

# Cure Catheter™ (Uncoated)

## Instruction Guide to Clean Intermittent Self-Catheterization

### FOR WOMEN



By following the simple steps for clean intermittent self-catheterization with the **Cure Catheter™ (Uncoated)** catheter, it is possible to quickly master the technique and make the process part of your daily routine for bladder management and urinary tract health. **This instruction guide is not a substitute for medical advice from your healthcare provider.**

#### How Often Should I Catheterize?

Your healthcare provider will let you know how often you will need to perform clean intermittent self-catheterization and the size of the catheter you will need. Normally, this process is performed every four hours starting when you wake up in the morning and continues every four hours until bedtime. Some people catheterize on a more frequent schedule. Most people who catheterize do not need catheterization at night. Your healthcare provider will let you know if you need catheterization at night.

#### Clean Intermittent Self-Catheterization Instructions for Women

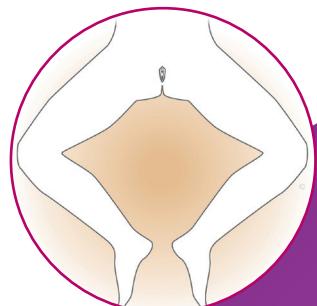
Intermittent self-catheterization with a catheter can be performed in a sitting, standing, or lying position. Do what is most comfortable for you. If possible, stand in front of the toilet, sit nearby on a chair or wheelchair, or sit on the toilet with your legs spread apart.

**1.** Before you begin, urinate if you can. Then, gather the following materials:

- The Cure Catheter™ (Uncoated) in a sealed wrapper
- Something to cleanse the area: Soap, water and a washcloth or unscented disposable wipes
- A container to collect the urine if not cathing on or near a toilet
- Hand towel

## Clean Intermittent Self-Catheterization Instructions for Women Continued

2. Inspect the catheter and package. If either one is damaged, do not use
3. Wash hands thoroughly with soap and water, or if not available, use an antibacterial hand cleaner
4. Lay out the equipment so it is within easy reach. Open the Cure Catheter™ (Uncoated) package, but do not touch the catheter
5. Position yourself comfortably. Arrange clothing out of the way. If sitting on the toilet, spread your legs far apart. If lying down, bend your knees and place your heels together in a "frog-like" position (shown)
6. Using the non-dominant hand, separate the labia with the thumb and forefinger to locate the urethra
7. With the labia separated, wash the urethral area from front to back thoroughly with soap, water and washcloth or unscented disposable wipe. Never go back and forth over the urethral opening. Repeat washing from front to back with the different areas of the washcloth or disposable wipe
8. With your dominant hand, insert the catheter gently into the urethral opening (shown). Continue to insert the catheter about 5 cm (2 in) until urine begins to flow. If sitting on the toilet with legs spread apart, the urine can drain into the toilet. If lying down, place the funnel end of the catheter into a container to collect the urine. Hold it in place until urine stops flowing
9. When urine stops flowing, slowly rotate the catheter between your fingers while withdrawing it. If urine starts to flow again, stop withdrawing the catheter and let the urine drain. To completely remove the catheter, pinch off the end and pull it out. This will prevent urine from flowing back into the bladder
10. Consult your healthcare provider if you notice any unusual odour and/or cloudy, hazy urine
11. The Cure Catheter™ (Uncoated) is intended for one-time use



### We're here to help

The **me+** program offers support and tools to help make life easier as a catheter user with information on proper product use, and answers to the most commonly asked questions about clean self-catheterization.



Speak with a member of the **me+** support team today. Call **1-800-465-6302** (Mon-Fri, 8:00am-6:00pm ET).

For more information, visit [convatec.ca](http://convatec.ca)



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