

User Guide VaPro Pocket™ Catheters



1. Assemble all equipment and prepare the area.

2. Wash your hands as advised by your healthcare practitioner.

3. Position yourself to carry out intermittent catheterization (catheterisation). Manipulate your clothing to access your genitalia.



4. To open package, pull finger hole toward you and all the way down.



5. Remove the catheter from the package. Leave pack on the lap, sink or flat surface. Lay catheter on opened package.



6. Hold the penis with your non-dominant hand and don't let go until you have finished the procedure. Pull back foreskin (if present) and cleanse the glans as you were trained by your healthcare practitioner.



7. Remove the cap from the protective tip of catheter.

8. Hold the catheter in one hand, and with the other hand advance the catheter forward until tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.



9. Grasp catheter below protective tip plate.

VaPro Pocket™
No Touch Intermittent Catheter



10. Using your fingers and forefinger of your non-dominant hand squeeze penis gently to open the urethral opening. With your dominant hand, insert the protective tip until the plate comes in contact with urethral opening.



11. Insert the catheter forward until urine starts to flow.



12. Once urine flow has stopped slowly withdraw the catheter. If urine flows again, pause until urine stops. After you're sure the bladder is empty, remove the catheter completely. Reposition the foreskin (if present).

13. Dispose of the catheter and packaging in a disposal bin. **DO NOT FLUSH DOWN TOILET.**



14. Wash your hands.

WARNING: To help reduce the potential for infection and/or other complications, do not reuse.

WARNING: If discomfort or any sign of trauma occurs, discontinue use immediately and consult your healthcare practitioner.

- Ready-to-use, single-use intermittent catheter
- Protective tip and sleeve supports no-touch insertion technique
- Color/Colour-coded funnel
- Hydrophilic-coated, Phthalate-free catheter
- 2 smooth catheter eyelets
- Not made with natural rubber latex

INDICATIONS FOR USE

This intermittent catheter is a flexible tubular device that is inserted through the urethra by male, female and pediatric (paediatric) patients who need to drain urine from the bladder.

PRECAUTION: Please consult your healthcare practitioner before using this product if any of the following conditions are present:

- Severed urethra
- Pronounced stricture
- Urethritis – inflammation of the urethra
- Epididymitis – inflammation of the epididymis (testicle tube)
- Unexplained urethral bleeding
- False passage
- Prostatitis – inflammation of the prostate gland

PRECAUTION: Self-catheterization (catheterisation) should follow the plan of care and advice given by your healthcare practitioner and be carried out only in accordance with the instructions for use provided. Because catheterization (catheterisation) frequency varies by person, the recommended frequency of your catheterization (catheterisation) should be provided by your healthcare practitioner. For any other questions about your catheterization (catheterisation), please contact your healthcare practitioner.

NOTE: Store boxes in a flat position and at normal room temperature. This product consists of: polyurethane sleeve, thermoplastic elastomer tip, and tubing not made with DEHP.

Rx only