User Guide VaPro™ Catheters

1. Assemble all equipment and prepare the area.

2. Wash your hands as advised by your healthcare professional.

3. Position yourself to carry out intermittent catheterisation. Manipulate your clothing to access your genitalia.

4. Open the package and leave the product in the package. To open package, pull top finger hole toward you and at least halfway down. Leave package on the lap, sink, or other flat surface.

5. Spread the labia with two fingers of your non-dominant hand. Cleanse around opening of urethra as instructed by your healthcare practitioner.

6. Remove catheter from package.

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

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

9. Grasp catheter below protective tip plate.

Featuring HydraBalance™ Lubricating Technology

HydraBalance
Lubricating Technology

VaPro
No Touch Intermittent Catheter

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Making a difference in the journey of life.

10. Part the labia with two fingers and insert the protective tip until the plate comes in contact with urethral opening.

11. Relax the labia and use the fingers of your non-dominant hand to hold the protective tip in place as you insert the catheter with your dominant hand until the urine starts to flow.

12. Once urine flow has stopped, slowly withdraw the catheter. If urine flows again, pause until urine stops. After you're sure the bladder is empty, remove the catheter completely.

13. Catheter may be disposed of in a waste bin. DO NOT FLUSH DOWN TOILET.

14. Wash your hands.

Not made with natural rubber latex. Intermittent catheter not made with PVC or phthalates. This product consists of: polyurethane sleeve, and thermoplastic elastomer tip and tubing.

Indications and Intended 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.

WARNINGS Do not use if package is damaged or opened. 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.

Precautions: 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

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 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. Contact a healthcare professional for help with continence care products. In case of serious injury (incident) in relation to your use of the product, please contact your local distributor or manufacturer, and your local competent authority. For more information, see **www.hollister.com/authority** or contact your local distributor.

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