

Cure Catheter™ Closed System

Instruction Guide to Sterile
Intermittent Self-Catheterization

FOR WOMEN



By following the simple steps for sterile intermittent self-catheterization with the pre-lubricated **Cure Catheter™ Closed System**, it is possible to quickly master the technique and make the process part of your daily routine for bladder management and urinary tract health. **This instruction guide is not a substitute for medical advice from your healthcare provider.**

How Often Should I Catheterize?

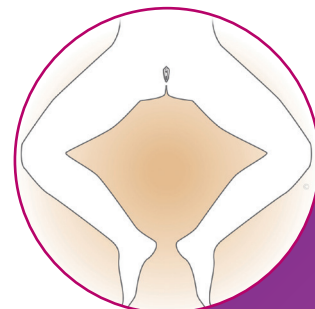
Your healthcare provider will let you know how often you will need to perform sterile intermittent self-catheterization and the size of the catheter you will need. Normally, this process is performed every four hours starting when you wake up in the morning and continues every four hours until bedtime. Some people catheterize on a more frequent schedule. Most people who catheterize do not need catheterization at night. Your healthcare provider will let you know if you need catheterization at night.

Sterile Intermittent Self-Catheterization Instructions for Women

Most women who perform sterile intermittent self-catheterization sit on the toilet, a chair or wheelchair when they insert the catheter into the urethra. Other women may perform it lying down with pillows behind their backs. Do what is most comfortable for you. Initially, you may want to use a mirror to help visualize the urethral opening where the catheter is inserted. The mirror can be placed on a low stool in front of the toilet seat. It may take time for you to locate the proper opening. Eventually, most women learn to catheterize by touch and feel.

Sterile Intermittent Self-Catheterization Instructions for Women Continued

1. Inspect the Cure Catheter™ Closed System before use. If catheter or package is damaged, do not use
2. Wash hands thoroughly with soap and water or, if not available, use an antibacterial hand cleaner
3. Open the Cure Catheter™ Closed System
4. Position yourself comfortably. Arrange clothing out of the way. If sitting in a chair or wheelchair, spread your legs apart and place an underpad on the chair. If lying down, bend knees and place your heels together in a “frog-like” position (shown)
5. Using the non-dominant hand, separate the labia with the thumb and forefinger to locate the urethra
6. With the labia separated, wash the urethral area from front to back thoroughly as instructed by your medical provider. Never go back and forth over the urethral opening
7. With the non-dominant hand hold inner labia apart, use the dominant hand to insert the introducer tip into the urethra. Secure it in place with thumb and forefinger of the non-dominant hand. Use the dominant hand to grasp the catheter through the bag close to the base of the introducer shaft (shown)
8. Slowly push the catheter through the introducer tip and into the urethra. Continue to slide it through the urethra about 5 cm (2 in) until the catheter reaches the bladder and urine begins to flow
9. When urine stops flowing, slowly rotate the catheter through the bag between your fingers while withdrawing the catheter. If urine starts to flow again when withdrawing the catheter, stop each time it flows and let the urine drain. Continue to slowly withdraw the catheter until the bladder is empty and the catheter is removed
10. To empty the bag, hold it upright and put your thumb in the hole provided at the top of the bag (shown). Grasp the tab and tear downwards at the perforation located above “To Empty Tear Here”. Pour out the urine through the opening into the toilet. Dispose of the bag properly
11. Consult your healthcare provider if you notice any unusual odour and/or cloudy, hazy urine
12. The Cure Catheter™ Closed System is intended for one-time use.



We're here to help

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me+

The **me+** program offers support and tools to help make life easier as a catheter user with information on proper product use, and answers to the most commonly asked questions about sterile self-catheterization.

Speak with a member of the **me+** support team today.
Call 1-800-465-6302 (Mon-Fri, 8:00am-6:00pm ET).

For more information, visit convatec.ca



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