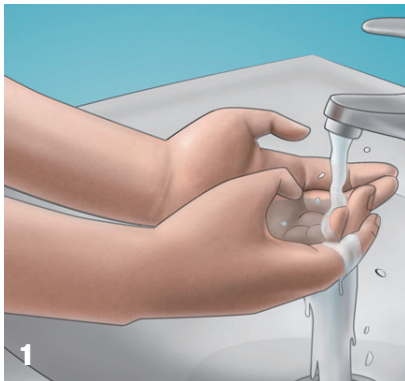


User Guide VaPro™ Catheters



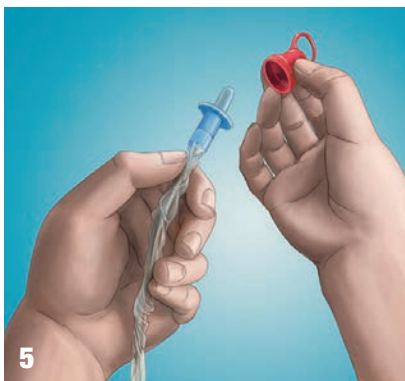
1. Wash hands with mild soap and water.

2. To open the catheter package, pull top finger hole toward you at least halfway down the package. Use the adhesive strip on the catheter package, if necessary, to affix to a surface while preparing to catheterise.



3. Remove the catheter from the package and lay the catheter on the opened package.

4. Spread the labia and cleanse around the opening of the urethra with mild, unscented soap or a non-alcoholic wet wipe.



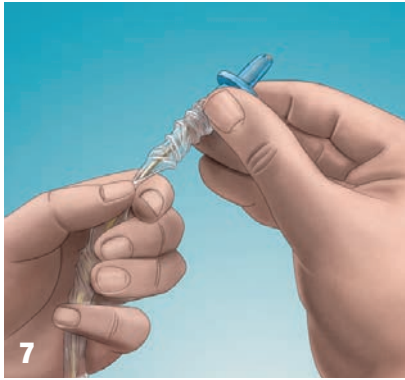
5. Remove the red ring cap from the protective tip of the catheter.

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



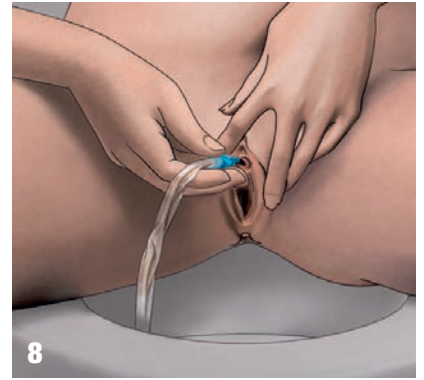
VaPro

No Touch Intermittent Catheter



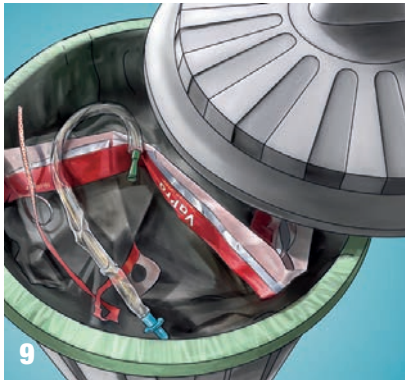
7

7. 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.



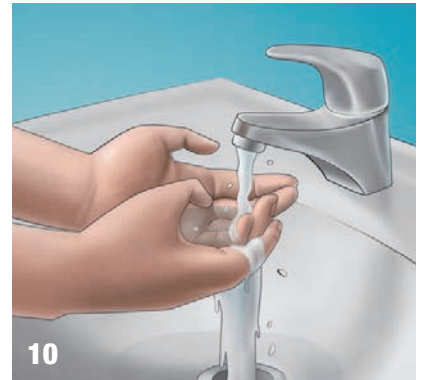
8

8. Part the labia with two fingers. Grasp the catheter below the protective tip plate, and insert the protective tip until the base comes in contact with the urethral opening. Release the labia. Keep the protective tip in place. Insert the catheter forward until urine starts to flow. Once the urine flow is stopped, slowly withdraw the catheter to ensure the bladder is completely empty. Then gently remove catheter completely.



9

9. The catheter may be disposed of in a waste bin. DO NOT FLUSH IT DOWN THE TOILET.



10

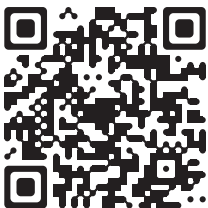
10. Wash hands with mild soap and water.

Scan to watch video:



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WARNING: To help reduce the potential for infection and/or other complications, do not reuse.

WARNING: If discomfort or any sign of trauma occurs, discontinue use immediately and consult your healthcare professional.

- Ready-to-use, pre-lubricated single-use intermittent catheter
- Latex-free
- Colour-coded funnel
- Protective tip and sleeve supports no-touch insertion technique
- 2 Ultra-smooth catheter eyelets
- Not made with natural rubber latex

This intermittent catheter is a flexible tubular device that is inserted through the urethra by male and female patients who need to drain urine from the bladder.

PRECAUTION: Please consult your healthcare professional before using this product if any of the following conditions are present:

- Severed urethra
- Pronounced stricture
- Urethritis – inflammation of the urethra
- Epididymitis – inflammation of the epididymis (testicle tube)
- Unexplained urethral bleeding
- False passage
- Prostatitis – inflammation of the prostate gland

PRECAUTION: Self-catheterisation should follow the plan of care and advice given by your healthcare professional and be carried out only in accordance with the instructions for use provided. Because catheterisation frequency varies by person, the recommended frequency of your catheterisation should be provided by your healthcare professional. For any other questions about your catheterisation, please contact your healthcare professional.

NOTE: Store boxes in a flat position and at normal room temperature. This product consists of: polyurethane sleeve, thermoplastic elastomer tip, and tubing not made with DEHP.