H·R® RediCath™

Instructions for Use

Hydrophilic Coude Male Catheter

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

- RediCath™ Hydrophilic Coude Catheter with Water Pouch and Touch-Free Sleeve
- 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



Prior to Opening the Package

- Wash your hands thoroughly with soap and water.
- Break the Water Packet by applying pressure to the foil packet to release the water. Ensure all water is released from the foil packet.
- Wet the Catheter by holding the package with the printed side up and rock up and down in a seesaw motion for 15-20 seconds to ensure the hydrophilic coating is fully immersed on the catheters.



Opening the Package

- Peel Open the Package at the funnel end to expose approximately 4" of the catheter. Do not remove the catheter yet.
- For convenience, peel the blue sticker off near the finger hole and affix the catheter packaging to a hard surface such as a wall or bathroom fixture.





How to Use

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

1. Position yourself comfortably. If sitting on the toilet, spread your legs apart. If lying down, knees can be straight or bent.
2. Wash the urethral area from front to back with soap and water or an unscented wipe.
3. Remove the catheter from the package.
4. Angle the coude tip in the 12 o'clock position and insert into the urethra. Gently slide the catheter forward and use the notched funnel as a guide until you reach the bladder — you will feel some resistance when you reach the bladder sphincter. Continue to insert until urine starts to flow.
5. 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.
6. 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.

The RediCath™ Hydrophilic Coude Catheter is intended for one-time use.

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