

# Cure Twist®

## Instruction Guide to Clean Intermittent Self-Catheterization

### FOR WOMEN



By following the simple steps for clean intermittent self-catheterization with the pre-lubricated **Cure Twist®** 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?

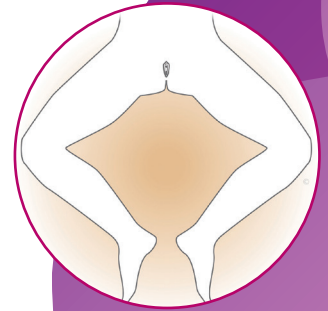
Your healthcare provider will let you know how often you will need to perform clean intermittent self-catheterization and the size of the catheter you will need. Normally, this process is performed every four hours starting when you wake up in the morning and continues every four hours until bedtime. 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

Most women who perform intermittent self-catheterization sit on the toilet. (The shorter length Cure Twist® is ideal for this technique because the shorter catheter is less likely to touch the toilet). Other positions include sitting in a chair or wheelchair or lying down with pillows behind the back. Do what is most comfortable for you to pass the catheter into the urethra. Initially, you may want to use a mirror to help visualize the urethral opening where the catheter is inserted. It may take time for you to locate the proper opening. Eventually, most women learn to catheterize by touch and feel.

## Clean Intermittent Self-Catheterization Instructions for Women Continued

1. Before you begin, gather the following materials:
  - Cure Twist® catheter in a sealed package
  - Something to cleanse the area: Soap, water and a washcloth or unscented disposable wipes
  - A container to collect the urine if not cathing while sitting on a toilet
  - Hand towel
2. Inspect catheter before use. If catheter or package 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. Remove the easy, twist-off cap on the Cure Twist® catheter package
5. Position yourself comfortably. Arrange clothing out of the way. If sitting on the toilet, spread your legs far apart. If lying down, bend 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 Cure Twist® 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 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 Cure Twist® 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, finish removing the catheter
10. Consult your healthcare provider if you notice any unusual odour and/or cloudy, hazy urine
11. The Cure Twist® catheter is intended for one-time use



## We're here to help

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**me+**

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](https://convatec.ca)



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AP-66004-CAN-ENG-v1 (v1.0) V1852EN