

Cure Catheter™ Closed System

Instruction Guide to Sterile Intermittent
Self-Catheterization

FOR MEN



By following the simple steps for sterile intermittent self-catheterization with the pre-lubricated **Cure Catheter™ Closed System**, 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 sterile 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.

Sterile Intermittent Self-Catheterization Instructions for Men

Sterile intermittent self-catheterization can be performed while sitting, standing or lying down. Do what is most comfortable for you. If standing, stand in front of the toilet. If sitting, sit on the toilet with your legs apart or on a chair or wheelchair with an underpad on your lap.

1. Inspect the Cure Catheter™ Closed System before use. If catheter or package is damaged, do not use
2. Wash hands thoroughly with soap and water or an antibacterial hand cleaner
3. Open the Cure Catheter™ Closed System
4. Get in a comfortable position. Arrange clothing out of the way. If sitting on the toilet, spread your legs apart. If sitting on a chair or wheelchair, place the underpad in your lap with your legs apart. If lying down, use the underpad. Knees can be straight or bent

Sterile Intermittent Self-Catheterization Instructions for Men Continued

- Remove the cap from the introducer tip and slide the catheter to within 2 mm (1/8 in) of the top of the silicone tip. **DO NOT** slide the catheter past the introducer tip yet
- Hold the penis upright on the sides so that the urethra is not pinched
- Retract the foreskin if the penis is uncircumcised. Wash the glans penis from the urethral opening (tip) to the base of the glans as instructed by your medical provider. Wash with a circular motion from the tip outward. Do not wash back and forth over the urethral opening
- With your non-dominant hand, hold the penis at a 45 to 60-degree angle from the body. With the dominant hand, insert the introducer tip into the urethra. Hold it securely in place with the thumb and forefinger of the non-dominant hand, while still grasping the base of the penis with the remaining fingers (shown)
- Once you have steadied the penis and secured the introducer tip in place, use the dominant hand to grasp the catheter through the bag close to the base of the introducer shaft and slowly push it through the introducer tip into the urethra
- Gently slide the catheter until you meet resistance at the urethral sphincters. **DO NOT** pull the catheter in and out when you meet resistance; just apply gentle but firm continuous pressure until the catheter advances into the bladder. Continue to slide the catheter through the urethra in short 5 cm (2-3 in) movements until the catheter reaches the bladder and urine begins to flow
- When urine stops flowing, slowly rotate the catheter through the bag between your fingers while withdrawing the catheter. If urine starts to flow again when withdrawing the catheter, stop each time it flows and let the urine drain. Continue to slowly withdraw the catheter until the bladder is empty and the catheter is removed. If you are uncircumcised, make sure you bring the foreskin back over the glans penis when you are finished
- To empty the bag, hold it upright and put your thumb in the hole provided at the top of the bag (shown right). Grasp the tab and tear downwards at the perforation located above "To Empty Tear Here". Pour out the urine through the opening into the toilet. Dispose of the bag properly
- Consult your healthcare provider if you notice any unusual odour and/or cloudy, hazy urine
- The Cure Catheter™ Closed System 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 sterile 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



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