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VaQuaTM Coated Intermittent Catheter
Smoother comfort and 5-second activation



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An introduction to intermittent self-catheterisation

Medical professionals have recommended that you self-catheterise in order to completely empty your bladder. This prevents the retention of urine and reduces the risk of infection and discomfort.

You are not alone and many people of all ages self-catheterise every day. They include people with spinal cord injuries, neurological conditions such as Multiple Sclerosis and various forms of bladder dysfunction. Some people were born with conditions that cause urinary retention and learn to self-catheterise from an early age.

VAQUA COATED INTERMITTENT CATHETER. RAPID AND EASY FOR EVERY DAY LIFE

While the phrase 'self-catheterisation' might sound a little intimidating, most people find it very easy to self-

catheterise after a little practice. And with its 5-second activation, VaQua coated intermittent catheter makes the process easier and more comfortable than it has ever been. This enables you to simply get on with your daily life, however busy it might be.

Your doctor or nurse will advise you as to how often you should self-catheterise but generally it can be four to six times a day.

When practiced properly, even over long periods of time, self-catheterisation is a safe and effective means of managing urinary retention. If you are having any problems inserting the catheter, or experiencing any symptoms of a urinary tract infection, please contact your doctor or nurse.

Unique advantages for all users

VaQua coated intermittent catheter incorporates a number of new technological developments - including a catheter activation time of just 5 seconds! VaQua coated intermittent catheter also has a uniquely smooth, hydrophilic coating. As such, VaQua coated intermittent catheter offers the highest standards of comfort and convenient self-catheterisation for men, women and children.



SMOOTH, ROUNDED CATHETER TIP
For ease and comfort of insertion.

DISCREET
The packaging is discreet, water-proof and easy to open.

5-SECOND CATHETER ACTIVATION
Before use, an intermittent catheter must be immersed in water in order to activate the catheter coating. Traditionally, hydrophilic intermittent catheters had to be immersed in water for at least 30 seconds to activate the coating.

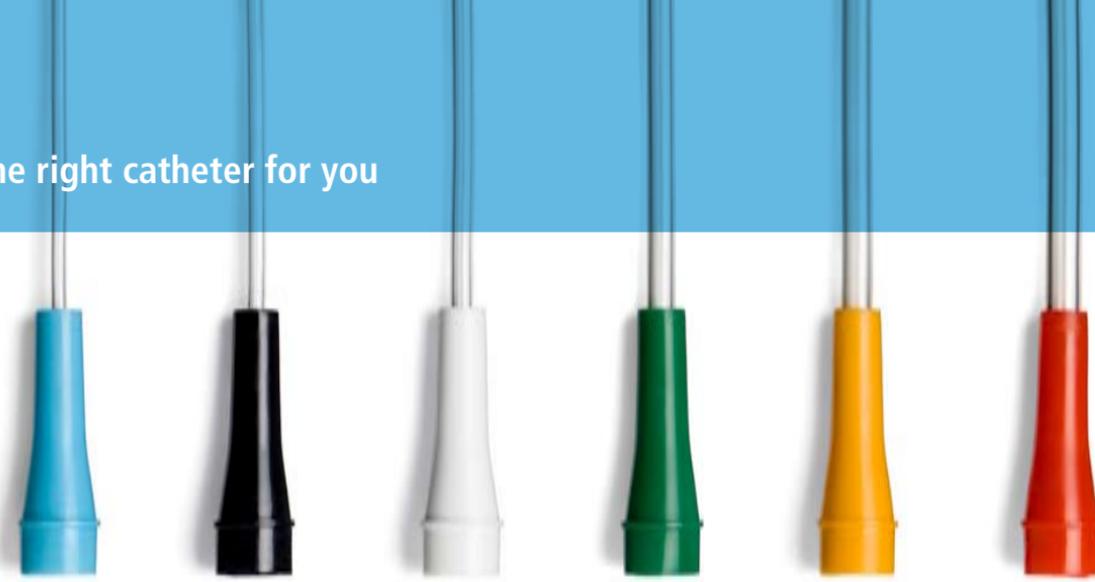
SMOOTHER COATING FOR MINIMAL FRICTION
The VaQua coated intermittent catheter has a unique, patented hydrophilic coating. Once activated, this coating enhances comfort and reduces friction during insertion and removal.

PVC CATHETER MATERIAL
VaQua coated intermittent catheter is constructed from PVC that is rigid enough to aid insertion, yet flexible enough to prevent trauma and discomfort.



SMOOTHER DRAINAGE EYES
The drainage eyes are ultrasonically created for maximum smoothness and added comfort.

The right catheter for you



Men, women and children require different lengths of catheter. So, VaQua coated intermittent catheter comes in Male, Female and Child versions. Within those versions, VaQua coated intermittent catheter is available in a wide range of diameters, ranging from 8 Fr/Ch to 18 Fr/Ch.

