



Experience the difference™

GentleCath™ Hydrophilic Catheters
Help reduce the risk of infection with no-touch catheterization^{1,2}





Live the difference

Getting Started

We understand that right now you might be going through a challenging time, entering a whole new phase in life. We are here to make the transition as smooth as possible, and to provide information and tips to help you move forward successfully!

We want you to experience the difference ConvaTec can make. With a long history of continence care, we can give you the support you need, whenever you need it. We're just a phone call away and always happy to answer any question you might have. Simply call the **ConvaTec Customer Interaction Center toll free at 1-800-422-8811** and one of our Wound, Ostomy Continence nurses will help you.

You probably received a lot of information from your healthcare provider, but we want to make sure you have all the important things in one place. In this booklet you will find information about how to use intermittent catheters, tips and troubleshooting and much more.

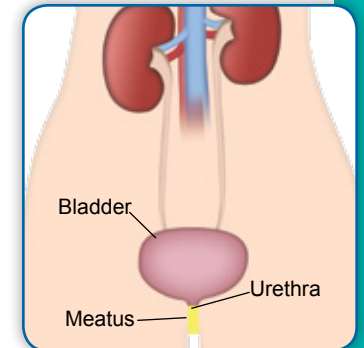
What is intermittent catheterization?

Intermittent catheterization means periodic insertion of a hollow plastic tube (a catheter) into the bladder to drain urine from the bladder.

Catheterization is done when the bladder is full, if you are unable to pass urine or after incomplete voiding to drain residual urine in the bladder.

Catheterization and your body

The bladder needs to be emptied 4-8 times a day (based on your fluid intake). The catheter is inserted into the urinary meatus (the little opening of the urethra where urine comes out) and then travels through the urethra to the bladder. Once the catheter is in the bladder it can drain the urine.



The advantages

- Catheterization prevents the bladder from over filling
- It eliminates residual urine
- It helps prevent bladder infections
- It gives you independence

New GentleCath™ Hydrophilic Catheters

Hydrophilic catheters are coated with a hydrophilic polymer that reacts with water to create a smooth, slippery coating on the surface of the catheter. Compared to uncoated catheters, hydrophilic catheters have been shown to reduce the incidence of urinary tract infections.³

Help reduce the risk of infection with no-touch catheterization^{1 2}

- GentleCath™ Hydrophilic catheters feature a no-touch handling strip which allows the user to catheterize without touching the catheter
- This no-touch catheterization is designed to help minimize the risk of infection



See the GentleCath™ Hydrophilic catheter and no-touch handling strip

What you need...

Before you begin, gather the following items: catheter, water-based lubricant, washcloth or antiseptic wipe and a receptacle to void into if a toilet is not available.

Wash your hands thoroughly and then choose the position that is most comfortable for you. Move your pelvis forward as much as possible to get a better view. You may want to use a hand mirror at first so you can see everything and get an idea of insertion placement.



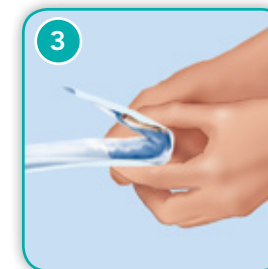
Step-by-step instruction guide*:



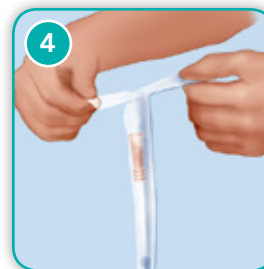
STEP 1: Wash hands thoroughly with soap and water.



STEP 2: Clean the genital area from the front to the back, from the inside to the outside, with soap and water.



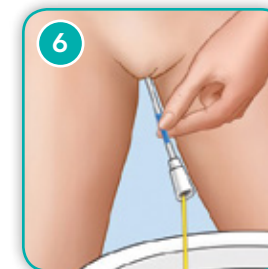
STEP 3: Break the sterile water sachet. Then let the water run down into the package.*



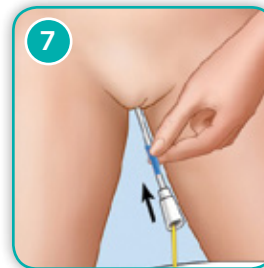
STEP 4: To activate the hydrophilic coating, make sure the catheter is soaked in water for at least 15 seconds. Open the package by peeling the tabs on the connector side.



