Instruction Guide to Self-Intermittent Catheterization For Women Using the Cure Dextra® Closed System

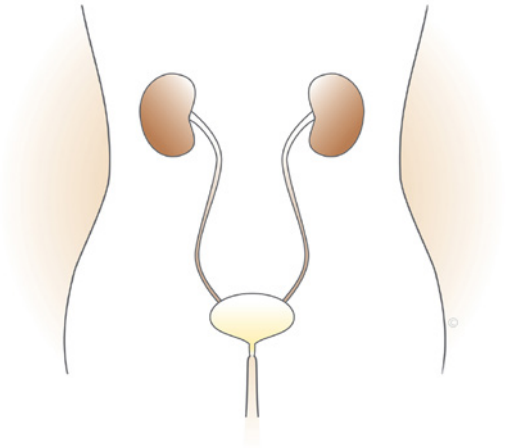
This educational material is provided by Convatec Continence Care in an effort to answer questions and address possible concerns about the intermittent catheterization process. By following the steps for self-intermittent catheterization, it is possible to quickly master the technique and make the process 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 Self-Intermittent Catheterization

Self-intermittent catheterization is the periodic emptying of the bladder by the insertion of a hollow plastic tube (catheter) into the urethra, past the sphincter muscles and into the bladder. Urine then passes out of the bladder through the catheter. Self-intermittent catheterization is used when a person is unable to empty her bladder herself. Medical conditions that often require self-intermittent catheterization include spinal cord injuries, spina bifida or multiple sclerosis, just to name a few. Self-intermittent catheterization must be done at regular intervals each day to keep the bladder healthy.

What is Self-Intermittent Catheterization?

Self-intermittent catheterization is normally performed as a clean technique, meaning gloves are not used, and the catheter can be held with bare, clean hands. However, your healthcare provider has recommended self-intermittent catheterization to help empty your bladder, keep your urinary system healthy and reduce urinary tract infections.

Self-intermittent catheterization typically means that gloves must be worn and the catheter is not touched, keeping it. However, with the Cure Dextra®, catheterization is performed without the need for gloves. The catheter is enclosed in a bag and protected from the bacteria on the urethral opening by the Cure Dextra® introducer tip. It is inserted into the body without contact. Then the catheter is advanced into the body by sliding the double ended Gripper Arrow forward and back using full strokes. This allows the user to perform self-intermittent catheterization without touching the catheter.

How Often Should I Catheterize?

Your healthcare provider will let you know how often you will need to perform 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 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.

Self-Intermittent Catheterization Instructions for Women

Most women who perform self-intermittent catheterization sit on the toilet, a chair or wheelchair when they insert the catheter into the urethra. Other women may perform it lying down with pillows behind their backs. Do what is most comfortable for you. Initially, you may want to use a mirror to help visualize the urethral opening where the catheter is inserted. The mirror can be placed on a low stool in front of the toilet seat. It may take time for you to locate the proper opening. Eventually, most women learn to catheterize by touch and feel.

1. Inspect the Cure Dextra® Closed System before use. If the catheter or package are damaged, do not use.

2. Wash hands thoroughly with soap and water or, if not available, an antibacterial hand cleaner.

3. Open the Cure Dextra® Closed System.

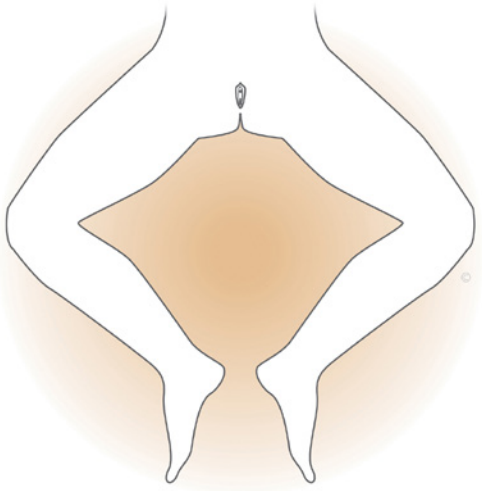
4. Position yourself comfortably. Arrange clothing out of the way. If sitting in a chair or wheelchair, spread your legs apart and place an underpad on the chair. If lying down, bend knees and place your heels together in a "frog-like" position.

5. Using the non-dominant hand, separate the labia with the thumb and forefinger, and locate the urethra.

6. With the dominant hand, wash the urethral area with soap and water or baby wipe from front to back. Do not wash back and forth over the urethral opening. Repeat the washing two more times with two different areas of the cloth or wipe.

