GentleCath™
that's a relief

Ordering Information

Material Description	French Size	Quantity per Unit	SKU	HCPCS
FEMALE PVC URINARY CATHETER				
FEMALE CATHETER PVC	08	100	501019	A4351
FEMALE CATHETER PVC	10	100	501020	A4351
FEMALE CATHETER PVC	12	100	501021	A4351
FEMALE CATHETER PVC	14	100	501022	A4351
FEMALE CATHETER PVC	16	100	501023	A4351

me+
www.gentlecath.com

If you have questions call the ConvaTec me+™ team at

1-800-422-8811
Monday-Friday 8:30am-7:00pm EST
CIC@convatec.com
www.convatec.com

Professional advice: our online video FAQ may help to answer some of your users' questions and concerns.

ConvaTec

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ConvaTec



Experience the difference™

GentleCath™ Intermittent Catheters
Helping to make the transition back to everyday life simple and safe.

GentleCath™
that's a relief

DEHP Free





Live the difference

Getting started

We understand that right now you might be going through a challenging time, entering a whole new phase in life. We are here to make the transition as smooth as possible, and to provide information and tips to help you move forward successfully!

We want you to experience the difference ConvaTec can make. With a long history of continence care, we can give you the support you need, whenever you need it. We're just a phone call away and always happy to answer any question you might have. Simply call the **ConvaTec me+™ team toll free at 1-800-422-8811** and one of our continence nurses will help you.

You probably received a lot of information from your healthcare provider, but we want to make sure you have all the important things in one place. In this booklet you will find information about how to use intermittent catheters, tips and troubleshooting, Medicare guidelines and much more.

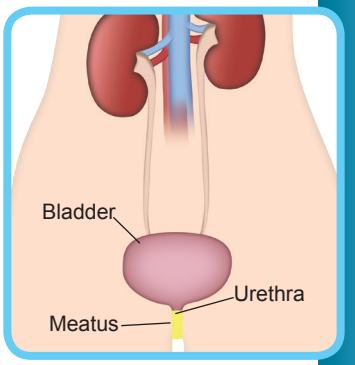
What is intermittent catheterization?

Intermittent catheterization means periodic insertion of a hollow plastic tube (a catheter) into the bladder to drain urine from the bladder.

Catheterization is done when the bladder is full, if you are unable to pass urine or after incomplete voiding to drain residual urine in the bladder.

Catheterization and your body

The bladder needs to be emptied 4-8 times a day (based on your fluid intake). The catheter is inserted into the urinary meatus (the little opening of the urethra where urine comes out) and then travels through the urethra to the bladder. Once the catheter is in the bladder it can drain the urine.



The advantages

- Catheterization prevents the bladder from over-filling
- It eliminates residual urine
- It helps prevent bladder infections
- It gives you independence

The GentleCath™ catheter difference:

Our GentleCath™ catheter is designed for maximum comfort, safety and ease of use. The tip is soft and rounded and the eyelets are polished and smooth for easy insertion.

What you need...

Before you begin, gather the following items: catheter, water-based lubricant, washcloth or antiseptic wipe, and a receptacle to void into if a toilet is not available.

Wash your hands thoroughly and then choose the position that is most comfortable for you. Move your pelvis forward as much as possible to get a better view. You may want to use a hand mirror at first so you can see everything and get an idea of insertion placement.







If you have any questions refer to the **Troubleshooting & Frequently Asked Questions** on page 6

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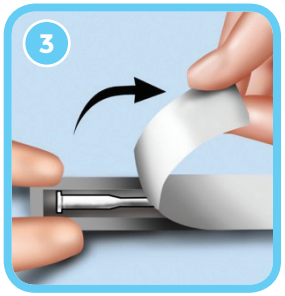
Step-by-step instruction guide



STEP 1: Wash hands thoroughly with soap and water.



STEP 2: Clean the genital area from the front to the back, from the inside to the outside, with soap and water.



STEP 3: Peel open the package.



STEP 4: Lubricate the catheter with water-soluble lubricant. Then take the catheter out of the package.



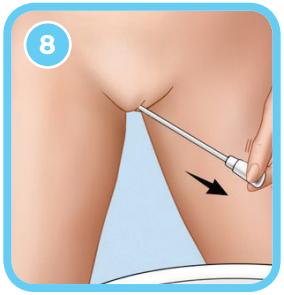
STEP 5: With one hand, spread the labia (the loose tissue on either side of the urethra) apart and lift it gently upwards. The urethra opening should now be visible.



STEP 6: With the other hand, slowly push the catheter into the urethra until the urine starts to flow. Make sure the funnel end is pointing into a container.



STEP 7: When the urine starts to flow, push the catheter in a little (one or two cms) to make sure that it is fully inside the bladder.



STEP 8: To make sure bladder is emptied completely, remove the catheter slowly and stop if more urine starts to flow.

When the bladder is empty withdraw the catheter slowly. Discard catheter after use. **Wash your hands.**

Troubleshooting & frequently asked questions

How often should I empty my bladder?