Your doctor or nurse will help you to choose the VaQua coated intermittent catheter that best meets your needs. It is important to ensure that you select the right one in order to maximise comfort and ease of use. Colour coding of the catheter funnel allows you to quickly identify the catheter size.

Preparing VaQua coated intermittent catheter for use

These instructions apply to all versions of the VaQua coated intermittent catheter. No extra lubricant is needed. Your doctor or nurse will recommend which type of liquid is appropriate for you to use in order to activate the catheter coating.

VaQua coated intermittent catheters are single use only and should never be used more than once. This

is because the water-binding qualities of the catheter surface are reduced after use and re-use could damage the urethra.

Re-use also leads to a risk of infection as the catheters only remain sterile while the package is unopened. Do not use a VaQua coated intermittent catheter if the package is damaged or after the expiry date.



Cleanse your hands thoroughly before preparing the catheter.



Carefully open the pack at the catheter funnel end. Open it far enough to expose half of the funnel.



Fill the pack with the recommended liquid to just below the catheter funnel.



Secure the catheter to a clean, dry surface using the adhesive strip.



Wait five seconds before using the catheter.



Remove the catheter and perform the procedure in the manner instructed by your healthcare professional.



When the procedure is complete, dispose of the catheter thoughtfully.



VaQua coated intermittent catheter for men



- 1 Cleanse your hands thoroughly before preparing the catheter.
- 2 Cleanse your genitals as advised by your doctor or nurse and choose a position that is comfortable for you - it can be sitting or standing.
- 3 Pull back your foreskin (if present) and hold your penis up towards your stomach. This makes the urethra straighter and the catheter easier to insert.
- 4 Gently slide the catheter into the urethra and advance until urine flows, allowing the urine to drain into the toilet or a container.
- 5 When the flow of urine stops, gently remove the catheter.
- 6 Return your foreskin to its normal position, dispose of the catheter in a thoughtful manner and cleanse your hands.

VaQua coated intermittent catheter for women

- 1 Cleanse your hands thoroughly before preparing the catheter.
- 2 Cleanse your genitals as advised by your doctor or nurse and choose a position that is comfortable for you - it can be squatting or sitting on the toilet, or standing with one foot on the toilet.
- 3 With two fingers spread the labia apart to find the urethral opening. Some women find it useful to use a mirror initially until they have the confidence to find the urethral opening by touch.
- 4 Gently slide the catheter into the urethra and advance until urine flows, allowing the urine to drain into the toilet or a container.
- 5 When the flow of urine stops, gently remove the catheter.
- 6



VaQua coated intermittent catheter for children

With encouragement and support children can be taught to self-catheterise from the age of four or five. However, this will depend on their physical and emotional maturity and the impact of any associated disabilities. If you are performing the procedure on your child, wash your hands thoroughly before preparing the catheter and then follow the gender specific instructions.

While the procedure is essentially the same as for adults, a few additional suggestions can make the procedure less worrying for both parent and child:

- If your child is very young and unable to sit independently, you may find it easier to perform the procedure on a changing table.



- Use a small pillow to elevate their upper body during the catheterisation - this will help the bladder to drain.
- Place a nappy (diaper) underneath the child to collect the urine or use a small container.
- To build your child's confidence and skills let them participate in the process from as early an age as possible.
- Once your child is old enough you may wish to perform the procedure while they are sitting on the toilet.



Useful tips

Always ensure that you drink plenty of fluids to keep well hydrated. However, try to avoid large amounts of tea and coffee as they can irritate the bladder.

Sometimes resistance can be felt prior to catheter entering the bladder. If this happens, do not force the catheter but take a couple of deep breaths, relax for a few moments, and try again.

Tap water is usually of sufficient quality to activate the hydrophilic coating. Your doctor or nurse will advise if this is appropriate for you, especially if you are travelling away from home.

Your doctor or nurse will advise as to the most appropriate method of cleansing your genital region, particularly when you are away from home.

Product ordering information

Your healthcare professional will advise you how to organise on-going supplies of your VaQua coated intermittent catheter.

	Code	Description	Pack Size
PAEDIATRIC 30 CM	VAQ08P	8 Fr/Ch	30
	VAQ10P	10 Fr/Ch	30
FEMALE 15 CM	VAQ08F	8 Fr/Ch	30
	VAQ10F	10 Fr/Ch	30
	VAQ12F	12 Fr/Ch	30
	VAQ14F	14 Fr/Ch	30
	VAQ16F	16 Fr/Ch	30
	VAQ18F	18 Fr/Ch	30
MALE 40 CM	VAQ08M	8 Fr/Ch	30
	VAQ10M	10 Fr/Ch	30
	VAQ12M	12 Fr/Ch	30
	VAQ14M	14 Fr/Ch	30
	VAQ16M	16 Fr/Ch	30
	VAQ18M	18 Fr/Ch	30