Instruction Guide to Clean Self-Intermittent Catheterization for Women Using the Cure Ultra® and the Cure Ultra® *Plus*™

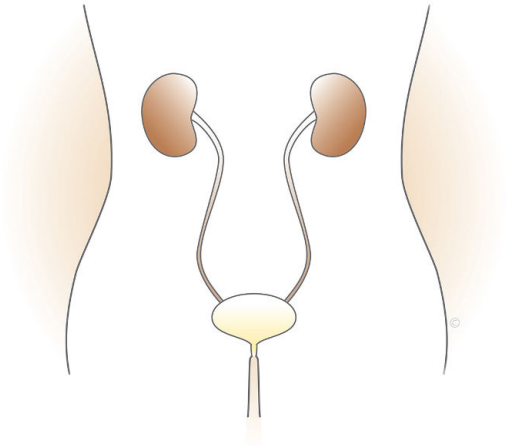
This educational material is provided by Convatec Continence Care in an effort to answer questions and address possible concerns about the intermittent catheterization process. By following the simple steps for clean self-intermittent catheterization, it is possible to quickly master the technique and make the process part of your daily routine for bladder management and urinary tract health.

Convatec Continence Care wishes to thank Anne Boisclair-Fahey, DNP, RN, CPNP, for writing this educational material. Her experience as a Senior Director of Advanced Practice Providers (APPS) at Children's Minnesota Hospital, combined with over 20 years of clinical expertise in pediatric urology as a pediatric nurse practitioner, make her contribution to this instruction guide invaluable.

This instruction guide is not a substitute for medical advice from your healthcare provider.

The Urinary System

The urinary system contains two kidneys, two ureters, the bladder and the urethra. The kidneys filter the blood and produce urine. The urine travels from the kidneys down the ureters and into the bladder, where it is stored until emptied during urination or catheterization. The urethra is the tube that empties the urine out of the body.



When the bladder is full, the brain sends a signal down the spinal cord to the bladder, causing it to empty. For people with spinal cord issues, the signal from the bladder to the brain gets interrupted, making them unable to empty their bladder.

When people are unable to empty their bladder on their own, they are at risk for urinary tract infections, as well as incontinence or involuntary loss of urine. When urine stays in the bladder and is not emptied, bacteria can grow, causing infections, which can lead to illness. Research has shown that self-intermittent catheterization helps reduce urinary tract infections, control urinary leakage (incontinence) and prevent urinary tract damage.

Introduction to Clean Self-Intermittent Catheterization

Intermittent catheterization is the periodic emptying of the bladder by the insertion of a hollow plastic tube (catheter) into the urethra, past the sphincter muscle and into the bladder. Urine then passes out of the bladder through the catheter.

Intermittent catheterization is used when a person is unable to empty her bladder. Medical conditions that often require intermittent catheterization include spinal cord injuries, spina bifida and multiple sclerosis, to name a few. Intermittent catheterization must be done at regular intervals each day to keep the bladder healthy.

Your healthcare provider has recommended clean self-intermittent catheterization to help empty your bladder and keep your urinary system healthy.

The sterile, single use Cure Ultra® is a ready-to-use catheter for women. The small package features an easy tear top and enables disposal of minimal material. The catheter features polished eyelets on a pre-lubricated straight tip and a unique 'No Roll' connector/funnel end. It is ideal when discretion and convenience are important considerations.



The Cure Ultra and Cure Ultra® *Plus*™ feature a pre-lubricated straight tip with smooth, fire polished eyelets and 'No-Roll' connector/funnel end

How Often Should I Catheterize?

Your healthcare provider will let you know how often you will need to perform clean self-intermittent catheterization and the size of the catheter you will need. Normally, self-intermittent catheterization is performed every four hours starting when you wake up in the morning and continues every four hours until bedtime. Some people catheterize on a more frequent schedule. Most people who catheterize do not need catheterization at night. Your healthcare provider will let you know if you need catheterization at night.

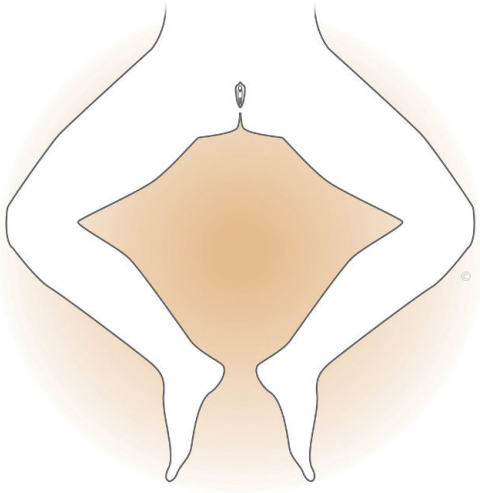
Where Do I Get Catheters?

