How to use your GentleCath Air™ for Men

We have designed GentleCath Air™ for Men to be as simple as possible for you to use. But, it might take a little practice before you get the hang of it.

To start, get familiar with your kit with these instructions. However, please refer to the Instructions For Use supplied with GentleCath Air™ for Men before using the product.



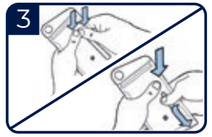
Instructions for use



Before you start, wash your hands thoroughly to help reduce infections.



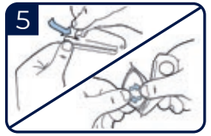
Gently pull back your foreskin (if applicable) and clean the area around your penis, especially around the urethral opening, with soap and water or an antiseptic wipe.



Activate your catheter by either pressing the bright blue dot to break the sterile water sachet or fold along the dotted line.



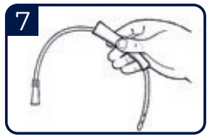
Let the water run down to the tip end of the pack. Use the catheter in the next 1-2 minutes.



Find the seal at the top of the packet. Tear the packet above the seal, then squeeze each side of the packet in opposite directions to pull apart.



Remove the catheter using the blue strip, so you never touch the catheter directly.



Slide the sleeve towards the catheter tip.



Hold the end of your penis and pull slightly to help straighten the urethra. Then, point your penis upwards, so the urethra is a u-bend shape. Remember not to squeeze it as this will narrow the urethral opening.



Holding the sleeve, slowly and steadily insert the catheter into your urethra until you feel a slight resistance. Now point your penis down and take a moment to relax. Then press slowly but firmly until the urine starts to flow.



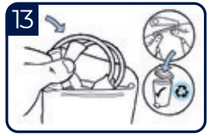
Once urine stops flowing, slowly remove the catheter. You may find it helpful to point your penis upwards as you remove it.



Fold your catheter into a circular shape.



Now twist it into a figure eight so that it is small enough to fit back into the pack.



Insert back into the pack and seal it. You can dispose of the catheter at a time that is convenient to you.

Create an instructional video guide that's personalised to your needs.

Just go to **gentlecath.com** and use the GentleCath™ Trainer.