

## Instruction for Use

### Intermittent Urethral Catheters

Pennine's Intermittent Urethral Catheters are a single use, flexible tube inserted through the urethra into the bladder for the intermittent/transient passive evacuation of urine, which is then immediately removed. Intended to be used in all patients two years of age and above who require bladder drainage. The device will be used by clinicians, trained home carers and patients, in hospitals, clinic, homecare, or any areas for personal use.

### Definitions

**Intermittent** – Intended to be removed immediately after emptying the bladder of urine

### Instructions for Use:

1. Wash your hands with soap and water.
2. If self-catheterising, then ensure you are in a comfortable position with both hands free for the procedure.
3. Open the sealed, sterile catheter pack by peeling back to expose the catheter.
4. If required, squeeze a little water based lubricating jelly onto the smooth catheter tip with the drainage side eyes.
5. Expose the opening to the urethra with one hand and gently push the catheter into the urethra.
6. Keep gently pushing until urine flows, the catheter may meet a slight obstruction before entering the bladder, but gentle pushing should be sufficient to move the catheter painlessly into the bladder.
7. Urine will flow through the catheter, when no more urine flows out, press gently above the pubic bone to squeeze out any residual urine and then gradually withdraw the catheter. The coloured funnel end of the catheter should always remain outside the urethra.
8. The catheter can then be rinsed under a tap and disposed of or replaced in its peel pack before disposing. Dispose of in-line with local and Government guidelines.
9. Wash your hands with soap and water.

The Drug Tariff published by the Department of Health, advises that with proper care, for patients practising the techniques of intermittent Catheterisation, five catheters represent an average one-month supply.

**Caution: FOR SINGLE USE, DO NOT REUSE, STERILE DEVICE.**

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### Warnings:

- Do not use if packaging is damaged or open, sterility will be compromised, there may be a risk of infection and the device may not perform as intended.
- Do not use if you observe any damage to, blockage of, or foreign bodies in the device as the device may not perform as intended or cause injury to the patient, user or other.
- Do not use if you observe any kinking in the tubing as this may reduce suction and the device may not perform as intended.
- Do not use the device past its expiry date. As it may impact the performance of the device and there may be a risk of infection
- Device is intended for single patient use.
- Do not reuse device as there may be a risk of infection to patient, user or other and the device may not perform as intended.
- Device is intended and designed for intermittent use only. Failure to remove the device after bladder drainage may result in infection.
- If you experience problems using the device, contact your healthcare professional for advice. Serious incidents that occur in relation to the devices intended use, should be reported to the manufacturer and local competent authority.
- Do not use if side eyes are missing as the device may not perform as intended.

### Storage and Disposal:

- Store in a clean, cool, dry place away from direct sunlight.
- Dispose of in-line with local and Government guidelines.

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