

Cathing Reference Guide

Why should I perform intermittent self-catheterization?

The bladder's job is to fill, store and empty out urine throughout the day. When the bladder has trouble storing urine, emptying urine from the bladder, or both, intermittent catheterization (IC) may be required. IC mimics the bladder's natural rhythm allowing the bladder to fill and empty, thereby providing several advantages and health benefits.

Urine naturally fills the bladder when the walls of the bladder relax. When the bladder becomes full, IC is used to completely empty the bladder at regular intervals throughout the day. This eliminates urine from remaining in the bladder. This is important because residual (left-over) urine in the bladder can act as a reservoir for bacteria to live and grow. Additionally, by completely emptying your bladder, you may experience less leaking of urine throughout the day. IC allows for you to control when your bladder empties leading to a more active, confident and healthy lifestyle.

Your physician, nurse and other members of the health care team have determined if IC is the best bladder option for you. You and your clinicians will decide how often you should perform IC and which catheter will be best for your quality of life and to keep your bladder the healthiest. They will teach you how to perform intermittent catheterization and answer any questions you may have. It will be a new and different process for you, but practice and open communication with your health care professional can be the keys to making catheterization a simple, healthy and routine part of your life.

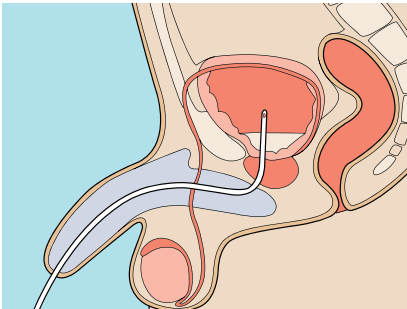
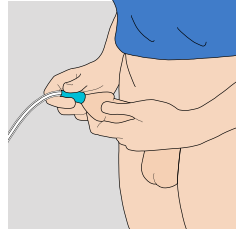


Steps to intermittent

Please refer to product labeling for complete product instructions for use, contraindications, warnings

Male

1. Assemble equipment together and place in an accessible area. Equipment needed: catheter, moist towelette or soap and water, and dry hand towel. When using an uncoated catheter a water soluble lubricant is recommended.
2. Inspect catheter before use. Do not use product if device or packaging is damaged.
3. Wash hands thoroughly with soap and water, and dry.
4. Position yourself in front of the toilet or in a chair across from the toilet.
5. Hold the penis up with one hand and wash the tip and head (glans) of the penis with soap and water or a moist towelette. You should wash in a circular motion starting at the urethra (the tip of the penis) and then moving down the shaft.
6. If using a SpeediCath® hydrophilic catheter, no additional lubricant is needed as it is immediately ready-to-use. If using an uncoated catheter, use a water soluble lubricant and lubricate the tip and the first 6" of the catheter.
7. Hold the penis at a 45 degree angle. Slowly and gently insert the catheter into the urethra until the urine begins to flow (approximately 6-8"). Then insert the catheter about 1" further and hold it there until urine stops flowing.
8. When urine stops, slowly begin to withdraw the catheter. If using a **straight tip catheter**, it is recommended that you slightly rotate the catheter as you withdraw and stop each time more urine drains out. If using a **coudé catheter**, DO NOT rotate upon withdrawal.
9. Check the color, odor and clarity of the urine to be aware of any changes that you may need to report to your doctor or nurse.

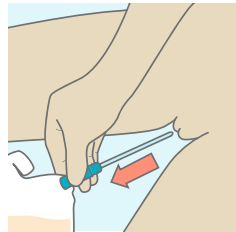
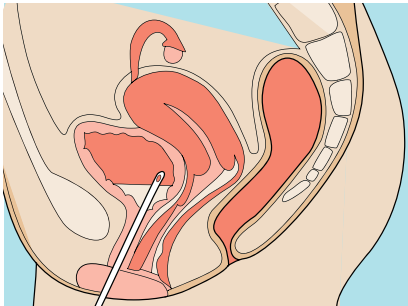



self-catheterization

ings, precautions and adverse events.

