



Experience the difference™

GentleCath™ Intermittent Catheters
Helping to make the transition back
to everyday life simple and safe.





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 Relations Center toll free at 1-800-465-6302** and one of our nurses will help you.

You probably received a lot of information from your healthcare professional, 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,

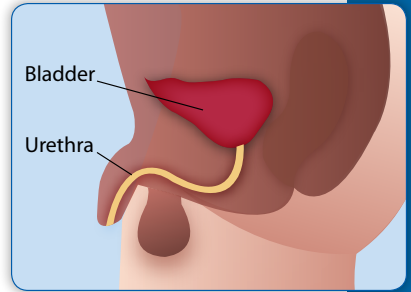
What is intermittent catheterization?

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 urethra 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

The GentleCath™ difference:

GentleCath™ is designed for maximum comfort, safety and ease of use. The tip is soft and rounded and the eyelets are polished and smooth for easy insertion. GentleCath™ is available in straight and coudé tip, for insertion through complicated passages.

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.



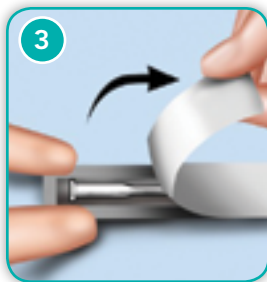
Step-by-step instruction guide:



STEP 1: Wash hands thoroughly with soap and water.



STEP 2: Withdraw the foreskin and wash the penis with water.



STEP 3: Peel open the package.



STEP 4: Lubricate the catheter with water-soluble lubricant. Then take the catheter out of the package.



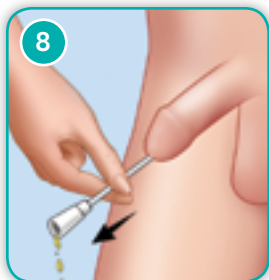
STEP 5: Hold your penis upward towards your stomach. This will make it easier to guide the catheter into your bladder. Do not squeeze your penis too hard as this can block the opening of the urethra.



STEP 6: Slide the catheter slowly and smoothly into the opening of your urethra and into your bladder 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) to make sure that it is fully inside the bladder.



STEP 8: To make sure the 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 the catheter after use. Wash your hands.

If you have any questions refer to the **Troubleshooting & Frequently Asked Questions** on page 6

or call the **ConvaTec Customer Relations center at**

1-800-465-6302

Monday-Friday 8:00am-6:00pm EST

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 10-17 oz (300-500 mL) of urine.
- Check the amount when you empty your bladder to see that the bladder is not holding more than 17 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: Oz.	Drink	Void: Oz.	Drink	Void: Oz.	Drink	Void: Oz.	Drink	Void: Oz.
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. You can also use more lubrication.
- 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 healthcare professional 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™

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 Customer Relations Center for more information **1-800-465-6302** (Mon-Fri 8:00am-6:00 pm EST).

Questions about urinary tract infections (UTIs)

How can I avoid UTIs?

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 UTIs 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.

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 professional if you experience any of these symptoms.



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Support networks

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

ConvaTec Customer Relations Center

1-800-465-6302

Monday-Friday 8:00am-6:00pm EST





Ordering Information

Material Description	French Size	Quantity per Unit	SKU
MALE STRAIGHT TIP PVC URINARY CATHETER			
STRAIGHT TIP MALE CATHETER PVC	10	100	501002
STRAIGHT TIP MALE CATHETER PVC	12	100	501003
STRAIGHT TIP MALE CATHETER PVC	14	100	501004
STRAIGHT TIP MALE CATHETER PVC	16	100	501005
STRAIGHT TIP MALE CATHETER PVC	18	100	501006
MALE COUDÉ TIP PVC URINARY CATHETER			
COUDÉ TIP MALE CATHETER PVC	08	100	501011
COUDÉ TIP MALE CATHETER PVC	10	100	501012
COUDÉ TIP MALE CATHETER PVC	12	100	501013
COUDÉ TIP MALE CATHETER PVC	14	100	501014
COUDÉ TIP MALE CATHETER PVC	16	100	501015
COUDÉ TIP MALE CATHETER PVC	18	100	501016

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