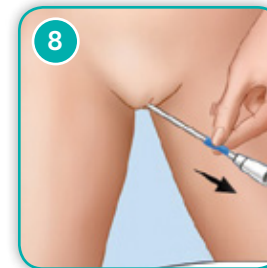
STEP 5: With one hand, spread the labia (the loose tissue on either side of the urethra) apart and lift it gently upwards. The urethra opening should now be visible.



STEP 6: With the other hand, slowly push the catheter into the urethra until the urine starts to flow. Make sure the funnel end is pointing into a container.



STEP 7: When the urine starts to flow, push the catheter in a little (one or two cms/half an inch) to make sure that it is fully inside the bladder.



STEP 8: To make sure bladder is emptied completely, remove the catheter slowly and stop if more urine starts to flow.

When the bladder is empty withdraw the catheter slowly. Discard catheter after use. Wash your hands.

* Please refer to the Instructions for Use for a detailed guide

Troubleshooting & frequently asked questions

How often should I empty my bladder?

- Usually, first thing in the morning, last thing at night and about 2-3 times during the day.
- When you have the urge to urinate or your bladder contains 10-18 fl oz (300-500 mL) of urine.
- Check the amount when you empty your bladder to see that the bladder is not holding more than 18 fl oz (500 mL). If it is, you will need to catheterize more often.
- Whenever your doctor recommends.
- To help you keep track of your fluid intake and output, it might be helpful to make a daily chart like this:

	Monday	Tuesday	Wednesday	Thursday	Friday
TIME	Drink Void: fl oz/mL	Drink Void: fl oz/mL	Drink Void: fl oz/mL	Drink Void: fl oz/mL	Drink Void: fl oz/mL
8 AM					
9 AM					
10 AM					
11 AM					

I'm having trouble inserting, or removing, the catheter...

- You may feel some resistance when inserting or removing the catheter. If this happens, wait momentarily and take a few deep breaths until the sphincter muscle relaxes.
- Never force the catheter, neither when inserting nor upon removal.
- If you have trouble removing the catheter - don't panic! Relax and take some deep breaths - perhaps a little cough to relax the muscles as you remove it.
- Contact your health care provider immediately if you cannot get the catheter out.

No urine is draining...

- Check the eyelets at the tip of the catheter to make sure they are not blocked.
- Ensure the catheter is inserted far enough into the bladder.
- Pull the catheter back a short distance.
- If you are unable to drain for over 6-8 hours contact your healthcare provider.



Experience the difference™

How do I use a catheter when I am menstruating?

- You can catheterize as normal. It is even more important at this time to maintain meticulous hand hygiene to prevent accidental contamination of your catheter.

How do I use a catheter during pregnancy?

- In the early stages of pregnancy you can catheterize just as you do normally. As your body changes you may need a longer catheter. Consult your healthcare provider for advice.

What about intimacy?

- You should be able to have sexual relations as before. Prior to sexual activity you may want to catheterize to ensure your own comfort and prevent the possibility of urine leakage. It is important to wash your genital area after sexual activity.

How do I obtain supplies?

- There are several retailers who will ship supplies right to your home. Call the ConvaTec Interaction Center for more information **1-800-422-8811** (Mon-Fri 8:30am-7:00 pm EST), go to www.convatec.com or email at CIC@convatec.com.

Questions about urinary tract infections (UTI's)

How can I avoid UTI's?

Urine is normally sterile and the normal flow of urine usually prevents bacteria from growing in the urinary tract. When urine stays in the bladder, however, bacteria have a chance to grow and infect the urinary tract.

You can help reduce the risk of UTI's in several ways.

