

# TruCath®

## Silicone Male External Catheters

### Instructions for Use

#### INTENDED USE

The TruCath® Silicone Male External Catheter is a component used to attach to an extension tube and a urinary collection bag to drain urine.

#### INDICATIONS FOR USE

The TruCath Silicone Male External Catheter is indicated for the treatment of urinary incontinence in men.

#### CONTRAINDICATIONS

• None known.

#### WARNINGS

- Do not reuse – the product is single use.
- Do not clean or disinfect the product prior to use as this may compromise adhesive and material integrity.
- Do not use the product for purposes other than that for which it is intended.

#### PRECAUTIONS

- Do not use the product after the expiration date.
- Do not expose the product to direct sunlight.

#### ADDITIONAL INFORMATION

- Each external catheter should be worn no longer than 24 hours.
- If possible, allow time between product changes for skin to breathe.
- The product is not made with natural rubber latex. Although rare, trace amounts of natural rubber latex during manufacturing or packaging may expose the product to cross contamination.

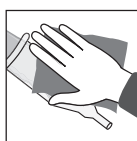
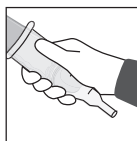
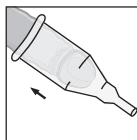
#### STEP-BY-STEP INSTRUCTIONS

##### PREPARATION

1. Gather all supplies: TruCath Silicone Male External Catheter, TruCath Leg or Drainage Bag, and a protective barrier wipe (only if recommended by a healthcare practitioner).
2. Trim pubic hair, if necessary.
3. Wash the penis with soap and water. Dry thoroughly.
  - If applying the external catheter after a bath or shower, wait 15-20 minutes to allow the skin to completely dry before application.
  - If using a protective barrier wipe prior to use, allow the skin to completely dry before application.
  - Do not use lotions, creams, or ointment on the penis before applying the external catheter.

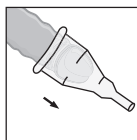
##### APPLICATION

1. Remove the external catheter from the bag.
2. Use the non-dominant hand to grasp the penis at a 90-degree angle. If uncircumcised, leave the foreskin in place, over the glans (head of penis), when applying the external catheter.
3. Use the dominant hand to place the external catheter over the penis – leave a one (1) to two (2) inch gap between the tip of the penis and the end of the external catheter to allow for free flow of urine and help prevent irritation at the tip of the penis.
4. Unroll the sheath slowly and smoothly, lightly pressing the sheath against the skin to remove air pockets and seal the adhesive. Pinch any excess material or wrinkles to secure the seal.
5. Connect the leg/drainage bag extension tube to the end of the catheter.



##### REMOVAL

1. Wash hands with soap and water. Dry thoroughly. Detach the extension tube and leg/drainage bag from the external catheter.
2. Apply a warm, wet washcloth over the penis for 30 seconds to help weaken the adhesive.
3. Starting at the base of the external catheter, gently roll the sheath forward to remove.
4. Place the external catheter in a waste container or per local guidelines – do not use a toilet for disposal.



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