

## 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:

Code	Type	Charriere size	Length	Pack size
PSAOP06	Paediatric	06Ch	30cm	30
PSAOP08	Paediatric	08Ch	30cm	30
PSAOP10	Paediatric	10Ch	30cm	30
PSAOF08	Female	08Ch	18cm	30
PSAOF10	Female	10Ch	18cm	30
PSAOF12	Female	12Ch	18cm	30
PSAOF14	Female	14Ch	18cm	30
PSAOM10	Male	10Ch	40cm	30
PSAOM12	Male	12Ch	40cm	30
PSAOM14	Male	14Ch	40cm	30
PSAOM16	Male	16Ch	40cm	30
PSAOM18	Male	18Ch	40cm	30



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# aloeoriginal+®

## FEMALE PATIENT GUIDE

READ THE INSTRUCTIONS  
CAREFULLY BEFORE USING  
ALOE ORIGINAL PLUS® CATHETERS

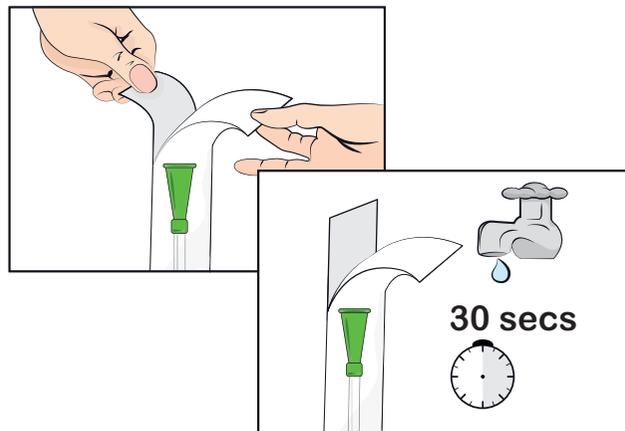


## How to use the ALOE ORIGINAL PLUS® catheter

1. Wash hands thoroughly using soap and water or use a wet wipe or cleansing gel. Clean the labia from front to back or clean the area around the stoma.
2. Open the Aloe Original Plus® packaging about 2-3cms. Using water, fill the package enough to coat the catheter (Diagram 1).
3. Using the label on the back, stick the package somewhere suitable and wait for 30 seconds to allow the hydrophilic coating to activate fully.
4. Adopt the position that you find most comfortable in order to catheterise.
5. Visually inspect the catheter for any damage and use it immediately.
6. Use your fingers to part the labia (Diagram 2) or slide the catheter into the stoma (Diagram 3). Slowly and carefully insert the catheter as taught by your healthcare professional.
7. Urine will drain once the catheter has entered the bladder. When the catheter stops draining, remove the catheter slowly to ensure you drain the bladder completely.
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.

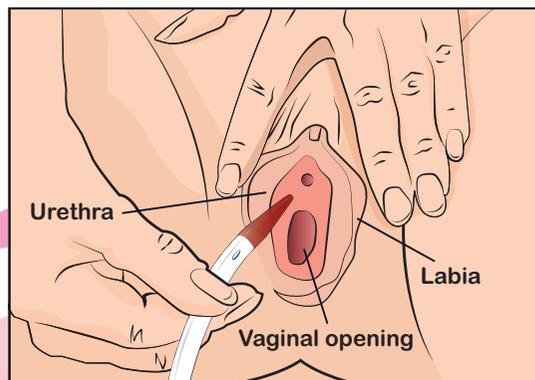
### Diagram 1.

Using water fill the package and wait 30 seconds.



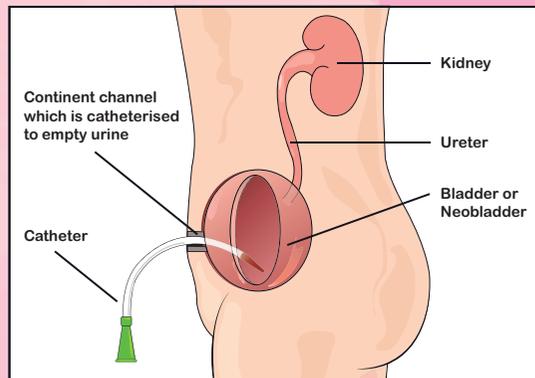
### Diagram 2.

Using ALOE ORIGINAL PLUS® urethrally



### Diagram 3.

Using ALOE ORIGINAL PLUS® with a Stoma or Mitrofanoff



## 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 ORIGINAL PLUS®?

This will vary amongst individuals and also depends on how much fluid you drink but most people need to empty their bladder every 4-6 hours when they are awake. It is sensible to keep a record of the amount of urine you drain via catheter.

## 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 are still unable to insert the catheter, please 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 ORIGINAL PLUS®?

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

## HOW DO I STORE MY ALOE ORIGINAL PLUS® CATHETERS?

Store your Aloe Original Plus® 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.