- **Wash your hands thoroughly:** Hand washing and personal hygiene before and after you use a catheter are very important.
- **Drink enough fluids:** Try to drink at least 8-10 cups of fluids daily.
- **Use a catheter regularly:** Regular elimination of urine is important to help reduce the infection risk.

Avoid touching the sterile catheter- No-touch catheterization can help reduce the risk of infection.

How will I know if there may be an infection?

- Fever
- Pain or a burning feeling when passing the catheter or urine
- Cloudy, oddly-colored or offensive-smelling urine
- The need to empty the bladder more often than usual
- Leakage between catheterizations
- Kidney pain

Contact your healthcare provider if you experience any of these symptoms.



Medicare guidelines

Many people have questions about Medicare Guidelines regarding Urinary Catheter Supplies. At ConvaTec, we want to give you the most up-to-date information possible.

Medicare: at-a-glance*

Per the Medicare guidelines on Intermittent Urinary Catheterization, any patient who utilizes intermittent catheters can receive one sterile urological catheter and one packet of lubricant for each catheterization.

- Physician prescriptions should reflect the actual number of times a patient catheterizes per day.
- Medicare will cover one catheter per cathing episode up to a maximum of 200 intermittent catheters per month:
 - **A4351:** Intermittent urinary catheter with straight tip
 - **A4352:** Intermittent urinary catheter with Coudé/Tiemann tip
When a coudé tip catheter (A4352) is used there must be documentation in your medical record stating why the patient cannot use a straight tip catheter.
 - **A4353:** Intermittent urinary catheter, with insertion supplies
With qualifying documentation in your medical record stating why the patient needs this.

Medicare's policy is designed to:

- Promote safety
- Reduce health care costs related to urinary tract infections
- Improve your quality of life
- Reduce risk of infection

If you have any questions call the
ConvaTec Interaction center at

1-800-422-8811

Monday-Friday 8:30am-7:00pm EST

CIC@convatec.com

www.convatec.com

* The reimbursement information provided by ConvaTec is intended to provide general information relevant to coding and reimbursement of ConvaTec's products only. Coverage and payment policies for the same insurer can vary from one region to another and may change from time to time because of ongoing changes in government and insurance industry rules and regulations. Therefore please confirm HCPCS codes with your local DME-MAC, private insurer, or Medicaid agency before processing claims. ConvaTec does not guarantee coverage or payment of its products listed herein.

Support networks

There are many support groups locally and nationally that may be of interest to you once you have settled back in to a routine. We list some of them below.

The Wound, Ostomy, Continence Nurses at the ConvaTec Interaction Center are also available to answer any questions you may have, and direct you to a local support group.

ConvaTec Interaction Center

1-800-422-8811

Monday-Friday 8:30am-7:00pm EST

CIC@convatec.com

www.convatec.com

Miami Project to Cure Paralysis

miamiproject.miami.edu

1-800-STANDUP (1-800-782-6387)

The Christopher Reeve Paralysis Foundation

www.crp.org

1-800-225-0292

National Multiple Sclerosis Society

www.nmss.org

1-800-344-487

Paralyzed Veterans of America

www.pva.org

1-800-555-9140

The Simon Foundation

www.simonfoundation.org

1-800-23SIMON (1-800-237-4666)

Seekwellness

www.seekwellness.com

1-800-840-9301





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REFERENCES: **1.** Hudson E. & Murahata R.I. (2005) The 'no-touch' method of intermittent urinary catheter insertion: can it reduce the risk of bacteria entering the bladder? *Spinal Cord* 43(10), 611–614. **2.** Charbonneau-Smith R. (1993) No-touch catheterization and infection rates in a select spinal cord injured population. *Rehabilitation Nursing* 18(5), 296–299, 305. **3.** Cardenas DD, Hoffman JM. Hydrophilic catheters versus noncoated catheters for reducing the incidence of urinary tract infections: a randomized controlled trial. *Arch Phys Med Rehabil.* 2009;90(10):1668-71.