

Warning: Read all package insert warnings, precautions, and instructions prior to use. Failure to do so may result in severe patient injury or death.

Indication:
Intermittent Catheterisation (e.g. neurogenic bladder dysfunction)

Contraindication:

- Insurmountable urethral obstruction
- Urethral injuries
- Urethral inflammation
- Latex allergy (for products containing natural rubber latex) in this instance only 5143 and 5105 contain latex

Direction for Use

Male

Before each catheterisation make sure you have all you need together e.g. a new catheter, a lubricating gel (if used), cleansing materials.

1. Wash your hands thoroughly and cleanse the genital area (as you have been shown by your Health Care Professional).
2. Position yourself as you have been shown.
3. Remove the catheter from the packaging. You may wish to either insert lubricant into your urethra or apply the lubricant to the catheter, prior to insertion.
4. Pull back the foreskin, then holding your penis up, with your other hand push the catheter gently into the urethra.
5. Insert the catheter until urine begins to flow.
6. You may feel more resistance as the catheter enters the bladder. Do not worry, relax and push gently. Once urine flows, maintain the position of the catheter and try to avoid further insertion.
7. When the urine stops flowing, gently push the catheter a little further into the bladder and wait to see if more urine flows.
8. When you are happy that your bladder is empty, slowly withdraw the catheter. If more urine flows, stop and wait for it to cease, and then continue to withdraw.

Most Councils recommend first rinsing the used catheter and either seal in a plastic bag or wrap in newspaper before putting in the normal household waste.

- Never burn any used catheters on domestic fires or incinerators
- Never flush them down the toilet

Female

Before each catheterisation, make sure you have all you need together e.g. a new catheter, lubricating gel (if used), cleansing materials.

1. Wash your hands thoroughly and cleanse the genital area (as you have been shown by your Health Care Professional) and always from front to back.
2. Position yourself as you have been shown.
3. Remove the catheter from the packaging. You may wish to either insert lubricant into your urethra or apply the lubricant to the catheter, prior to insertion.
4. It may be beneficial to use a mirror with light to identify your urethral opening. (For product information please contact our customer services on 01494 532761).
5. Open the labia with two fingers. Using the other hand, gently insert the catheter into the urethral opening. You may feel more resistance as the catheter enters the bladder. Do not worry, relax and push gently. Once urine flows, maintain the position of the catheter and try to avoid further insertion.
7. When the urine stops flowing, gently push the catheter a little further into the bladder and wait to see if more urine flows.
8. When you are happy that your bladder is empty, slowly withdraw the catheter. If more urine flows, stop and wait for it to cease, and then continue to withdraw.

Most Councils recommend first rinsing the used catheter and either seal in a plastic bag or wrap in newspaper before putting in the normal household waste.

- Never burn any used catheters on domestic fires or incinerators
- Never flush them down the toilet

