

# InstantCath Intermittent Catheter

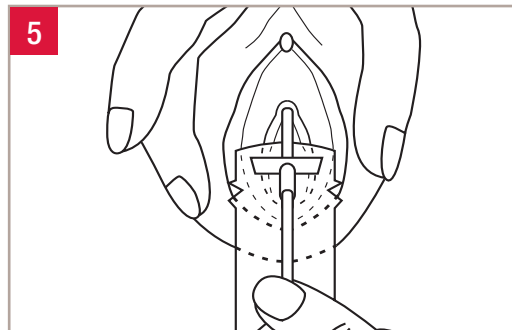
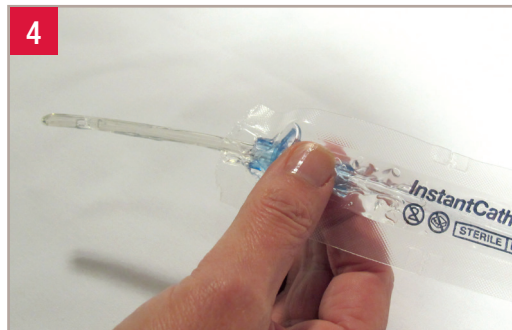


## Instructions for Use

- 1 Wash your hands



- 2 Tear open funnel end at desired point (Either of the 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.

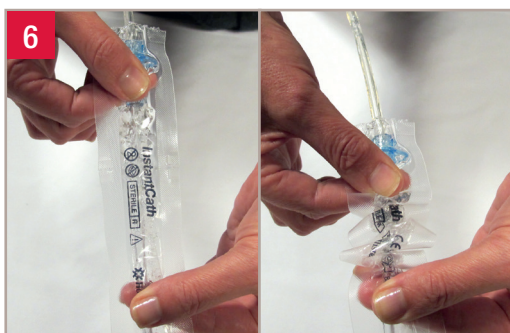
### Inserting the Catheter

Use non dominant hand to spread labia and the other hand to grasp the catheter on the viewing window. Introduce catheter into your urethra until 1 cm from blue insertion guide.

# InstantCath Intermittent Catheter



## Instructions for Use



### Inserting the Catheter - Cont'd

Move your non 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.

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