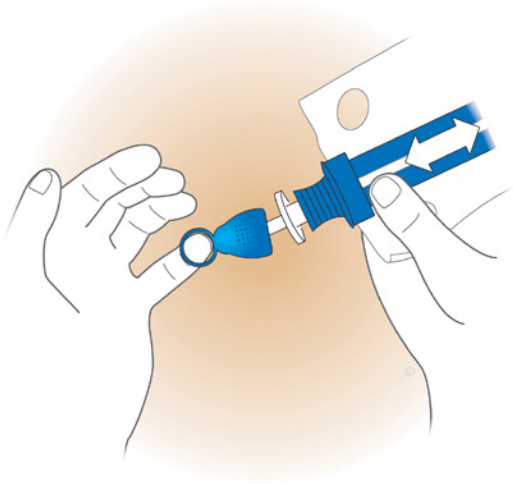


The unisex Cure Dextra® Closed System is not made with DEHP/DINP, BPA, or natural rubber latex. It features smooth, fire polished eyelets on a straight, pre-lubricated catheter tip with integrated 1000 ml collection bag



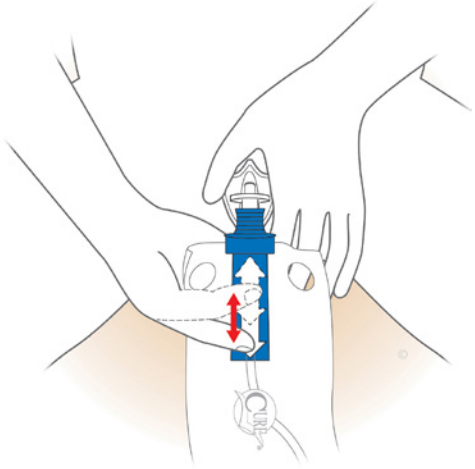
Self-Intermittent Catheterization Instructions for Women Continued

7. Remove the cap from the introducer tip. DO NOT advance the catheter past the introducer tip yet.



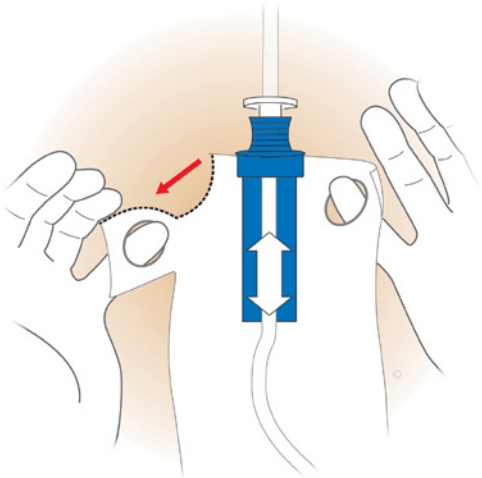
8. With the non-dominant hand hold the inner labia apart, use the dominant hand to insert the introducer tip into the urethra. A Support Band, on the bottom side of the collection bag, can give your dominant hand added control and stability. Secure the introducer tip in place with thumb and forefinger of the non-dominant hand.

9. Once you have secured the introducer tip in place, use the dominant hand to hold the Cure Dextra®. Slide the Gripper Arrow toward your body with a full stroke so the catheter advances through the introducer tip into the urethra. Once the slider is fully forward, push the Gripper Arrow fully back. The catheter will not retract on the back stroke. Repeat full forward and back motions to advance the catheter.



10. Using full strokes, gently advance the catheter about two inches (5cm). Do not pull the catheter in and out when you meet resistance; just apply gentle but firm continuous pressure until the catheter advances into the bladder. Continue to advance the catheter through the urethra until the catheter reaches the bladder and urine begins to flow. Keep the bottom of the urine bag down to help urine flow.

11. When urine stops flowing, slowly withdraw the catheter. If urine starts to flow again when withdrawing the catheter, stop each time it flows and let the urine drain. Then continue to slowly withdraw the catheter until the bladder is empty, and the catheter is removed.



12. To empty the bag, hold it upright and put your fingers in the openings provided at the top of the bag. Pull the finger openings apart to open the drain. Pour out the urine through the opening into the toilet. Dispose of the bag properly.

Your Self-Intermittent Catheterization Specifications

- Cure Dextra® Closed System size:
  ◯ 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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