

# User Guide VaPro Pocket™ Catheters



1. Assemble all equipment and prepare the area.

2. Wash your hands as advised by your healthcare professional.

3. Position yourself to carry out intermittent catheterisation. Manipulate your clothing to access your genitalia.



4. Open the package. To open package, pull finger hole toward you and all the way down.

5. Remove the catheter from the package. Leave pack on the lap, sink or flat surface. Lay catheter on opened package.



6. Spread the labia with two fingers of your non-dominant hand. Cleanse around the area of the urethral opening and genitalia as you were trained by your healthcare professional.



7. Remove the cap from the protective tip of catheter.

8. Hold the catheter in one hand, and with the other hand advance the catheter forward until tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.



9. Grasp catheter below protective tip plate.



**VaPro Pocket™**  
No Touch Intermittent Catheter



10. Part the labia with two fingers and insert the protective tip into the urethra until the plate comes in contact with urethral opening.



11. Relax the labia and use the fingers of your non-dominant hand to hold the protective tip in place as you insert the catheter with your dominant hand until the urine starts to flow.



12. Once urine flow has stopped slowly withdraw the catheter. If urine flows again, pause until urine stops. After you're sure the bladder is empty, remove the catheter completely.



13. Dispose of the catheter and packaging in a disposal bin. **DO NOT FLUSH DOWN TOILET.**

14. Wash your hands.

**WARNING: To help reduce the potential for infection and/or other complications, do not reuse.**

**WARNING:** If discomfort or any sign of trauma occurs, discontinue use immediately and consult your healthcare professional.

- Ready-to-use, single-use intermittent catheter
- Protective tip and sleeve supports no-touch insertion technique
- Colour-coded connector indicates catheter size
- Hydrophilic-coated, Phthalate-free catheter
- 2 smooth catheter eyelets
- Not made with natural rubber latex

#### INDICATIONS FOR USE

This intermittent catheter is a flexible tubular device that is inserted through the urethra by male and female patients who need to drain urine from the bladder.

**PRECAUTION:** Please consult your healthcare professional before using this product if any of the following conditions are present:

- Severed urethra
- Pronounced stricture
- Urethritis – inflammation of the urethra
- Epididymitis – inflammation of the epididymis (testicle tube)
- Unexplained urethral bleeding
- False passage
- Prostatitis – inflammation of the prostate gland

**PRECAUTION:** Self-catheterisation should follow the plan of care and advice given by your healthcare professional and be carried out only in accordance with the instructions for use provided. Because catheterisation frequency varies by person, the recommended frequency of your catheterisation should be provided by your healthcare professional. For any other questions about your catheterisation, please contact your healthcare professional.

**NOTE:** Store boxes in a flat position and at normal room temperature. This product consists of: polyurethane sleeve, thermoplastic elastomer tip, and tubing not made with DEHP.

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