

## TIPS/POINTS TO REMEMBER

Always carry a new catheter with you in case you are unable to get home. Perhaps keep a supply in the car and with family members that you visit often.

Remember to have enough catheters and equipment for your holiday.

Catheterising will not interfere with your sexual activity, but it is advisable to always try to empty your bladder first, and be extra careful with personal hygiene.

A small amount of blood in the urine may occur, especially in the beginning due to irritation of the mucous membrane of the urethra.

Performing ISC should not hinder you from doing any activities that you did before.

## CONTACT YOUR HEALTHCARE PROFESSIONAL

Contact your healthcare professional if you experience symptoms of a urinary tract infection: fever, discomfort or pain when urinating, frequent need to urinate or blood in the urine.



## PRESCRIPTION CODES:

Dilatation catheter without drainage eyes.

Code	Type	Charriere size	Length	Pack size
ALOEM10	Dilatation catheter No eyelets	10Ch	12cm	30
ALOEM12	Dilatation catheter No eyelets	12Ch	12cm	30
ALOEM14	Dilatation catheter No eyelets	14Ch	12cm	30
ALOEM16	Dilatation catheter No eyelets	16Ch	12cm	30



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# aloemeatal®

## FEMALE PATIENT GUIDE

READ THE INSTRUCTIONS  
CAREFULLY BEFORE  
USING ALOE MEATAL® CATHETERS

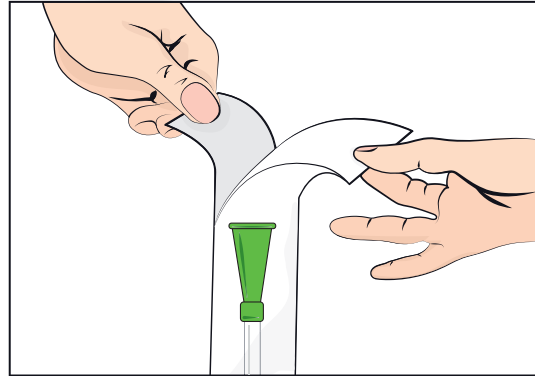


## How to use the ALOE MEATAL® catheter

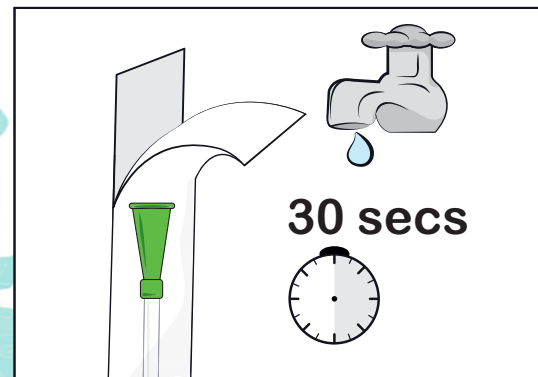
1. Wash hands thoroughly using soap and water or use a wet wipe or cleansing gel.
2. Clean the labia from front to back.
3. Open the Aloe Meatal® packaging about 2-3 cms. Using water, fill the package enough to coat the catheter (Diagram 1).
4. Using the label on the back, stick the package somewhere suitable and wait for 30 seconds to allow the hydrophilic coating to activate fully (Diagram 2.)
5. Adopt the position that you find most comfortable in order to catheterise.
6. Visually inspect the catheter for any damage and use it immediately.
7. Use your fingers to part the labia (Diagram 3). Slowly and carefully insert the catheter as taught by your healthcare professional.
8. After use put the catheter back into the packaging before disposing of it responsibly.
9. Wash hands again with soap and water or use a wet wipe or cleansing gel.

### Diagram 1.

Using water fill the package and wait 30 seconds.

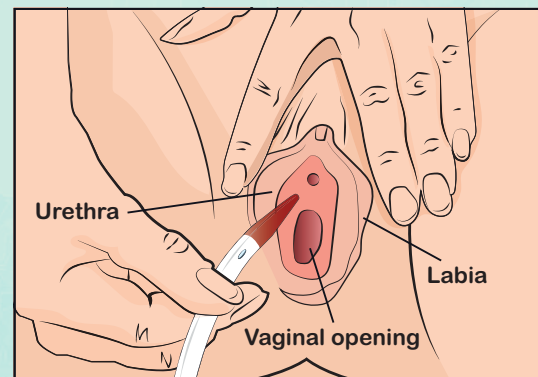


### Diagram 2.



### Diagram 3.

Using ALOE MEATAL® urethrally



## WHAT SIZE CATHETER SHOULD I USE?

Your healthcare professional will make sure you get the correct size. This is known as the Charriere (Ch) or French Gauge (Fr). The Charriere is the diameter of the tube.

## HOW OFTEN SHOULD I USE ALOE MEATAL®?

This will vary amongst individuals. Your healthcare professional will personalise a regime detailing how often and for how long you need to perform the procedure.

## WHAT SHOULD I DO IF I CAN'T INSERT THE CATHETER?

If you have tried and failed, relax and wait a while before trying again. Sometimes taking a bath can help. If you still find it difficult to pass the dilator into the urethra, narrowing may have re-occurred. You should then contact your healthcare professional.

## WHAT SHOULD I DO IF I CANNOT GET THE CATHETER OUT?

There is nothing to keep the catheter inside but the muscles around the urethra can tighten. Don't pull. Relax, cough and the catheter will gradually slide out.

## WHERE CAN I GET ALOE MEATAL®?

Aloe Meatal® is a medical device and requires a prescription from your healthcare provider.

## HOW DO I STORE MY ALOE MEATAL® CATHETERS?

Store your Aloe Meatal® catheters in a clean, cool and dry place out of direct sunlight in their original packaging. Dispose of any product if they have passed their expiry date or are damaged in any way.