

# Instructions for Use

## **Hydrophilic Female Catheter**

### Before you begin, gather the supplies you need to insert the catheter. You will need:

- RediCath<sup>™</sup> Hydrophilic Catheter with Water Pouch and Touch-Free Sleeve
- · Something to cleanse the area: soap, water and a wash cloth, or unscented wipes
- A container to collect the urine. (If you empty the urine right into the toilet, you won't need the container.)
- Hand towel



#### **Prior to Opening the Package**

- Wash your hands thoroughly with soap and water.
- Break the Water Packet by applying pressure to the foil packet to release the water. Ensure all water is released from the foil packet.
- Wet the Catheter by holding the package with the printed side up and rock up and down in a seesaw motion for 15-20 seconds to ensure the hydrophilic coating is fully immersed on the catheters.



#### Opening the Package

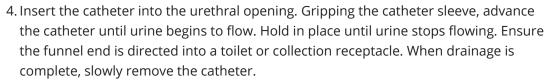
- Peel Open the Package at the funnel end to expose approximately 4" of the catheter. Do not remove the catheter yet.
- · For convenience, peel the blue sticker off near the finger hole and affix the catheter packaging to a hard surface such as a wall or bathroom fixture.



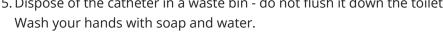
#### **How to Use**

If able, try to pass urine and empty your bladder as much as you can before using an intermittent catheter.

- 1. Position yourself comfortably. If sitting on the toilet, spread your legs apart. If lying down, knees can be straight or bent.
- 2. Wash the urethral area (with labia separated) from front to back with soap and water or an unscented wipe.
- 3. Remove the catheter from the package.



5. Dispose of the catheter in a waste bin - do not flush it down the toilet.



Consult your healthcare provider if you notice any unusual odor and/or cloudy, hazy urine. The RediCath™ Hydrophilic Catheter is intended for one-time use.



