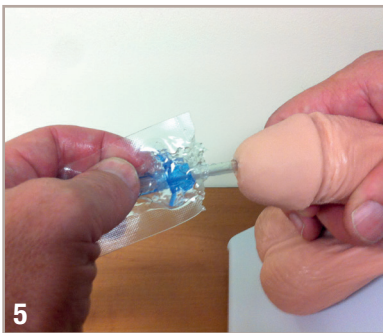
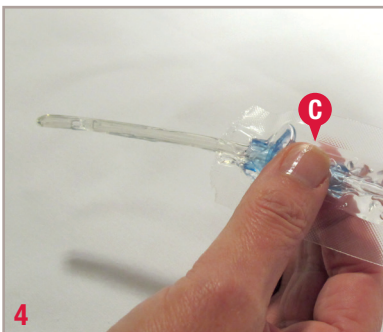


InstantCath™ Intermittent Catheter Guide for Use

- 1 Assemble all equipment and prepare the area. Wash your hands as advised by your healthcare professional. Position yourself to carry out intermittent catheterization. Manipulate your clothing to access your genitalia.
- 2 Tear open funnel end of package (A). Tear open tip end at (B). Leave catheter in package. [Image shows tip end of package removed]

Guide for Use:
Men



Preparation

Hold the penis with your non-dominant hand and don't let go until you have finished the procedure. Pull back foreskin (if present) and cleanse the glans and opening of urethra as instructed by your healthcare professional.

Advance catheter tip until it appears beyond top end of package. Direct funnel end towards toilet or collection device.

Using your forefinger and thumb of your non-dominant hand squeeze penis gently to open urethral opening.

Inserting the Catheter

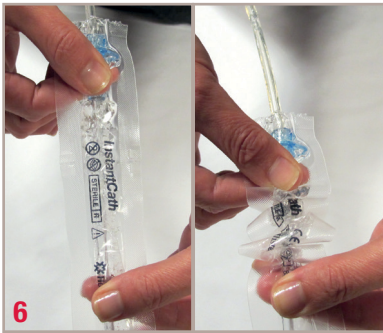
With your dominant hand hold the catheter below the holding mechanism (C).

With the penis stretched and in upright position, insert the catheter until urine starts to flow. If you want to pull back the sleeve, hold the catheter firmly below the holding mechanism (C) to help prevent catheter from slipping out of urethra.



- **Packaging** allows the catheter to be gripped anywhere along the length of the catheter
- **Ready to use** pre-lubricated with gel
- **Tapered** funnel
- Sterile packaging can serve as a **drainage extension**
- **Not made with** natural rubber latex

InstantCath™ Intermittent Catheter Guide for Use



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.

Relax foreskin (if present).



Disposal

Catheter may be disposed of in waste bin.

Do not flush down the toilet

Wash your hands.



Helpful Hint:

To prevent catheter sliding back into sleeve or out of the urethra simply squeeze harder between your thumb and forefinger so the catheter cannot move.

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Indications and Intended Use: 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.

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 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)

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.

Notes: 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 EC Rep or local distributor.

USA: Rx Only.

Caution: 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.