

## Guidelines

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Wash hands to prevent bacterial infection.

Clean and disinfect urethral area with appropriate sterile technique before insertion.

Open pouch and remove catheter. Lubricate catheter with a water-soluble lubricant before insertion.

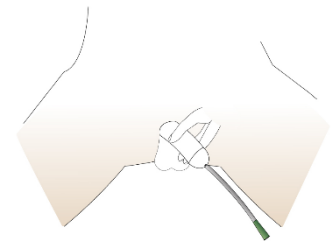
Position catheter at urethra with one hand. Use the other hand to insert lubricated catheter gently down into the urethra or passage until urine starts to flow.

Drain urine into toilet or appropriate container.

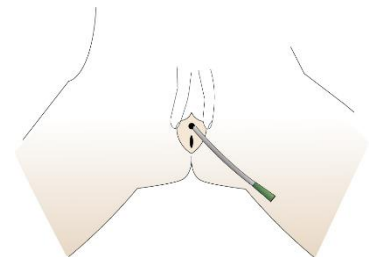
When bladder is empty, carefully remove catheter and dispose responsibly.

Catheter can not be retained in human body for over 7 days.

Please consult your physician on instructions for use. These are meant for a general guideline only and not to the specific needs of an individual.



Male



Female