



A guide to intermittent self-catheterisation for women

HydroSil™ Rose 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™ Rose 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.

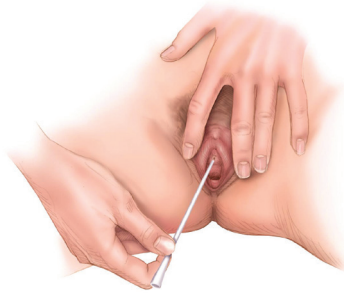


5. Wash the area around the meatus before catheterising.

6. Wash your hands again.

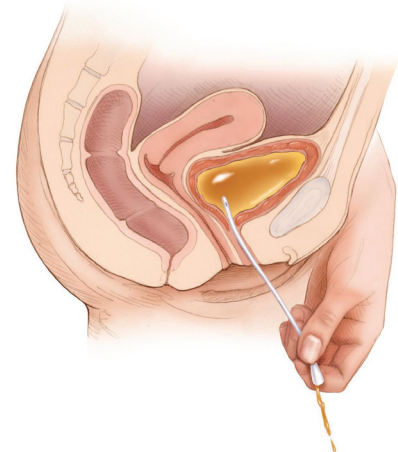
7. Using the catheter:

a. Hold the handle/funnel end and remove the catheter from the packaging.



b. Gently pass the tip of the catheter into your urethra and 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
71410	HydroSil™ Rose Intermittent Catheter	10Ch	30
71412	HydroSil™ Rose Intermittent Catheter	12Ch	30
71414	HydroSil™ Rose Intermittent Catheter	14Ch	30
71416	HydroSil™ Rose Intermittent Catheter	16Ch	30
71418	HydroSil™ Rose 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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