

# User Guide Advance Plus™ & Advance Plus Pocket™ Touch Free Intermittent Catheter System



1. Wash hands.



2. Fully fold back the packaging by peeling down on the clear side of the package.



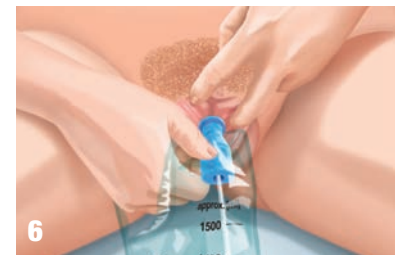
3. Remove the red cap from the protective tip of the catheter.



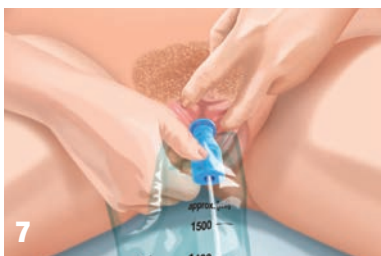
4. Hold the gel reservoir in one hand and with the other hand move the catheter forward until tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.



5. Spread the labia and cleanse around the opening of the urethra with mild, unscented soap or a non-alcoholic wet wipe.



6. Holding the gel reservoir gently, insert the protective tip until the base comes in contact with the urethral opening. Keep the protective tip in place. Release the labia.



7. The gel reservoir should be held gently in place until the catheter has passed through the urethra and into the bladder. As you advance the catheter and the pouch begins to gather, if you want to pull back the pouch, hold the catheter firmly through the gel reservoir. This action will help prevent the catheter from slipping out of the urethra before you gently pull back on the pouch. Continue to insert the catheter forward until the urine starts to flow. Once urine has stopped flowing, slowly withdraw the catheter.



8. To empty before disposing, tear at notch to drain the urine.



9. Dispose of the catheter and package.



To view a video of “Instructions For Use”, please visit our website  
[www.hollister.com.au](http://www.hollister.com.au)

Search with keyword “Advance” and click on link to product page,  
scroll down for video instructions.

**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.

- Ready-to-use, single-use intermittent catheter
- Not made with natural rubber latex
- Protective tip and collection bag supports no-touch insertion technique
- Unique gel reservoir
- 2 Ultra-smooth catheter eyelets
- Colour-coded funnel
- 1500 mL collection bag

#### 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 healthcare professional 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

**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.

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