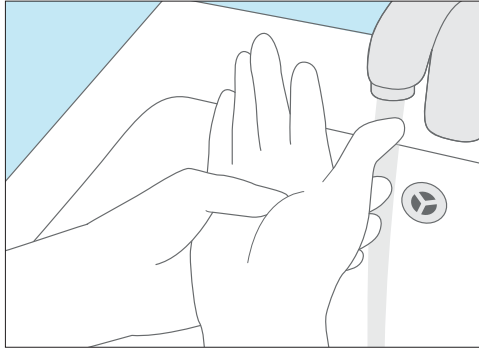
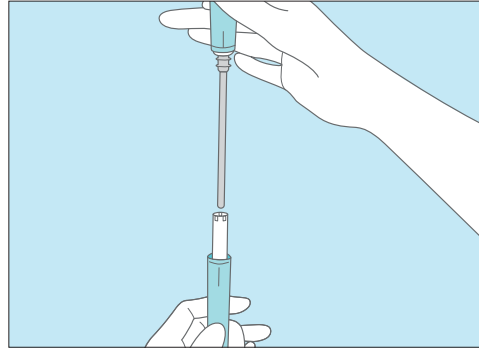


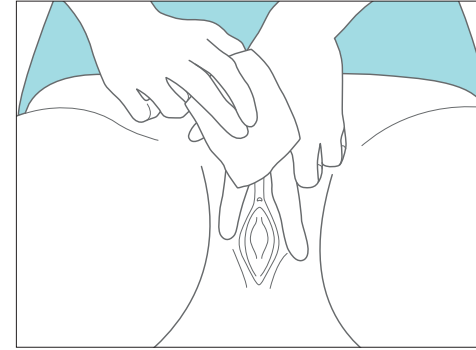
# Catheterisation for women\*



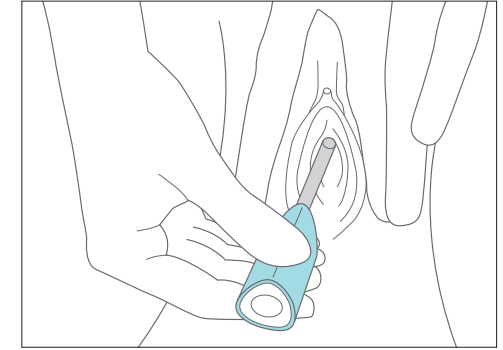
Wash your hands



Open the catheter



Disinfect



Catheterisation

*This description of the procedure is for right-handed persons. A left-handed person would need to adapt the procedure accordingly.*

- 1 Wash your hands.
- 2 Place all materials required ready within easy reach.
- 3 Remove your clothes so that an unobstructed catheterisation is possible.
- 4 Position yourself seated on the toilet. In public bathrooms without integrated disinfection systems you should, if possible, carry out the intermittent self-catheterisation standing up.

- 5 Position your catheter within reach. Recommended: use the ready-made catheter Speedi-Cath® with the pre-activated coating. This requires less effort and saves time.
- 6 Disinfect your hands.
- 7 Use a suitable disinfectant spray. Alternatively, you can use sterile compresses with a mucus membrane disinfectant.
- 8 Using the index and middle fingers on the left hand, spread apart the inner and outer labia. Carry out the disinfection according to the specifications of your doctor.

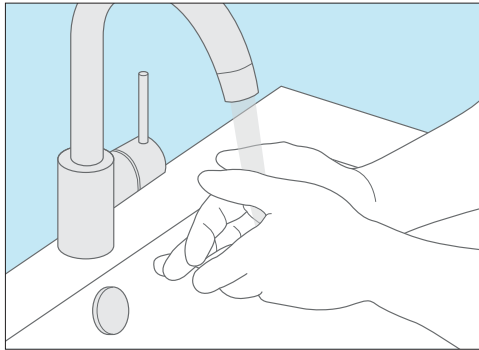
- 9 After a short time, pull apart the labia again and remove the first compress.
- 10 Dab the opening of the urethra once with the second sterile compress.
- 11 When using an uncoated catheter the lubricant must now be inserted into the urethra.
- 12 Hold the catheter at the rear end with the thumb and forefinger of the right hand to remove it from the packaging. When using a compact catheter, pull it out of the gripping sleeve.

