

Cure Medical® Pocket Catheter

Instruction Guide to Clean Intermittent Self-Catheterization

FOR MEN



By following the simple steps for clean intermittent self-catheterization with the (uncoated) **Cure Medical® Pocket 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.

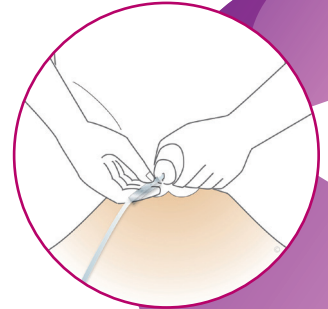
Clean Intermittent Self-Catheterization Instructions for Men

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 Medical® Pocket Catheter 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
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 Medical® Pocket Catheter package, but do not touch the catheter

Clean Intermittent Self-Catheterization Instructions for Men Continued

5. 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 with soap, water and washcloth or unscented disposable wipe. Wash with a circular motion from the tip outward. Do not wash back and forth over the urethral opening. Repeat the washing two more times with different areas of the washcloth or with a new unscented wipe each time
6. Remove the catheter from the package. Slide the protective gripper sleeve down the catheter to within 4-6 inches of the insertion tip. The sleeve will help ensure sterility of the catheter during insertion
7. Apply a liberal amount of supplied lubricant to the tip and first several inches of the catheter
8. While holding the penis upright with one hand at a 45 to 60-degree angle from the body, slowly insert the lubricated catheter into the penis using your dominant hand (shown). Reposition the plastic sleeve as the catheter is advanced into the penis. 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
9. Once the catheter has passed half the length of the urethra, lower the penis and slide the catheter the rest of the way into the bladder until urine flows. Hold it in place until urine stops flowing. Allow the bladder to empty completely
10. 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. When the bladder is empty, completely remove the catheter by pinching off the end and pulling it out. This will prevent urine from flowing back into the bladder. If you are uncircumcised, make sure you bring the foreskin back over the glans penis when you are finished
11. Consult your healthcare provider if you notice any unusual odour and/or cloudy, hazy urine
12. The Cure Medical® Pocket Catheter 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**

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AP-71514-CAN-ENG-v1(v1.0) V1851EN