

VaPro Plus

Intermittent Catheter



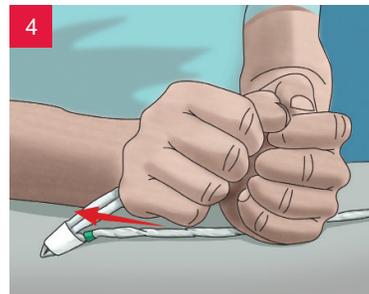
1 Wash your hands.



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



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 fat surface, and with the bottom of the fst, lift the bag away from the catheter to release the paper band. Lay catheter on opened package.



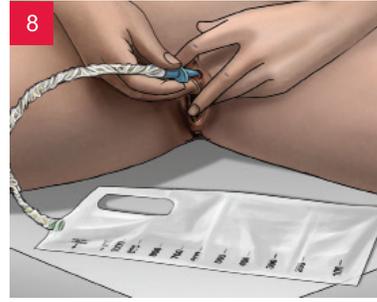
5 Spread the labia and cleanse around the opening of the urethra with mild, unscented soap or a non-alcoholic wet wipe.



6 Remove ring cap from protective tip of catheter.
(continued)



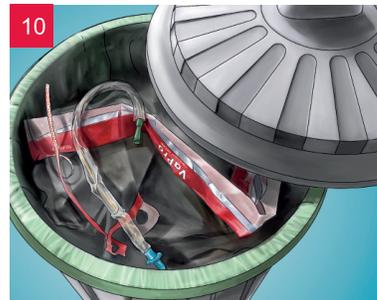
Hold the catheter in one hand, and with the other hand advance the catheter forward until the tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.



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



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



Catheter and collection bag may be disposed of in a waste bin.

DO NOT FLUSH DOWN TOILET.

Wash hands with mild soap and water.

Warning:

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

Caution:

Prior to use of this device, be sure to read (i) the complete information on how to use this device including Warnings, Cautions, and Instructions for Use, and (ii) all other package inserts and labels supplied with the product and accessories.

Please consult a medical professional before using this product if any of the following conditions are present:

Severed urethra, unexplained urethral bleeding, pronounced stricture, false passage, urethritis (inflammation of the urethra), prostatitis (inflammation of the prostate gland), epididymitis (inflammation of the epididymis/testicle tube)

NOTE: This product is designed for single use and should be disposed of appropriately after procedure.

NOTE: If discomfort or any sign of trauma occurs, discontinue use immediately and consult your clinician.

NOTE: Self-catheterisation should only be carried out under medical advice and only in accordance with instructions provided. You should always follow the plan of care and advice given by your healthcare professional. Generally, for urethral intermittent self-catheterisation (ISC), it is typical to catheterise at least 4 times a day between 6-8 hour intervals. If you are unsure about your catheterisation, please contact your regular healthcare professional.

NOTE: Store boxes in a flat position and at normal room temperature.



Hollister Limited
95 Mary Street
Aurora, Ontario
L4G 1G3
1-800-263-7400

www.hollister.com