Female

1. Assemble equipment together and place in an accessible area. Equipment needed: catheter, moist towelette or soap and water, and dry hand towel. When using an uncoated catheter a water soluble lubricant is recommended.
2. Inspect catheter before use. Do not use product if device or packaging is damaged.
3. Wash hands thoroughly with soap and water, and dry.
4. Position yourself comfortably with thighs spread apart. For many women, it is preferred to sit on the toilet or in a chair across from the toilet.
5. With one hand, separate the labia and wash from front to back with soap and water or a moist towelette.
6. If using a SpeediCath® hydrophilic catheter, no additional lubricant is needed as it is immediately ready-to-use. If using an uncoated catheter, use a water soluble lubricant and lubricate the tip and the first 2" of the catheter.
7. Slowly and gently insert the catheter into the urethra until the urine begins to flow (approximately 1-1½"). Then insert the catheter about 1" further and hold it there until urine stops flowing.
8. When urine stops, slowly begin to withdraw the catheter. If using a **straight tip catheter**, it is recommended that you slightly rotate the catheter as you withdraw and stop each time more urine drains out. If using a **coudé catheter**, DO NOT rotate upon withdrawal.
9. Check the color, odor and clarity of the urine to be aware of any changes that you may need to report to your doctor or nurse.





Signs of a symptomatic urinary tract infection (UTI):

- Fever
- Chills
- Unexpected urine leakage
- Increased spasms of the legs, abdomen or bladder
- Pain in the bladder area above the pubic bone
- Headache
- Nausea
- Fatigue, tiredness
- Just feeling poorly
- Increased episodes of Autonomic Dysreflexia (AD)
- Leaking between catheterizations
- Foul smelling urine
- Increasing sediment/cloudiness

Be proactive. These symptoms should always be reported to your doctor. Untreated UTIs can lead to the spread of infection to other body systems, and lead to more severe consequences.

Four keys to better bladder health

1. Regularly empty your bladder.

It is usually recommended that you catheterize every 4-6 hours, but always follow the plan established by your health care team. By catheterizing at regular intervals, you can keep your urine volumes in an acceptable range. The goal is to keep the catheterized urine at a volume (400 to 500mL) which avoids overstretching the bladder. This will help to prevent leaking and bacteria from living and growing in your bladder.



2. Maintain adequate liquid intake.

Follow your clinician's recommendation for fluid intake. Every person needs daily fluids to maintain their health. Your doctor or nurse will advise you on your special fluid needs as they relate to your catheterization program. Eight 8 oz. glasses of liquid a day has been the recommended standard, but is not for everyone. Beverages containing caffeine (cola drinks, coffee, tea, and some energy drinks) and artificial sweeteners are known bladder irritants and may need to be kept to a minimum.



3. Discard your intermittent catheter after each use.

Effective April 1, 2008, the Medicare policy on intermittent catheters changed. The Medicare policy provides one new sterile intermittent catheter (and one sterile packet of lubricant) for each catheterization. Most insurance plans follow these Medicare guidelines.



4. Effective hand washing.

Wash your hands both before and after catheterizing, to help prevent urinary tract infections (UTIs). As a catheter user, it is especially important to wash your hands correctly and frequently, to avoid the transfer of germs to your catheter or your body. A catheter can pick up bacteria and push the bacteria into the bladder.



Less struggle. More living.



Coloplast® Care Program



The patient support program for intermittent catheter users

Coloplast® Care guides you to a better life through simple, straight-forward advice on bladder management. We offer a helping hand whenever you need support and we give you the tips and tools you need to take control of bladder issues. Coloplast® Care lets you focus on being you again.

With Care, you get:

- Access to a dedicated website with reliable advice
- News, tips and inspiration that is customized to fit your situation — delivered directly to your email
- A Care team of advisors available by phone
- Access to free samples

Topics include:

- Basics of intermittent catheterization (IC)
- Healthy IC routines
- Lifestyle advice
- Product solutions

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This information is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis. Call your healthcare provider if you have any medical concerns about your bladder health. You may also contact your Coloplast Consumer Care Advisor for product usage and availability questions at 1-866-226-6362.

SpeediCath® catheters are urinary catheter for intermittent use. They are intended for use by patients with chronic urine retention and patients with a post void residual volume (PVR) due to neurogenic and non-neurogenic voiding dysfunction. The catheter is inserted into the urethra to reach the bladder allowing the urine to drain. Before use, carefully read all of the instructions. Call your doctor if you think you have a UTI or can't pass the catheter into the bladder. For more information regarding risks, potential complications and product support, call Coloplast Corp. at 1-866-226-6362 and/or consult the company website at www.coloplast.us.

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