

**WARNING:** To help reduce the potential for infection and/or other complications, do not reuse.

**WARNING:** If discomfort or any sign of trauma occurs, discontinue use immediately and consult your healthcare professional

**DESCRIPTION:**

- Ready-to-use, single-use closed system intermittent catheter.
- Hydrophilic-coated, Phthalate-free catheter.
- Protective tip and sleeve supports no-touch insertion technique.
- 2 smooth catheter eyelets.
- Colour-coded connector indicates catheter size.
- Easy-to-remove ring cap.
- 1000 mL collection bag.
- Not made with natural rubber latex.

**INDICATIONS FOR USE:** This intermittent catheter is a flexible tubular device that is inserted through the urethra by male, female and paediatric patients who need to drain urine from the bladder.

**PRECAUTION:** Please consult your paediatric healthcare professional 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 professional 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 professional. For any other questions about your catheterisation, please contact your healthcare professional.

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

This product consists of polyurethane sleeve, thermoplastic elastomer tip, and tubing not made with DEHP.

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## Girls' Guide for Use

**VaPro Plus Pocket™**  
No Touch Intermittent Catheter

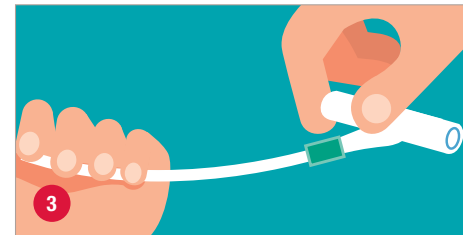
## Assemble all equipment and prepare the area.



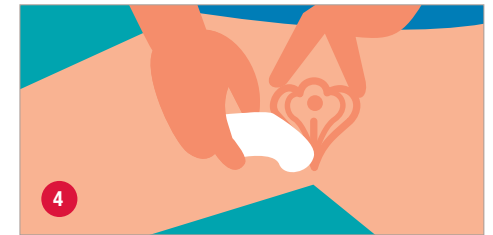
- 1** Wash your hands as advised by your healthcare professional.
- Position yourself to carry out intermittent catheterisation. Manipulate your clothing to access your genitalia.



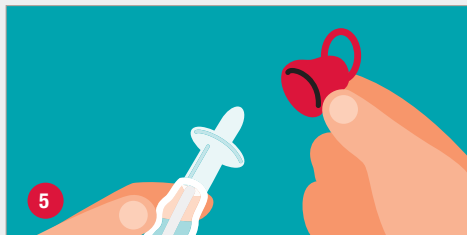
- 2a** Open the package. To open package, pull finger hole toward you and all the way down.
- 2b** Remove the catheter from the package.



- 3** With collection bag facing up, hold the catheter in one hand while pushing the bag away from the catheter with the other hand to break the paper band. Unfold collection bag. Leave the catheter on the lap, sink or other flat surface.



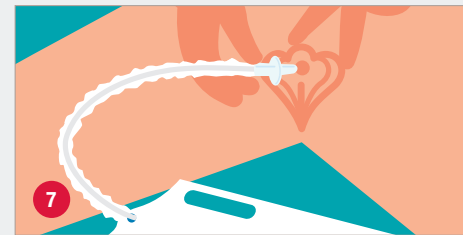
- 4** Spread the labia with two fingers of your non-dominant hand. Cleanse around the area of the urethral opening and genitalia as you were trained by your healthcare professional.



- 5** Remove the cap from the protective tip of catheter.

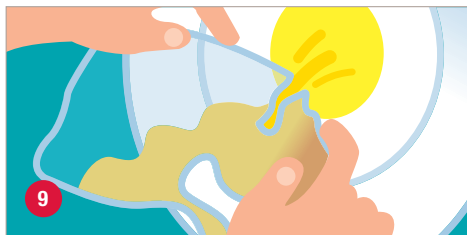


- 6** Hold the catheter in one hand, and with the other hand advance the catheter forward until tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.
- Grasp catheter below protective tip plate.



- 7** Part the labia with two fingers and insert the protective tip into the urethra until the plate comes in contact with urethral opening. Relax the labia and use the fingers of your non-dominant hand to hold the protective tip in place as you insert the catheter with your dominant hand until the urine starts to flow.

- 8** Once urine flow has stopped slowly withdraw the catheter. If urine flows again, pause until urine stops. After you're sure the bladder is empty, remove the catheter completely.
- After catheterising hold collection bag by handle.



- 9** To empty the collection bag before disposing, tear at the arrow (Tear here to empty) to drain.



- 10** Dispose of the catheter, collection bag, and packaging in a disposal bin. DO NOT FLUSH DOWN TOILET.



- 11** Wash your hands.

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