- Usually, first thing in the morning, last thing at night and about 2-3 times during the day.
- When you have the urge to urinate or your bladder contains 10-17 oz (300-500 mL) of urine.
- Check the amount when you empty your bladder to see that the bladder is not holding more than 17 oz (500 mL). If it is, you will need to catheterize more often.
- Whenever your doctor recommends.
- To help you keep track of your fluid intake and output, it might be helpful to make a daily chart like this or download one from www.gentlecath.com/support:

	Monday		Tuesday		Wednesday		Thursday		Friday	
TIME	Drink	Void: Oz.	Drink	Void: Oz.	Drink	Void: Oz.	Drink	Void: Oz.	Drink	Void: Oz.
8 AM										
9 AM										
10 AM										
11 AM										

I'm having trouble inserting, or removing, the catheter...

- You may feel some resistance when inserting or removing the catheter. If this happens, wait momentarily and take a few deep breaths until the sphincter muscle relaxes. You can also use more lubrication.
- Never force the catheter, neither when inserting nor upon removal.
- If you have trouble removing the catheter, don't panic! Relax and take some deep breaths, perhaps a little cough to relax the muscles as you remove it.
- Contact your health care provider immediately if you cannot get the catheter out.

No urine is draining...

- Check the eyelets at the tip of the catheter to make sure they are not blocked.
- Ensure the catheter is inserted far enough into the bladder.
- Pull the catheter back a short distance.
- If you are unable to drain for over 6-8 hours contact your healthcare provider.



Experience the difference™

How do I use a catheter when I am menstruating?

- You can catheterize as normal. It is even more important at this time to maintain meticulous hand hygiene to prevent accidental contamination of your catheter.

How do I use a catheter during pregnancy?

- In the early stages of pregnancy you can catheterize just as you do normally. As your body changes, you may need a longer catheter. Consult your healthcare provider for advice.

What about intimacy?

- You should be able to have sexual relations as before. Prior to sexual activity you may want to catheterize to ensure your own comfort and prevent the possibility of urine leakage. It is important to wash your genital area after sexual activity.

How do I obtain supplies?

- There are several retailers who will ship supplies right to your home. Call the ConvaTec me+™ team for more information **1-800-422-8811** (Monday-Friday 8:30am-7:00pm EST), go to www.convatec.com or email at CIC@convatec.com.

Questions about urinary tract infections (UTIs)

How can I avoid UTIs?

Urine is normally sterile and the normal flow of urine usually prevents bacteria from growing in the urinary tract. When urine stays in the bladder, however, bacteria have a chance to grow and infect the urinary tract.

You can help reduce the risk of UTIs in several ways:

- **Wash your hands thoroughly:** Hand washing and personal hygiene before and after you use a catheter are very important.
- **Drink enough fluids:** Try to drink at least 8-10 cups of fluids daily.
- **Use a catheter regularly:** Regular elimination of urine is important to help reduce the infection risk.

How will I know if there may be an infection?

- Fever
- Pain or a burning feeling when passing the catheter or urine
- Cloudy, oddly-colored or offensive-smelling urine
- The need to empty the bladder more often than usual
- Leakage between catheterizations
- Kidney pain

Contact your healthcare provider if you experience any of these symptoms.



Medicare guidelines

Many people have questions about Medicare guidelines regarding urinary catheter supplies. At ConvaTec, we want to give you the most up-to-date information possible.

Medicare: at-a-glance*

Per the Medicare guidelines for intermittent urinary catheterization, any person who utilizes intermittent catheters can receive one sterile intermittent catheter and one packet of lubricant for each catheterization.

- Physician orders should reflect the actual number of times you catheterize per day.
- Medicare will cover up to a maximum of 200 intermittent catheters per month with the following codes:
  - **A4351:** Intermittent urinary catheter with straight tip, with or without coating

Medicare's policy is designed to:

- Promote safety
- Reduce health care costs related to urinary tract infections
- Improve your quality of life
- Reduce risk of infection

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* The reimbursement information provided by ConvaTec is intended to provide general information relevant to coding and reimbursement of ConvaTec's products only. Coverage and payment policies for the same insurer can vary from one region to another and may change from time to time because of ongoing changes in government and insurance industry rules and regulations. Therefore please confirm HCPCS codes with your local DME-MAC, private insurer, or Medicaid agency before processing claims. ConvaTec does not guarantee coverage or payment of its products listed herein.

Support networks

There are many support groups locally and nationally that may be of interest to you once you have settled back in to a routine. We list some of them below.

The continence nurses at the ConvaTec me+™ team are also available to answer any questions you may have and direct you to a local support group.

ConvaTec me+™ team
1-800-422-8811
Monday-Friday 8:30am-7:00pm EST
CIC@convatec.com
www.convatec.com

Miami Project to Cure Paralysis
miamiproject.miami.edu
1-800-STANDUP (1-800-782-6387)

The Christopher Reeve Paralysis Foundation
www.crpf.org
1-800-225-0292

National Multiple Sclerosis Society
www.nmss.org
1-800-344-487

Paralyzed Veterans of America
www.pva.org
1-800-555-9140

The Simon Foundation
www.simonfoundation.org
1-800-23SIMON (1-800-237-4666)

Seekwellness
www.seekwellness.com
1-800-840-9301

