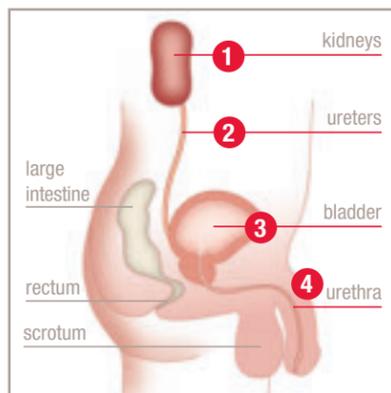
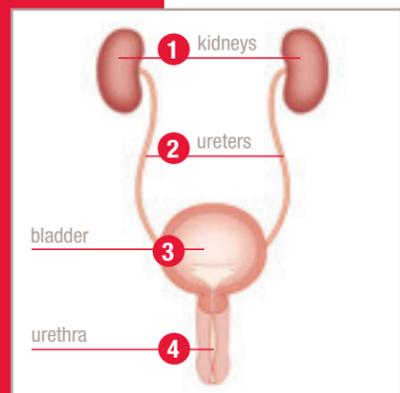




## VaPro Plus

Touch Free Hydrophilic Intermittent Catheter

### How the Urinary System Works



- 1 Urine is produced by the kidneys, which filter the waste products out of your body.
- 2 The liquid waste is passed via tubes called ureters to your bladder, the organ that stores urine.
- 3 When the bladder becomes full – a signal is sent to the brain to tell the urethral sphincter muscle to relax and the bladder to contract.
- 4 Urine flows down the urethra – the natural tube through which urine exits the bladder, and out of the body.

### Self-Intermittent Catheterization (SIC)

When the bladder does not empty on its own, SIC may be recommended. SIC should be carried out under medical advice and only in accordance with instructions provided. It involves using a catheter to drain urine from your bladder via the urethra. Urine should be expelled on a regular basis throughout the day to keep the body healthy.



1 Wash hands with mild soap and water.



2 To open the catheter package, pull top finger hole toward you at least halfway down the package.



3 Remove the catheter from the package.



4 Release collection bag by slipping paper band toward the catheter and off the bag, or place the catheter on a flat surface, and with the bottom of the fist, lift the bag away from the catheter to release the paper band.



5 Hold the penis. Pull back the foreskin (if present) and cleanse the glans and the opening of the urethra with mild, unscented soap or a non-alcoholic wet wipe.



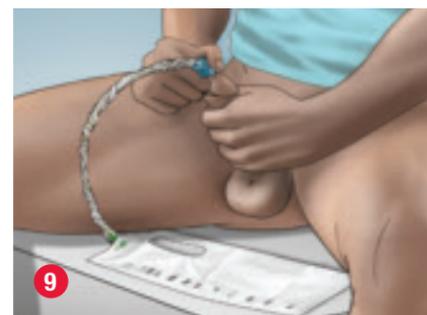
6 Remove the red ring cap from the protective tip of the catheter.



7 Direct the funnel end of the catheter into an appropriate receptacle or toilet.



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



9 Grasp the catheter below the protective tip plate, and insert the protective tip until the base comes in contact with the urethral opening. Relax the foreskin. **Keep the protective tip in place.** Insert the catheter forward until urine starts to flow. Once urine flow has stopped, slowly withdraw the catheter to ensure the bladder is completely empty. Then gently remove catheter completely.



10 To empty the collection bag before disposing, tear at the arrow (Tear here to empty) to drain urine.



11 The catheter may be disposed of in a waste bin. Do not flush it down the toilet.



12 Wash hands with mild soap and water.