Cure Aqua®

Female step-by-step user guide

Step 1: Prepare yourself and your environment

- Wash your hands with warm, soapy water, then dry them thoroughly.
- Get into a comfortable position near or on the toilet.
- Clean your genital area with warm, soapy water or a wipe, gently wiping from front to back.

Step 2: Prepare your product

- Use the dual finger loops on the top of the pack to peel it open easily.
- Use the sticky dot located on the back of the package to hang it vertically on a wall or smooth surface.
- Locate the protective no-touch sleeve. To keep the process hygienic and reduce contamination risk, only touch the sleeve and/or the colored funnel, do not touch the catheter itself.

Step 3: Insertion and voiding

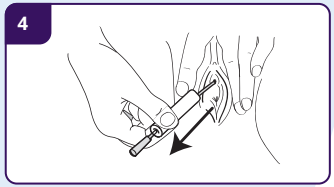
- Spread your labia and lift gently upwards to find your urethra.
- Make sure the catheter tip does not touch any other part of your body and isn't inserted anywhere else other than your urethra. If it does, you'll need to use a new catheter.
- Slowly and steadily insert the catheter into your urethra until urine begins to drain.
- Push it in another inch to ensure that both holes at the tip of the catheter are in the bladder.
- Now urine will flow through the catheter and into the toilet.

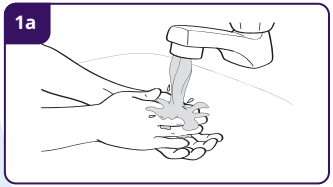
Step 4: Removal

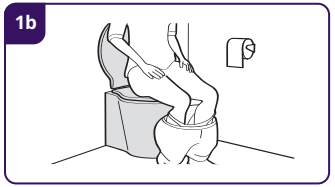
- Once the urine has stopped flowing, you'll gently begin to remove the catheter from your urethra.
- If more urine begins to flow, stop moving the catheter until it finishes.
- You can then continue to remove the catheter, taking your time and ensuring you don't rush.
- You may notice a small amount of urine still comes out, but this is common and nothing to worry about.

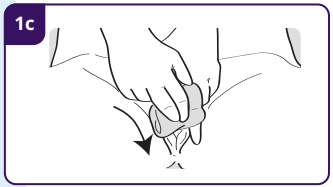
Step 5: Disposal

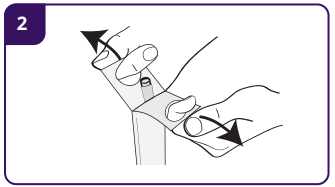
- Once finished, remove the catheter and discard it immediately.
- Cure Aqua® is a single-use device and should be disposed of in the household waste.
- Be sure to use a new catheter each time you self-catheterize; do not reuse or reinsert the catheter.
- Thoroughly wash your hands when you're done.

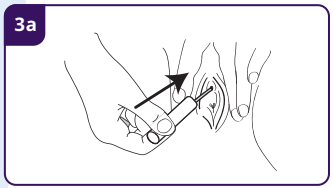


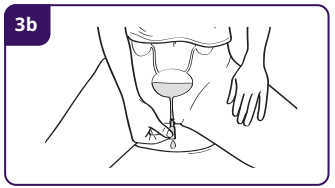


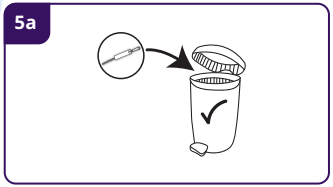


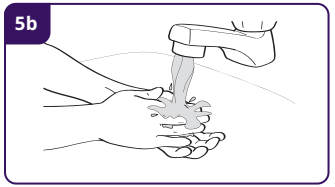












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You're never alone with the Convatec me+ support program

Designed to help you live confidently with intermittent self-catheterization

convatec me+

What Convatec me+ offers you:

Educational tools & guides
A variety of resources to help you master your routine and feel confident.

Interactive video guides
Fully personalized experiences that show you how to catheterize and answer common questions.

Emotional well-being
A 10-module video program and workbook designed to help you navigate the emotional impact of catheterization.

Inspiration
Read stories from the Convatec me+ community of users who are living active, confident lives.

Speak with a member of the Convatec me+ support team today.
Call 1-800-422-8811 (Monday to Friday, 8:30 AM-7:00 PM ET).

Cure Aqua® is made of safe materials, as it does not contain potentially toxic or allergenic chemicals (no DEHP*/DINP, BPA, or natural rubber latex).[1]

REFERENCES

1. Data on file. Convatec. 2024. **2.** Proposition 65 Warnings. Di(2-ethylhexyl)phthalate (DEHP). https://www.p65warnings.ca.gov/fact-sheets/di2-ethylhexylphthalate-dehp. Accessed June 2026.

*DEHP is used to soften PVC plastic and is suspected to reduce fertility. The chemicals are known to cause cancer, birth defects, and reproductive harm.[2] BPA, bisphenol A; DEHP, di(2-ethylhexyl) phthalate; DINP, diisononyl phthalate; PVC, polyvinyl chloride.

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