

A Hollister Technology

You can be assured this intermittent catheter, which your clinician has recommended, has the features to help you catheterise with confidence.

- 1 Touch Free protective tip**  
helps the catheter bypass environmental bacteria
- 2 User-regulated gel reservoir**  
lets users control catheter lubrication
- 3 Integrated collection bag with large handle**  
allows touch free catheterisation

Coping with a spinal cord injury is very challenging.

You may feel physically and emotionally exhausted. You may find it hard to remember all of the information being given to you, and you may find it difficult to acquire new skills as quickly as you would like.

Here are some helpful tips from people who have been through similar situations with spinal cord injury:

- Ask questions! Write down your questions, and write down the answers also. Have a friend or family member help you keep track of the answers by writing notes in this booklet
- Be patient with yourself and with those around you. It will take time for you to feel comfortable and adjusted to the changes created by your injury
- Set small goals each day. Celebrate reaching those goals
- Find someone you can truly connect with; someone who can support you emotionally. This might be a nurse or doctor, a friend or family member, or a member of a support group
- Be proactive. Ask for what you need and learn about the ways you can adapt to your injury

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**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 practitioner.

- Ready-to-use, single-use intermittent catheter
- Latex-free
- 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

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 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. Generally, for urethral intermittent self-catheterisation (ISC), it is typical to catheterise at least 4 times a day between 6-8 hour intervals. If you are unsure about your catheterisation, please contact your healthcare practitioner.

**NOTE:** Store boxes in a flat position and at normal room temperature.

## Advance Plus

Touch Free Intermittent Catheter System



## Guide for Use



 **Hollister**

 **Hollister**

Hollister Advance Plus intermittent catheter features Touch Free technique enabling users to catheterise with confidence—virtually anytime, anywhere.

**People First:  
Denise Miller, Scotland**

*“The difference is like night and day”, says Denise. Her new product has opened her front door and her delight in rediscovering the great outdoors is palpable.*

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**Customer Engagement**

Australia 1800 880 851  
New Zealand 0800 678 669



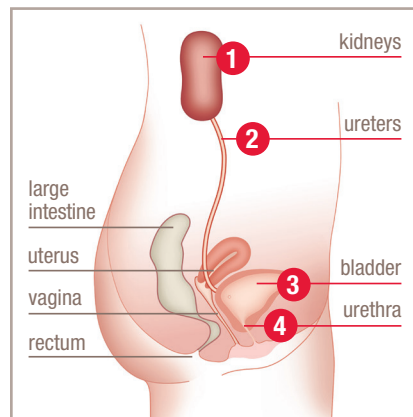
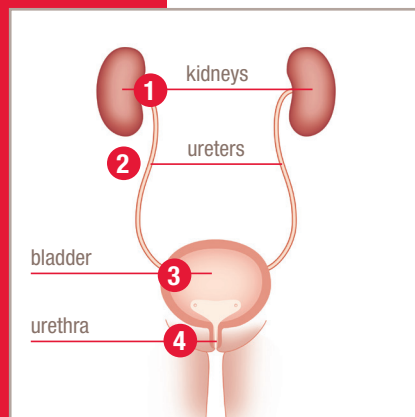


## Advance Plus

Touch Free Intermittent Catheter System

*Confidence. Pure and Simple.*

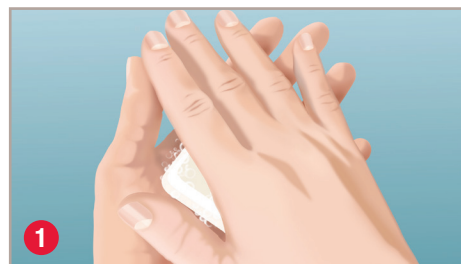
### How the Urinary System Works



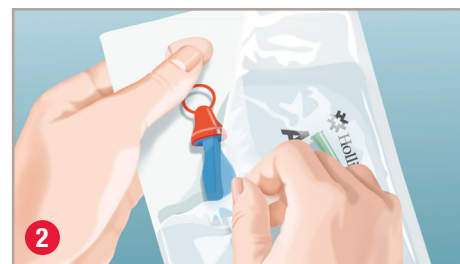
- 1 Urine is produced by the kidneys, which filter the waste products out of your body.
- 2 The liquid waste is passed via tubes called ureters to your bladder, the organ that stores urine.
- 3 When the bladder becomes full – a signal is sent to the brain to tell the urethral sphincter muscle to relax and the bladder to contract.
- 4 Urine flows down the urethra – the natural tube through which urine exits the bladder, and out of the body.

