

Cure Catheter™ (Uncoated)

Instruction Guide to Clean Intermittent Catheterization for Parents of Girls

(Children 2 - <12 years of age. Adolescents 12 - <18 years of age)



By following the basic steps for clean intermittent catheterization with the **Cure Catheter™ (Uncoated)** catheter, it is possible to quickly master the technique. As many parents have found, the process becomes a simple part of a daily routine for your child's 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 My Child?

Your healthcare provider will let you know how often your child will need to be catheterized and the size of the catheter you should use. Normally, intermittent catheterization is performed every four hours starting when your child wakes up in the morning and continues every four hours until bedtime. Some children are catheterized on a more frequent schedule. Most children who are catheterized do not need catheterization at night. Your healthcare provider will let you know if your child needs catheterization at night. For school age children, it is important to maintain their catheterization schedule throughout the school day. The school nurse will be able to assist your child, if necessary.

Clean Intermittent Catheterization Instructions for Parents of Girls

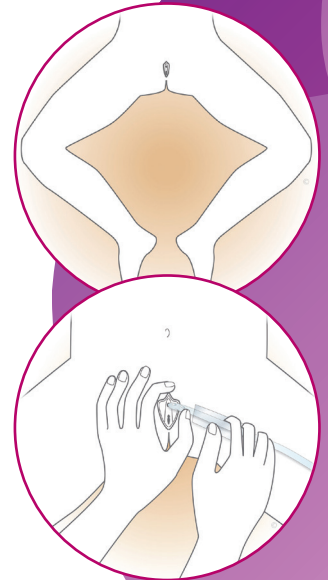
Depending on the age of the child, catheterization can be done lying down on an underpad, sitting on the toilet, standing in front of the toilet or sitting in a chair or wheelchair.

1. Before you begin, 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 Catheterization Instructions for Parents of Girls Continued

2. Inspect the catheter before use. If the catheter or the package is damaged, do not use
3. Wash hands thoroughly with soap and water, or use an antibacterial hand cleaner
4. Have the child urinate, if possible
5. Position your child in a comfortable position. For younger girls, lying down with the knees bent in a “frog-like” position works well (shown). Older girls can sit on the toilet or in a chair or wheelchair with their legs spread far apart
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 the washing two more times from front to back with different areas of the washcloth or with a new unscented wipe each time
8. With your dominant hand, insert the catheter gently into the urethral opening (shown). Continue to insert the catheter until urine begins to flow. Hold it in place until urine stops flowing
9. When urine stops flowing, slowly rotate the catheter between your fingers while withdrawing the catheter. If urine starts to flow again, stop withdrawing the catheter and let the urine drain. When the bladder is empty, finish removing the catheter
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 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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