

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.



Unique closing mechanism

Easy grip handle

PRESCRIPTION CODES:

This catheter is for female use only

Code	Type	Charriere size	Length	Pack size
46F-12-30-UK	Female	12Ch	13cm	30

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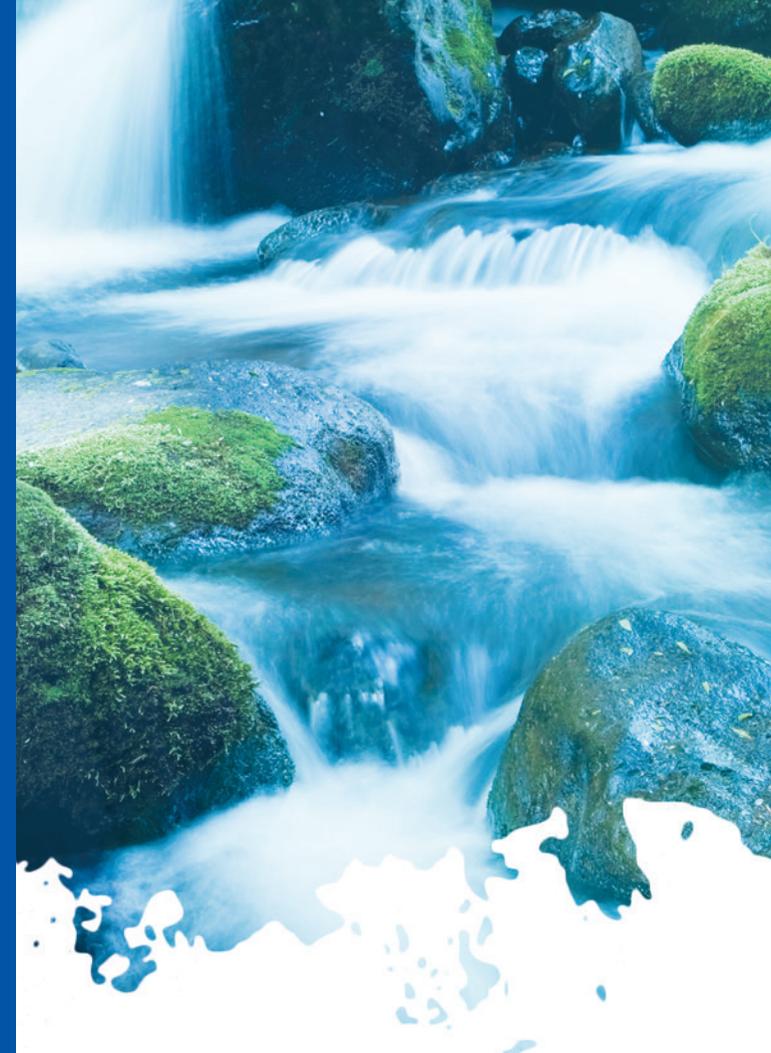
If you require any information,
please contact us:

Unit 1 Skyways Business Park
Exeter Airport Industrial Estate
Devon EX5 2UL

T 01392 340169 | F 01392 446378

office@hunterurology.com

www.hunterurology.com



emteva[®]

**A MULTI-USE CATHETER
FEMALE PATIENT GUIDE**

READ THE INSTRUCTIONS
CAREFULLY BEFORE
USING EMTEVA[®] MULTI-USE CATHETERS

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How to use the EMTEVA® catheter

1. Wash hands thoroughly using soap and water or use a wet wipe or cleansing gel. Clean the labia from front to back.
2. Adopt the position that you find most comfortable in order to catheterise.
3. Open the EMTEVA® packaging and visually inspect the catheter for any damage.
4. Press the lid down to close it tight.
5. Add lubricating gel onto the end of the catheter if required. Take care not to touch the end that will go into your bladder.
6. Use your fingers to part the labia. Slowly and carefully insert the catheter as taught by your healthcare professional (Diagram 1).
7. Press the lid release when you are ready to empty your bladder. Urine will drain once the catheter has entered the bladder (Diagram 2).
8. When the catheter stops draining, remove the catheter slowly to ensure you drain the bladder completely.
9. Emteva® should be cleaned and sterilised after use (refer to the cleaning instructions as detailed on the Emteva® Instructions for Use). Emteva should be discarded with normal household waste after 24 hours use.
10. Wash hands again with soap and water or use a wet wipe or cleansing gel.



Diagram 1.

Insert Emteva into your urethra with the cap closed.

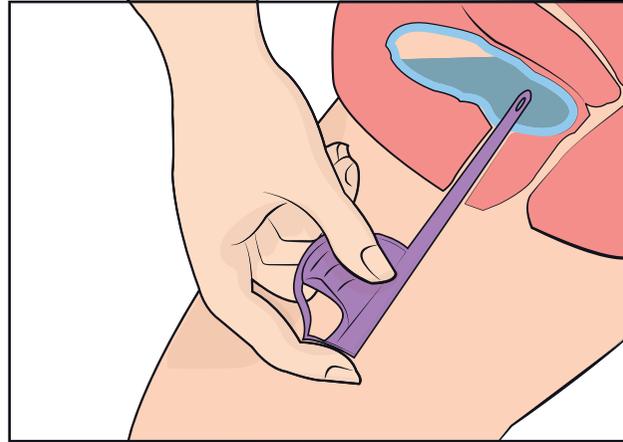
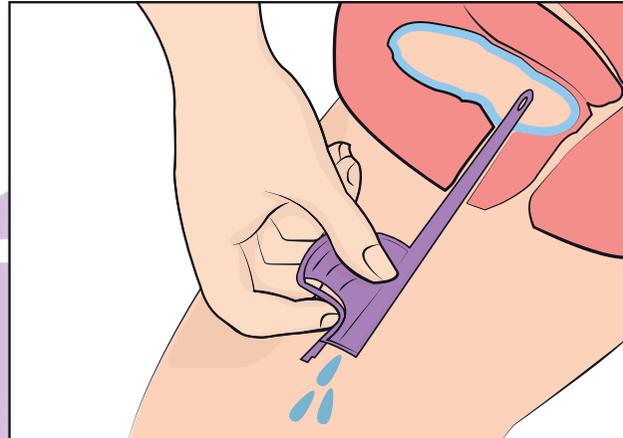


Diagram 2.

Press the lid release when you are ready to empty your bladder.



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 EMTEVA®?

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 a 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 EMTEVA®?

Emteva® is a medical device and requires a prescription from your healthcare provider or doctor.

HOW SHOULD I STORE MY EMTEVA® CATHETERS?

Store your Emteva® 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.