- 13 Spreading the labia, guide the catheter into the urethra while observing (using a handsfree cathing mirror), until urine begins to flow. Then feed the catheter 1–2 cm deeper into the bladder.
- 14 Once the urine stops, turn the catheter slightly and pull out slowly, to completely empty the bladder.
- 15 Dispose of the used material into a waste receptacle and wash your hands.

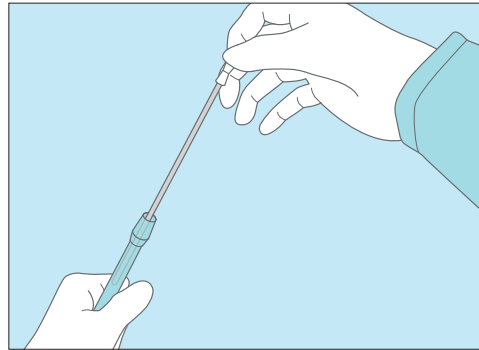
**Never use force when inserting the catheter. Otherwise, there is a significant risk of injury to the delicate urethra!**

\*Please read the enclosed instructions for use carefully before using the product.

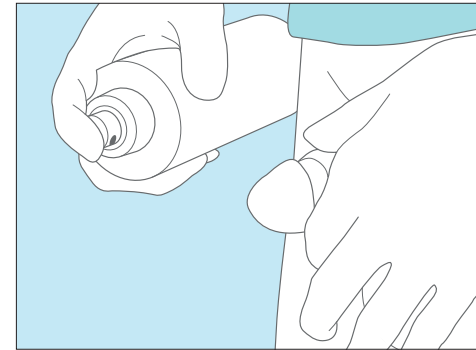
# Catheterisation for men\*



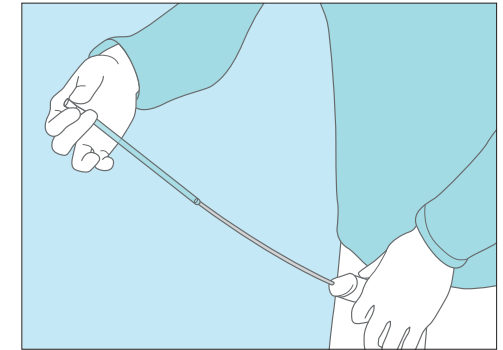
Wash your hands



Open the catheter



Disinfect



Catheterisation

*This description of the procedure is for right-handed persons. A left-handed person would need to adapt the procedure accordingly.*

- 1 Place all materials required ready within easy reach.
- 2 Wash and disinfect your hands.
- 3 Remove your clothes so that an unobstructed catheterisation is possible.
- 4 Position yourself either sitting or standing, depending on physical impairment.

- 5 Hold the shaft of the penis with the left hand. Pull back the foreskin and gently spread apart the urethral opening with the thumb of the left hand.
- 6 Carry out the disinfection according to the specifications of your doctor.
- 7 Keeping the packaging vertical, unscrew the lid and open the packaging. Pull the catheter completely out of the tube until you hear a click. The catheter is now ready for use. Only touch the catheter at the white connector, so that it will not become unsterile.

- 8 Hold the penis with the left hand and lift it towards the abdomen at approximately a 60° angle. Lightly stretching the penis, with the right hand guide the catheter 6–8 cm deep into the urethra. You will then feel some resistance. Lower the penis into the natural position and feed the catheter further into the urethra until urine flows from the bladder.
- 9 Once the urine flow stops, withdraw the catheter little by little, to completely empty the bladder.

**Never use force when inserting the catheter. Otherwise, there is a significant risk of injury to the delicate urethra!**

\*Please read the enclosed instructions for use carefully before using the product.