### Self-Intermittent Catheterisation (SIC)

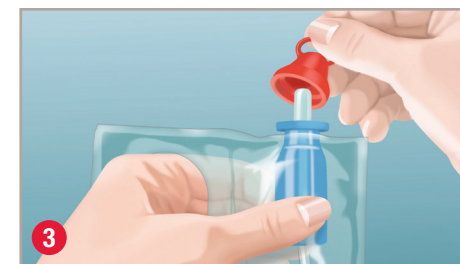
When the bladder does not empty on its own, SIC may be recommended. Self-catheterisation should be carried out under medical advice and only in accordance with instructions provided. It involves using a catheter to drain urine from your bladder via the urethra. Urine should be expelled on a regular basis throughout the day to keep the body healthy.



Wash hands with mild soap and water.



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



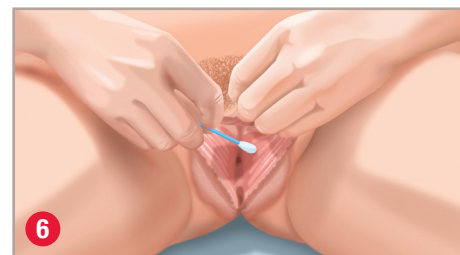
Remove the red cap from the protective tip of the catheter.



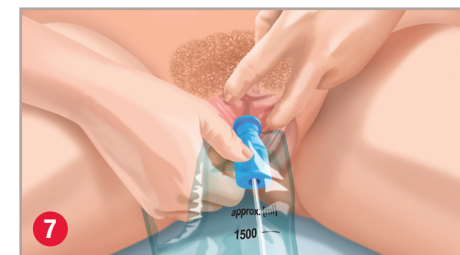
Hold the gel reservoir (without squeezing) in one hand and with the other hand move the catheter forward until tip of the catheter fills the protective tip. Ensure the catheter does not protrude from the tip.



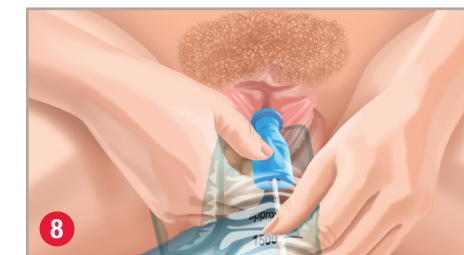
Lay the catheter on the opened package, so the tip is positioned over the paper, taking care not to contaminate the catheter tip.



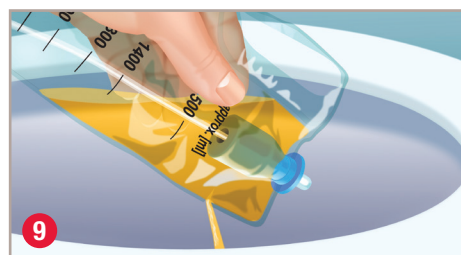
Spread the labia and cleanse around the opening of the urethra with mild, unscented soap or a non-alcoholic wet wipe.



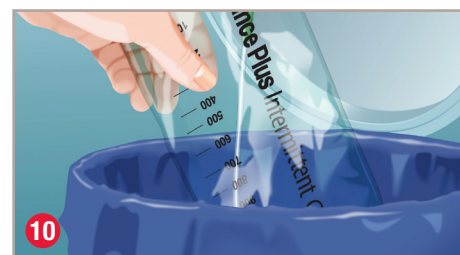
Continue holding the labia apart with two fingers. Holding the gel reservoir gently, insert the protective tip until the base comes in contact with the urethral opening. Keep the protective tip in place. Release the labia.



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.



To empty before disposing the product, tear the collection bag at the notch to drain the urine into a toilet or other collection device.



The catheter may be disposed of in a waste basket. DO NOT FLUSH DOWN TOILET. Wash hands with mild soap and water.

### Notes

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