

A Catheter That Is Ready When You Are

TruCath Oasis® Ready-to-Use Hydrophilic Catheters are designed to provide a **convenient, comfortable option** for intermittent catheterization in daily life. The catheter is ready to use right out of the package—no separate lubricant or coating activation steps needed, helping reduce preparation and mess.

HR HealthCare

Materials Chosen With Your Safety in Mind

All TruCath Oasis catheters are **not made with natural rubber latex, DEHP, BPA, or other phthalates**—reducing allergy risks and chemical exposure.

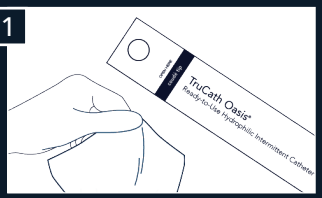


HOW-TO GUIDE

Self-Catheterization with TruCath Oasis

PREPARATION

1



Assemble equipment. Inspect packages. Discard and replace if any package is damaged.

2



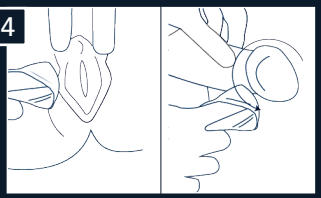
Perform hand hygiene (wash hands or use an alcohol-based hand rub).

3



Identify a comfortable position.

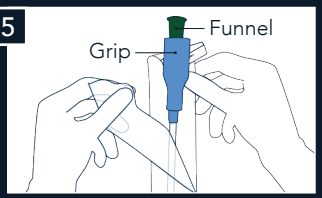
4



Wash genitals with soap and water, antibacterial soap, or nonalcoholic wet wipes if first catheterization of the day or after a bowel movement.

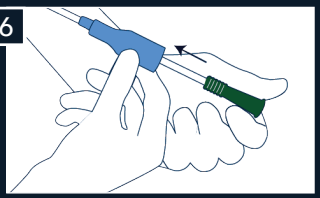
INSERTION

5



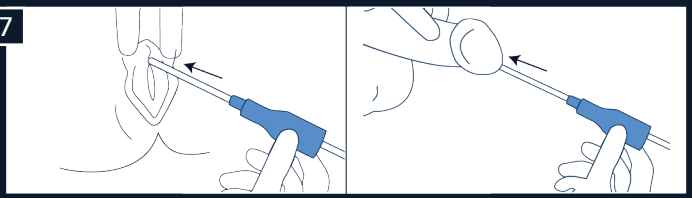
Open the package and expose the funnel.

6



Holding the funnel, slide the TruProtect Grip along the catheter towards the tip.

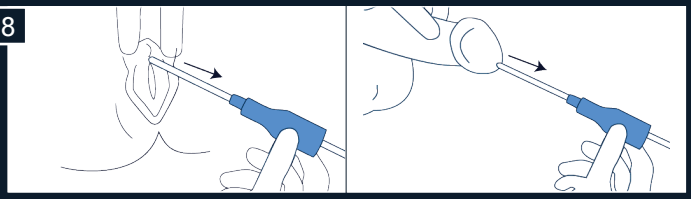
7



Carefully insert the catheter into the urethral orifice.* Advance the catheter towards the bladder. Stop advancing when urine starts to flow.

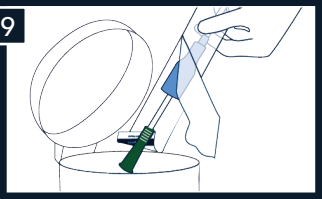
WITHDRAWAL

8



When urine stops flowing, begin to withdraw the catheter. Slowly rotate the catheter during withdrawal, stopping each time urine begins to flow until the bladder is empty. Remove the catheter from the urethra.

9



Dispose of used equipment and packaging.

10



Perform hand hygiene (wash hands or use an alcohol-based hand rub).

*Coudé Tip Catheters

Before insertion, ensure the curved tip angle is facing upwards. For guidance, use the raised line/ridge on the catheter funnel and blue line on the catheter tube to orient the catheter in an upward position. Always defer to the tip angle for positioning.

Getting Your Supplies to Your Door

HR HealthCare Patient Services brings together HR HealthCare products with supply services for a smoother, more personalized experience. We manage and guide the coverage process, provide product consultation, and handle supply management to support your intermittent catheterization needs.

Patient Services Support Includes:

- Management of supply coverage—insurances and plans.
- Ordering, deliveries, tracking, and reorders to ensure you have products when needed.
- Intermittent catheterization basics, product selection, best practices, routine use guidance, and UTI risk minimization protocols.

To learn more about TruCath Oasis Ready-to-Use Hydrophilic Catheters or receive support with your supplies, contact HR HealthCare:

Customer Care: 800.985.9048 | customercare@hrhealthcare.com

Patient Services: 877.424.2562 | patientservices@hrhealthcare.com

The information provided is for informational and educational purposes only and should not be considered medical advice or a treatment recommendation. Always follow the guidance of your healthcare professional and the product Instructions for Use (IFU) to ensure safe use. Scan the QR code or visit the HR HealthCare website for additional information: **https://www.hrhealthcare.com/instructions-for-use-safety-data-sheets-resources/**

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