

# User Guide VaPro Pocket™ Catheters



1. Assemble all equipment and prepare the area.

2. Wash your hands as advised by your healthcare practitioner.

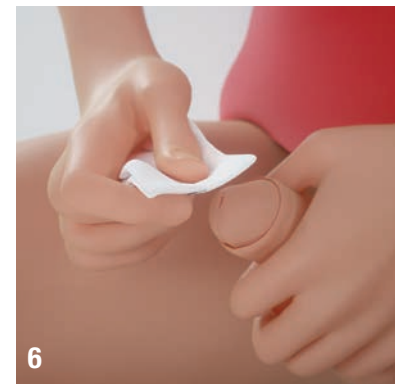
3. Position yourself to carry out intermittent catheterisation (catheterization). Manipulate your clothing to access your genitalia.



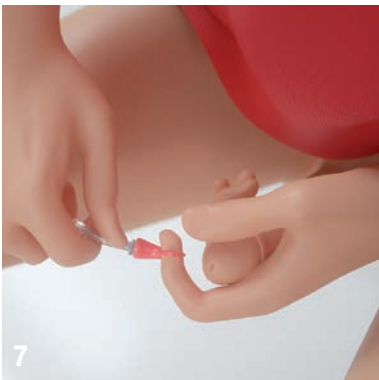
4. To open package, pull finger hole toward you and all the way down.



5. Remove the catheter from the package. Leave pack on the lap, sink or other flat surface. Lay catheter on opened package.



6. Hold the penis with your non-dominant hand and don't let go until you have finished the procedure. Pull back foreskin (if present) and cleanse the glans and opening of urethra as instructed by your healthcare practitioner.



7. Remove the cap from the protective tip of catheter.

8. 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.



9. Grasp catheter below protective tip plate.

Featuring HydraBalance™  
Lubricating Technology

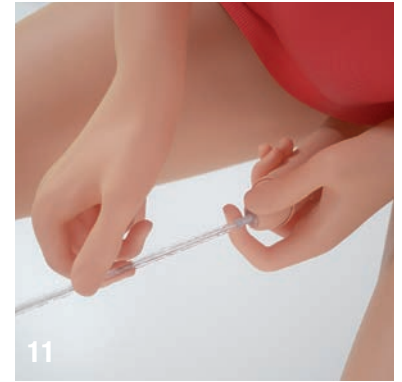


HydraBalance™  
Lubricating Technology

**VaPro Pocket™**  
No Touch Intermittent Catheter



10. Using your forefinger and thumb of your non-dominant hand squeeze penis gently to open the urethral opening. With your dominant hand, insert the protective tip until the plate comes in contact with urethral opening.



11. With the penis stretched and in upright position, insert the catheter forward until urine starts to flow.



12. 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. Reposition the foreskin (if present).

13. Catheter may be disposed of in a waste bin. DO NOT FLUSH DOWN TOILET.



14. Wash your hands.

Not made with natural rubber latex. Intermittent catheter not made with PVC or phthalates. This product consists of: polyurethane sleeve, and thermoplastic elastomer tip and tubing.

**Indications and Intended 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.

**WARNINGS** Do not use if package is damaged or opened. To help reduce the potential for infection and/or other complications, do not reuse. If discomfort or any sign of trauma occurs, discontinue use immediately and consult your healthcare practitioner.

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

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

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 at normal room temperature. Contact a healthcare practitioner for help with continence care products. In case of serious injury (incident) in relation to your use of the product, please contact your local distributor or manufacturer, and your local competent authority. For more information, see [www.hollister.com/authority](http://www.hollister.com/authority) or contact your local distributor.

Rx Only

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