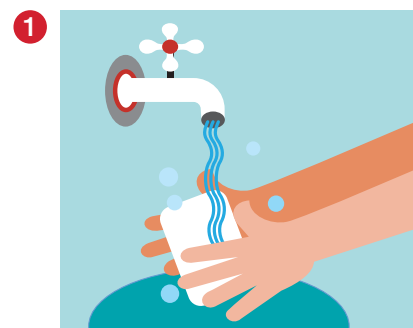
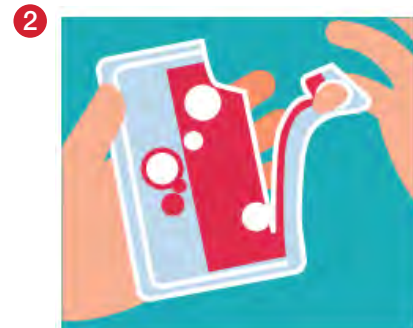


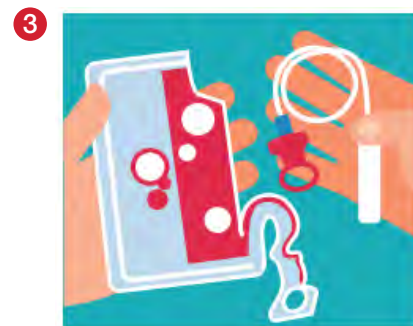
## Girls' Guide for Use



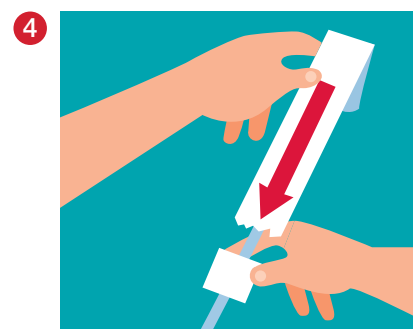
**1** Wash hands with soap and water.



**2** To open the catheter package, use the hole at the top to pull toward you. Pull at least halfway down.



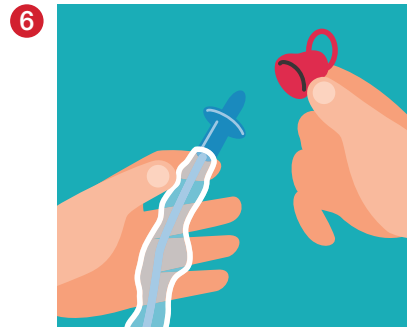
**3** Remove the catheter from the package.



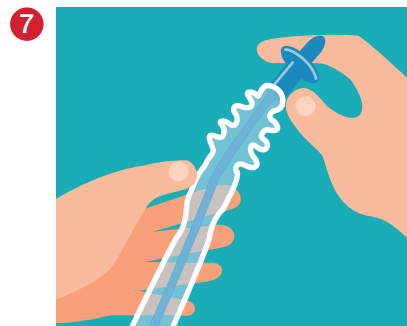
**4** Slip the paper band toward the catheter to release the collection bag.



**5** 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.

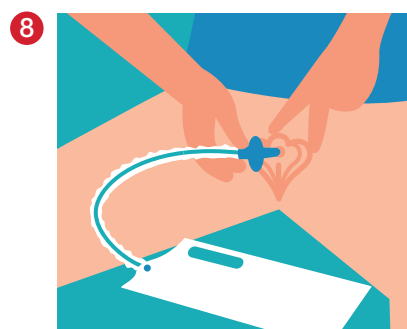


**6** Remove the red ring cap from the tip of the catheter.



**7** Hold the catheter in one hand. With the other hand, push the catheter forward until the top of the catheter goes in the protective tip. Be careful that the catheter does not poke through the tip.

*Hint: The protective sleeve helps to keep germs off the catheter. You can touch the catheter anywhere along the sleeve.*

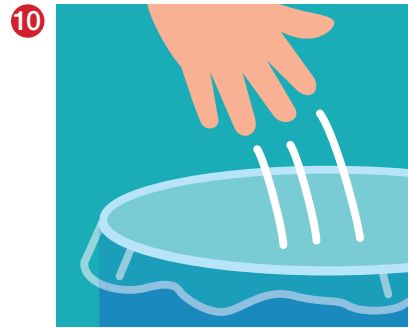


**8** Use two fingers to open up the area around the urethra. Grasp the catheter below the plate at the end of the protective tip. Insert the protective tip until the plate comes in contact with your body. Relax, and slowly slide the catheter up into your bladder until the pee starts to come out.

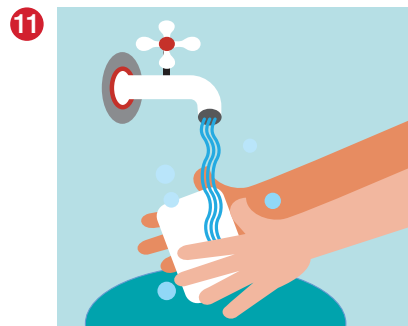
When the pee stops, slowly pull the catheter out. Pee may start to flow a little bit more. That is normal. Just pause and wait for pee to stop again before removing the catheter.



**9** Tear at the arrow to open and empty the collection bag before throwing it away.



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



**11** 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.

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