You will be taught clean self-intermittent catheterization by your healthcare provider who will decide the size and style of catheter that you will need. Your healthcare provider will provide a prescription for the catheter supplies. The prescription will be sent to a medical supply company that will provide you with the supplies.

Clean Self-Intermittent Catheterization Instructions for Women

Most women who perform self-intermittent catheterization sit on the toilet. Other self-intermittent catheterization positions include sitting in a chair or wheelchair or lying down with pillows behind the back. Do what is most comfortable for you to pass the catheter into the urethra. Initially, you may want to use a mirror to help visualize the urethral opening where the catheter is inserted. It may take time for you to locate the proper opening. Eventually, most women learn to catheterize without a mirror.

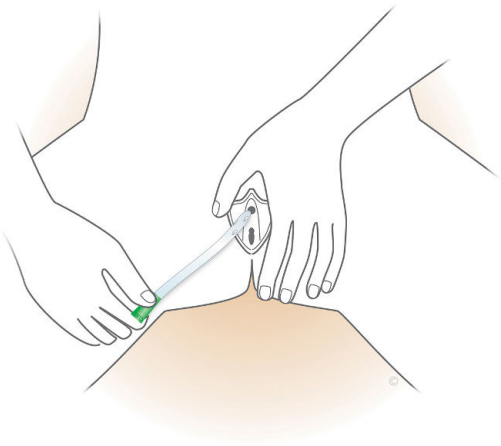
1. Before you begin, gather the following materials:
   - Cure Ultra® catheter in a sealed package.
   - Something to cleanse the area:
     Soap, water and a washcloth, or unscented disposable wipes.
   - Hand towel.
   - A container to collect the urine if not cathing while sitting on a toilet.
2. Inspect catheter before use. If catheter or package is damaged, do not use.
3. Wash hands thoroughly with soap and water, or if not available, use an antibacterial hand cleaner.
4. Lay out the equipment so it is within easy reach. Open the Cure Ultra® package, but do not touch the catheter.
5. Position yourself comfortably. Arrange clothing out of the way. If sitting on the toilet, spread your legs far apart. If lying down, bend your knees and place your heels together in a "frog-like" position (shown).



6. Using the non-dominant hand, separate the labia with the thumb and forefinger to locate the urethra. With the labia separated, wash the urethral area from front to back thoroughly with soap, water and washcloth or unscented disposable wipe - as instructed by your medical provider. Never go back and forth over the urethral opening. Repeat washing from front to back with the different areas of the washcloth or disposable wipe.
7. Remove the catheter from the package, being careful to only touch the colored funnel end.

Clean Self-Intermittent Catheterization Instructions for Women Continued

8. Using the non-dominant hand, separate the labia while using the dominant hand to insert the pre-lubricated Cure Ultra® gently into the urethral opening (shown). Continue to insert the catheter about 2 inches or until urine begins to flow.



9. If sitting on the toilet, the urine can drain into the toilet. If lying down, place the funnel end of the catheter into a container to collect the urine. Hold it in place until urine stops flowing. Allow the bladder to empty completely.

10. When urine stops flowing, slowly rotate the Cure Ultra® catheter between your fingers while withdrawing it. If urine starts to flow again, stop withdrawing the catheter and let the urine drain. When the bladder is empty, completely remove the catheter by pinching off the end and pulling it out. This will prevent urine from flowing back into the bladder.

Your Clean Self-Intermittent Catheterization Specifications

- Cure Ultra® catheter size:
  ◯ 8 FR ◯ 10 FR ◯ 12 FR ◯ 14 FR ◯ 16 FR

- Cure Ultra® *Plus*™ (8″) catheter size:
  ◯ 8 FR ◯ 10 FR ◯ 12 FR ◯ 14 FR ◯ 16 FR

- Catheterize _____times a day or every_____hours.

- Catheterization required at night: ◯ Yes or ◯ No

Healthcare Provider Contact Information:

_____ _____
Name Telephone Number

Healthcare Product Supplier Contact Information:

_____ _____
Name Telephone Number

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