

Cure Ultra™

Instruction Guide to Clean Intermittent Self-Catheterization

FOR MEN



By following the simple steps for clean intermittent self-catheterization with the pre-lubricated **Cure Ultra™** 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.

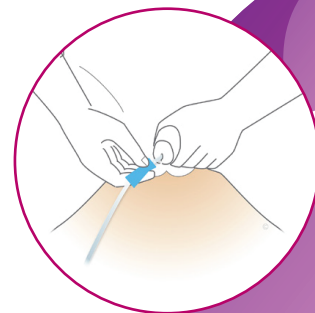
Clean Intermittent Self-Catheterization Instructions for Men

Intermittent self-catheterization 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, gather the following materials:
 - Cure Ultra™ 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 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

Intermittent Self-Catheterization Instructions for Men Continued

4. Lay out the equipment so it is within easy reach. Open the catheter package. The Cure Ultra™ package uses a notched opening system that allows for easy, one-piece opening. It also features a proprietary CoverAll application process for even distribution of lubricant as the catheter is removed from the package
5. Position yourself comfortably. Arrange clothing out of the way. If sitting on the toilet, spread your legs apart. If lying down, knees can be straight or bent
6. Hold the penis upright on the sides so that the urethra is not pinched
7. 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
8. While holding the penis upright with one hand at a 45 to 60-degree angle from the body, slowly insert the pre-lubricated catheter into the penis using your dominant hand (shown). A unique, textured gripper sleeve enables you to easily hold and advance the catheter without direct contact
9. 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
10. Continue to insert the catheter until urine begins to flow. If you are standing in front of the toilet or sitting on it with legs spread apart, the urine can drain into the toilet. If you are lying down, place the funnel end of the catheter into a container to collect the urine. Hold it in place until urine stops flowing
11. When urine stops flowing, slowly rotate the catheter 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
12. Some men have very tight sphincters or an enlarged prostate which makes it difficult to pass the catheter into the bladder. A catheter with a special, curved (Coudé) tip may make passing the catheter easier. If a catheter with a Coudé tip is needed, your doctor or nurse will show you how to use it to ensure that the control stripe is oriented correctly for proper insertion and withdrawal
13. Consult your healthcare provider if you notice any unusual odour and/or cloudy, hazy urine
14. The Cure Ultra™ 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**



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