Instructions for Use

Intermittent Male Catheter

Before you begin, gather the supplies you need to insert the catheter. You will need:

- TruCath™ Intermittent Catheter
- HR® Lubricating Jelly 3g OneShot
- Something to cleanse the area: soap, water and a wash cloth, or unscented wipes
- A container to collect the urine. (If you empty the urine right into the toilet, you won't need the container.)
- Hand towel









How to Use

If able, try to pass urine and empty your bladder as much as you can before using an intermittent catheter.

1. Wash hands throughly with soap and water and dry them.
2. Position yourself comfortably. If sitting on the toilet, spread your legs apart. If lying down, knees can be straight or bent.
3. Clean urethral opening and glans of the penis by pulling back foreskin (if present) with soap and water or an unscented wipe.
4. Apply lubrication to catheter with HR® Lubricating Jelly 3g OneShot packet.
   - Tear off top of the lubrication packet
   - Apply lubricant to tip and along the length of the catheter (first several inches of catheter)
5. Remove the catheter from the package.
6. Hold the penis upward with non-dominant hand and insert the catheter into the urethral opening with dominant hand. Guide the catheter until urine begins to flow. Hold in place until urine stops flowing. Ensure the funnel end is directed into a toilet or collection receptacle. When drainage is complete, slowly remove the catheter.
7. Dispose of the catheter in a waste bin - do not flush it down the toilet. Wash your hands with soap and water.

Consult your healthcare provider if you notice any unusual odor and/or cloudy, hazy urine.

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