

### Closed System Male Catheter

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

- TruCath<sup>™</sup> Closed System Catheter Kit
  - Attached collection bag
  - Underpad
  - Vinyl powder-free gloves
  - PVP and BZK wipes
- Hand towel



#### How to Use

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

1. Wash hands thoroughly with soap and water and dry them.
2. Position yourself comfortably. If sitting on the toilet, spread your legs apart. If lying down, knees can be straight or bent.
3. Open the catheter packaging
4. Put on gloves included in the kit
5. Clean urethral opening and glans of the penis by pulling back foreskin (if present) with included BZK or PVP prep wipes.
6. Remove the catheter cap. Insert the catheter into the introducer tip (be careful not to insert the catheter through the introducer tip, ideally within 2mm below the top of the introducer tip).
7. Hold the penis upward with non-dominant hand and with the dominant hand, insert the introducer tip with catheter into the penis.
8. Guide the catheter until urine begins to flow.
9. When drainage is complete, remove the catheter. The collection bag includes a "To Empty Tear Here." Tear and empty the collected urine into the toilet.
10. Dispose of the catheter, collection bag and all components in a waste bin.
11. Wash your hands with soap and water.

*Consult your healthcare provider if you notice any unusual odor and/or cloudy, hazy urine.*

*The TruCath<sup>™</sup> Closed System Catheter is intended for one-time use.*