

Hydrophilic Cure Catheter™

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 **Hydrophilic Cure 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.

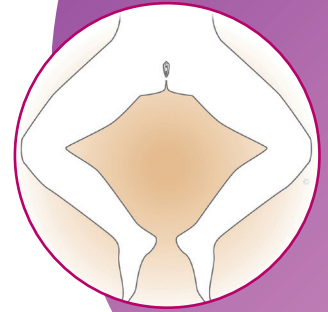
Clean Intermittent Catheterization Instructions for Parents of Girls

Depending on the age of the child, intermittent 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 hydrophilic Cure 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 while sitting on or near a toilet
 - Hand towel
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

Clean Intermittent Catheterization Instructions for Parents of Girls Continued

5. From the outside of the package, squeeze or press down on the pouch to distribute purified water throughout the package (shown) - hydrating the catheter for comfortable, lubricated insertion, without mess
6. Open the package, then remove the paper which covers the adhesive area on the catheter package and press the package adhesive area firmly to a vertical surface to prevent a spill
7. Position the child comfortably and move clothing out of the way. If the child is sitting on the toilet, legs should be spread. If lying down, bend the knees and place the heels together in a "frog-like" position (shown)
8. Using the non-dominant hand, separate the labia with the thumb and forefinger to locate the urethra
9. 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
10. Remove the catheter from the package. A unique, textured gripper sleeve is provided to enable you to easily hold and advance the catheter without touching it
11. With your dominant hand, insert the catheter gently into the urethral opening (shown). Continue to insert the catheter about 5 cm (2 in) until urine begins to flow. If the child is sitting on the toilet with legs spread apart, the urine can drain into the toilet. If the child is lying down, place the funnel end of the catheter into a container to collect the urine. Hold it in place until urine stops flowing
12. 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. To completely remove the catheter, pinch off the end and pull it out. This will prevent urine from flowing back into the bladder
13. Consult your healthcare provider if you notice any unusual odour and/or cloudy, hazy urine
14. The hydrophilic Cure 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 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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