliding back into sleeve.

Inserting the Catheter

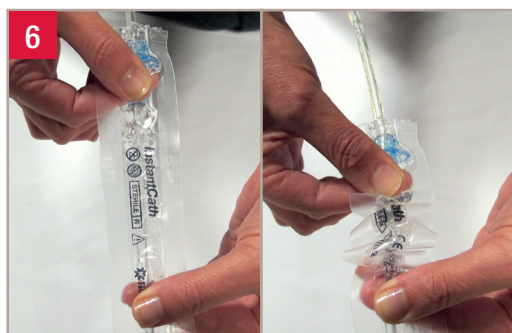
With catheter directed towards urethra, continue to pinch viewing window with thumb uppermost.

Use non dominant hand to hold penis upright. Introduce catheter into urethra until 1 cm from blue insertion guide.

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Instructions for Use



Inserting the Catheter - Cont'd

To fully insert catheter, swap hands to place the thumb and forefinger of your non dominant hand over the viewing window, whilst also supporting your penis. Use your dominant hand to advance the catheter a few cms further. Pinch catheter firmly through sleeve to prevent the catheter sliding out while straightening sleeve.

REPEAT THIS ACTION UNTIL URINE STARTS TO FLOW.

Disposal

Direct funnel end of sleeve towards toilet or collection device to drain urine.

When urine flow stops, ease catheter out and dispose of catheter and sleeve package.

Helpful Hint:

To prevent catheter sliding back into sleeve or out of the urethra simply squeeze harder between your thumb and forefinger so the catheter can not move.

This intermittent catheter is a flexible tubular device that is inserted through the urethra by male, female and pediatric patients who need to drain urine from the bladder.

PRECAUTION: Please consult your healthcare practitioner before using this product if any of the following conditions are present:

- Severed urethra
- Unexplained urethral bleeding
- Pronounced stricture
- False Passage
- Urethritis – inflammation of the urethra
- Prostatitis – inflammation of the prostate gland
- Epididymitis – inflammation of the epididymis (testicle tube)

PRECAUTION: Self-catheterisation should follow the plan of care and advice given by your healthcare practitioner and be carried out only in accordance with the instructions for use provided. Because catheterisation frequency varies by person, the recommended frequency of your catheterisation should be provided by your healthcare practitioner. For any other questions about your catheterisation, please contact your healthcare practitioner.

NOTE: Store boxes in a flat position and at normal room temperature.

For more information or samples please call Customer Engagement on:

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