

Girls' Guide for Use



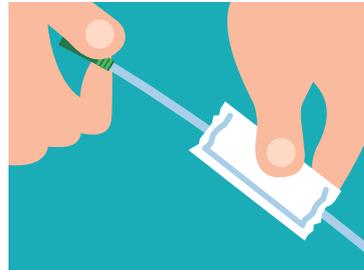
1 Wash hands with soap and water.



2 Apply lubrication to catheter on the end with the eyelets (little holes). There are a couple of ways to apply lubrication to your catheter.

- Tear off the top of the lubricant packet, or open the tube of lubricant. Apply the lubricant to the tip and all along the length of the catheter.

-or-



- Tear off both ends of the lubricant packet, and slide the catheter inside the packet, moving the catheter back and forth.

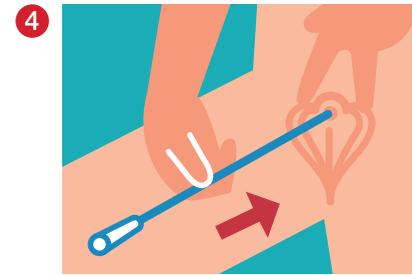
Remember! Take care not to touch the catheter with your fingers.

Hint: Lubricant is very slippery! If you drop your catheter on the floor or counter, be sure to start over with a new one.



3 Use two fingers to open up the area around the urethra.

Clean the area around the opening of the urethra with soap and water, or a cleansing wipe.



4 With your other hand, slowly insert the catheter into your urethra until it reaches your bladder and pee starts to come out. Be sure the open end of your catheter is pointed into the toilet. When the pee stops, slowly pull the catheter out. Pee may start to flow a little bit more. That is normal. Just pause and wait for pee to stop again before removing the catheter.



5 Throw the catheter away in the garbage. Do not flush it down the toilet.



6 Wash your hands again with soap and water.



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.

WARNING: 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.

PRECAUTION: Please consult a medical professional before using this product if any of the following conditions are present: Severed urethra, unexplained urethral bleeding, urethritis—inflammation of the urethra. Self-catheterization 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 catheterization frequency varies by person, the recommended frequency of your catheterization should be provided by your healthcare practitioner. For any other questions about your catheterization, please contact your healthcare practitioner.

CAUTION: RX ONLY. Federal (USA) Law restricts this device to sale by or on the order of a physician or other healthcare practitioner licensed under state law to order this product. Prior to use of this device, be sure to read (i) the complete information on how to use this device including Warnings, Cautions, and Instructions for Use, and (ii) all other package inserts and labels supplied with the product.