



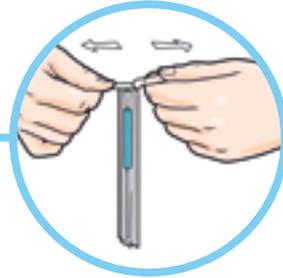
Step-by-step instruction guide



What you need...

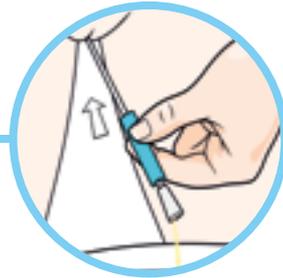
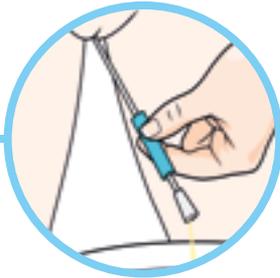
Before you begin, gather the following:

- GentleCath™ Glide Hydrophilic Intermittent Catheter
- Washcloth or antiseptic wipe
- Also, review the cautions, precautions and observations in the instructions for use provided with the product



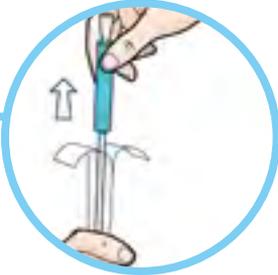
1. Ensure the water sachet is near the funnel end. Break the sterile water sachet by pressing the bright blue dot or folding the pack along the dotted line marked on the water sachet. Then let the water run down to the tip end of the pack. The catheter should now be used within 1–2 minutes.

2. Once the water sachet is broken, open the pack by peeling the tabs apart at the bright blue end.



5. With the other hand, hold the catheter using the blue handling sleeve and slowly push the catheter into the urethra until the urine starts to flow. Make sure the funnel end is pointing into a container.

6. When urine starts to flow, push the catheter in a little (1–2 cms/half an inch) to make sure it is fully in the funnel bladder.



- 3.** Remove the catheter using the blue handling sleeve. You can re-hang the empty pack with the sticky dot.



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



- 7.** Once urine stops flowing, slowly remove the catheter. Stop if more urine starts to flow, until no more comes through.



- 8.** If using a drainage bag, detach it from the catheter, then empty and discard it. Discard the catheter and pack, then wash your hands.

Having trouble? Try this...

I'm having trouble inserting or removing the catheter

- Never force the catheter, either when inserting or removing it
- You may feel some resistance when inserting the catheter. If this happens, wait for a moment: then take a few deep breaths until your sphincter muscle relaxes
- If you have trouble removing the catheter, don't worry. Stop, relax and take some deep breaths
- Some women find that wiggling their toes helps them to relax
- Unable to remove the catheter? Contact your healthcare professional immediately. They will assist you

No urine is draining

- Make sure the 'eyelets' at the tip of the catheter are not blocked
- Check that you've inserted the catheter far enough into your bladder
- Try pulling the catheter back a short distance
- Unable to drain your urine for over 6-8 hours? Contact your healthcare professional



Fluid tracker

To keep track of your fluid intake and output, you may find it helpful to make a chart like the one shown here:

	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



For more information, please call our Customer Relations Center (Registered Nurses on staff) at **1-800-465-6302**, Monday through Friday, 8:00 AM to 6:00 PM (EST), or visit our Web Site at www.convatec.ca