

User Guide VaPro Plus Pocket™ Catheters



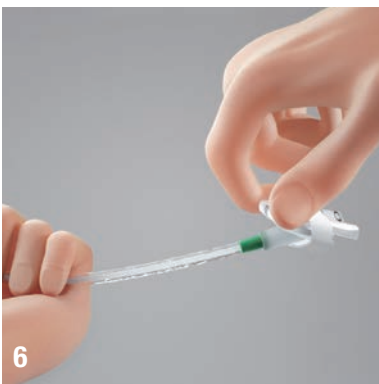
1. Assemble all equipment and prepare the area.

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

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



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

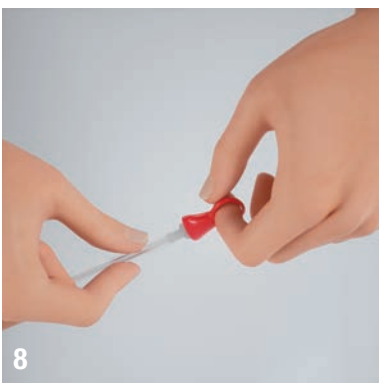


5. Remove catheter from package.

6. With collection bag facing up, hold the catheter in one hand while pushing the bag away from the catheter with the other hand to break the paper band. Unfold collection bag. Leave the catheter on the lap, sink, or other flat surface.



7. Spread the labia with two fingers of your non-dominant hand. Cleanse around opening of urethra as instructed by your healthcare practitioner.



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

9. 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.



10. Grasp catheter below protective tip plate.

Featuring HydraBalance™
Lubricating Technology



HydraBalance™
Lubricating Technology

VaPro Plus Pocket™
No Touch Intermittent Catheter



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



12. 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.



13. 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.

14. After catheterising hold collection bag by handle.

15. To empty the collection bag before disposing, tear at the arrow (Tear here to empty) to drain.



16. Catheter and integrated collection bag may be disposed of in a waste bin. **DO NOT FLUSH DOWN TOILET.**

17. Wash your hands.

Not made with natural rubber latex. Intermittent catheter not made with PVC or phthalates. This product consists of: polyurethane sleeve, polyethylene and elastomeric polymer collection bag, and thermoplastic elastomer tip and tubing.

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

WARNINGS Do not use if package is damaged or opened. To help reduce the potential for infection and/or other complications, do not reuse. If discomfort or any sign of trauma occurs, discontinue use immediately and consult your healthcare practitioner.

Precautions: Please consult your healthcare practitioner before using this product if any of the following conditions are present:

- Severed urethra
- Pronounced stricture
- Urethritis – inflammation of the urethra
- Unexplained urethral bleeding
- False passage

Self-catheterisation should follow the plan of care and advice given by your healthcare practitioner 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 practitioner. For any other questions about your catheterisation, please contact your healthcare practitioner.

NOTE: Store boxes at normal room temperature. Contact a healthcare practitioner for help with continence care products. In case of serious injury (incident) in relation to your use of the product, please contact your local distributor or manufacturer, and your local competent authority. For more information, see www.hollister.com/authority or contact your local distributor.

Rx Only

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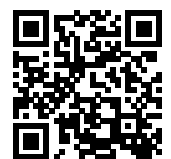
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