



A guide to intermittent self-catheterisation for men

HydroSil™ Gripper Intermittent Catheter

it matters.



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Intermittent self-catheterisation (ISC) is a simple procedure that drains urine from the bladder. It can be carried out safely at home, work, or when travelling so it need not interfere with everyday life. Your nurse specialist is your best resource on ISC.

Your HydroSil™ Gripper Intermittent Catheter has many special features. For your convenience, a sachet of sterile water is provided to activate the coating, which becomes slippery when wet to help provide a smooth insertion and removal.

Instructions for use

1. Wash your hands thoroughly with soap and water.



2. Prior to opening the sealed catheter pouch, apply pressure to the foil packet to release the water. Ensure all water is released from the foil packet.

3. Wet the catheter by holding the package with the printed side up and tip the package end-to-end three to six times to wet the catheter. This movement is required so that the water transfers back and forth over the catheter to fully wet the hydrophilic coating.



4. Peel open the pack at the funnel/handle end just enough to expose 5 cm (2") of the catheter, or for products with an insertion sleeve, expose the insertion sleeve. Don't remove the catheter yet. Use the adhesive tab at the funnel end of the pack to stick the pack to a nearby vertical surface while preparing to catheterise.



5. Wash the area around the meatus before catheterising.

6. Wash your hands again.

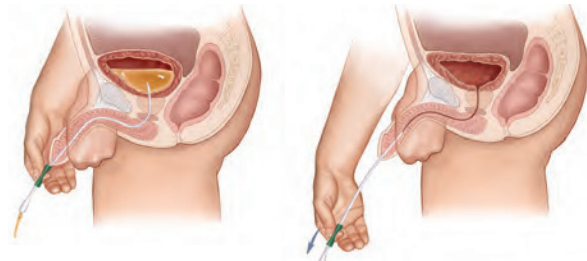
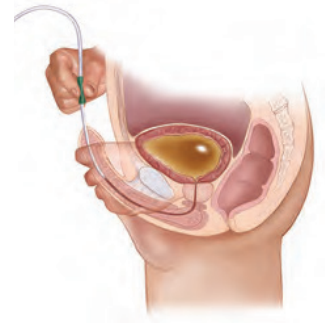
7. Using the catheter with insertion sleeve (gripper):

a. Hold the insertion sleeve with your dominant hand and squeeze it to grip the catheter shaft as you remove the catheter from the pack.



b. Next, hold the catheter funnel above the insertion sleeve with your other hand and slide the insertion sleeve down the shaft, stopping at about 6" from the tip. Release the funnel.

c. Using the insertion sleeve to hold the catheter firmly, gently pass the tip of the catheter into your urethra until the insertion sleeve nears the meatus. Advance the catheter until urine starts to flow.



8. Try to keep the catheter steady until urine stops flowing. When urine stops flowing, slowly withdraw the catheter, stopping if flow starts again, until the last few drops have drained.

9. Finish by disposing of the catheter and its packaging. Wash your hands with soap and water.



For Urological use only. Intended for use by patients for bladder management including urine drainage, collection and measurement. The devices are passed to the urinary bladder via the urethra. Please contact your Healthcare Professional to determine which product options are best for you, paying close attention to product warnings/precautions and adverse reactions. This is a single use device. Do not resterilise. Do not reuse. Reuse of a single use device increases the risk of catheter acquired urinary tract infections. Please consult package insert for more detailed safety information and instructions for use.

Ordering information

Code	Description	Size	Quantity
73610	HydroSil™ Gripper Intermittent Catheter	10Ch	30
73612	HydroSil™ Gripper Intermittent Catheter	12Ch	30
73614	HydroSil™ Gripper Intermittent Catheter	14Ch	30
73616	HydroSil™ Gripper Intermittent Catheter	16Ch	30
73618	HydroSil™ Gripper Intermittent Catheter	18Ch	30

Script-easy™

Script-easy™ is a FREE Home Delivery service provided by BD. A Dispensing Appliance Contractor (DAC) registered with the NHS, Script-easy™ can dispense continence and stoma appliances and medical devices on receipt of your prescription. In most cases Script-easy™ will obtain your prescription from your GP or Healthcare Professional on your behalf. Script-easy™ is a simple, discreet and convenient service, with a team of highly trained staff offering confidential product support and advice.

Nurse Advice Line for continence support

Our experienced Nurse Advisers understand the everyday problems encountered by people with urinary difficulties. They are available to listen in confidence and provide unbiased advice to help you find the best answer or product for your particular needs.

Nurse Advice Line

FREEPHONE:
0808 168 4048

Script-easy™

FREEPHONE:
0800 0121 699

Email:
script-easy@bd.com

Web:
www.scripteasy.co.uk



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