

## Riplex Jaques Nelaton Intermittent Catheters

### Indication:

Intermittent Catheterisation (e.g. neurogenic bladder dysfunction)

### Contraindication:

- Insurmountable urethral obstruction
- Urethral injuries
- Urethral inflammation
- Latex allergy (for products containing natural rubber latex) in this instance only 5143 and 5105 contain latex

### Direction for Use

#### • Male

Before each catheterisation make sure you have all you need together e.g. a new catheter, a lubricating gel (if used), cleansing materials.

1. Wash your hands thoroughly and cleanse the genital area (as you have been shown by your Health Care Professional).
2. Position yourself as you have been shown.
3. Remove the catheter from the packaging. You may wish to either insert lubricant into your urethra or apply the lubricant to the catheter, prior to insertion.
4. Pull back the foreskin, then holding your penis up, with your other hand push the catheter gently into the urethra.
5. Insert the catheter until urine begins to flow.  
You may feel more resistance as the catheter enters the bladder. Do not worry, relax and push gently. Once urine flows, maintain the position of the catheter and try to avoid further insertion.
6. When the urine stops flowing, gently push the catheter a little further into the bladder and wait to see if more urine flows.
7. When you are happy that your bladder is empty, slowly withdraw the catheter. If more urine flows, stop and wait for it to cease, and then continue to withdraw.
8. Wash your hands thoroughly and discard the catheter in line with your local waste recommendations. Most Councils recommend first rinsing the used catheter and either seal in a plastic bag or wrap in newspaper before putting in the normal household waste.
  - Never burn any used catheters on domestic fires or incinerators
  - Never flush them down the toilet



#### • Female

Before each catheterisation, make sure you have all you need together e.g. a new catheter, lubricating gel (if used), cleansing materials.

1. Wash your hands thoroughly and cleanse the genital area (as you have been shown by your Health Care Professional) and always from front to back.
2. Position yourself as you have been shown.
3. Remove the catheter from the packaging. You may wish to either insert lubricant into your urethra or apply the lubricant to the catheter, prior to insertion.
4. It may be beneficial to use a mirror with light to identify your urethral opening. (For product information please contact our customer services on 01494 532761).
5. Open the labia with two fingers. Using the other hand, gently insert the catheter into the urethral opening
6. Insert the catheter until urine begins to flow.  
You may feel more resistance as the catheter enters the bladder. Do not worry, relax and push gently. Once urine flows, maintain the position of the catheter and try to avoid further insertion.
7. When the urine stops flowing, gently push the catheter a little further into the bladder and wait to see if more urine flows.
8. When you are happy that your bladder is empty, slowly withdraw the catheter. If more urine flows, stop and wait for it to cease, and then continue to withdraw.
9. Wash your hands thoroughly and discard the catheter in line with your local waste recommendations. Most Councils recommend first rinsing the used catheter and either seal in a plastic bag or wrap in newspaper before putting in the normal household waste.
  - Never burn any used catheters on domestic fires or incinerators
  - Never flush them down the toilet



**Notes**

**Looking after yourself**

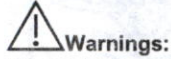
Your Doctor or Nurse should be told if you notice any change in the smell, colour or clarity of your urine or if blood or particles are seen.

**Delivery**

Catheters are supplied individually packaged in a sterile pouch. The sterility of the products is only guaranteed as long as the packaging unit is unopened and undamaged, and no longer than indicated on the label.

**Storage Instruction**

The products shall be stored in their original packaging. Keep away from sunlight and keep dry. Do not use if the product sterilisation barrier or its packaging is compromised.



**Warnings:**

The products are for single use only.



Re-processing of medical devices intended for single use only may result in degraded performance or a loss of functionality. Re-use of single use only medical devices may result in exposure to viral, bacterial, fungal, or prionic pathogens. Validated cleaning and sterilization methods and instructions for reprocessing to original specifications are not available for these medical devices. This product is not designed to be cleaned, disinfected, or sterilized.

Some products contain phthalates: see product label.



**Contains DEHP**

The results of certain animal experiments have shown phthalates to be potentially toxic to reproduction. Proceeding from the present state of scientific knowledge, risks for male premature infants cannot be excluded in the case of long-term exposure or application. Medical devices containing phthalates should be used only temporarily with pregnant women, nursing mothers, babies and infants.



REF 5143 and 5105

These catheters contain natural rubber latex (see product label), which may cause allergic reactions. Under no circumstances should these products be used in patients with a latex allergy.

**Explanation of important symbols and markings on the product label.**

REORDER	Complete product order number, consisting of the order number "REF" and the product size "SIZE"
SIZE	Product size
Ch.	1 Ch. = 1/3mm
O.D.	Outer diameter
Length	Catheter length
Qty	Quantity, Number of items
	Not made with natural rubber latex
	Do not use if package is damaged



Sterilization method: see product label



**Teleflex®**

APPROVED BY: \_\_\_\_\_ DATE: 4/12/15

CUSTOMER SERVICE : *[Signature]* \_\_\_\_\_

REGULATORY AFFAIRS : *[Signature]* 2/12/15

QUALITY ASSURANCE : *[Signature]* 4/15/2015

CUSTOMER (YES/NO) : *[Signature]* NO

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