

## 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:

| Code    | Type       | Charriere size | Length | Pack size |
|---------|------------|----------------|--------|-----------|
| PSAHP06 | Paediatric | 06Ch           | 30cm   | 30        |
| PSAHP08 | Paediatric | 08Ch           | 30cm   | 30        |
| PSAHP10 | Paediatric | 10Ch           | 30cm   | 30        |
| PSAHF08 | Female     | 08Ch           | 18cm   | 30        |
| PSAHF10 | Female     | 10Ch           | 18cm   | 30        |
| PSAHF12 | Female     | 12Ch           | 18cm   | 30        |
| PSAHF14 | Female     | 14Ch           | 18cm   | 30        |
| PSAHM10 | Male       | 10Ch           | 40cm   | 30        |
| PSAHM12 | Male       | 12Ch           | 40cm   | 30        |
| PSAHM14 | Male       | 14Ch           | 40cm   | 30        |
| PSAHM16 | Male       | 16Ch           | 40cm   | 30        |



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# aloehydro+

## FEMALE PATIENT GUIDE

READ THE INSTRUCTIONS  
CAREFULLY BEFORE  
USING ALOE HYDRO PLUS® CATHETERS

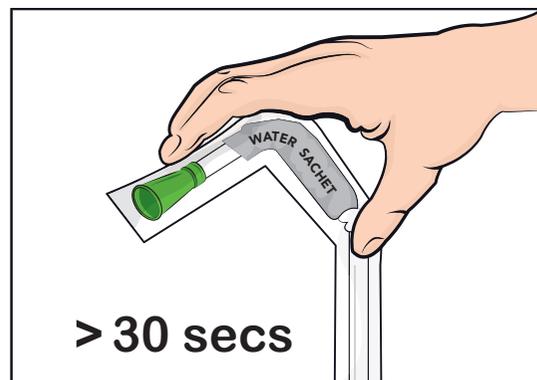


## How to use the ALOE HYDRO PLUS® catheter

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. Without opening the package, carefully fold the catheter at the base of the funnel until the water sachet breaks (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. Open the Aloe Hydro Plus® packaging and 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).
7. Slowly and carefully insert the catheter as taught by your healthcare professional.
8. 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.
9. After use put the catheter back into the packaging before disposing of it responsibly.
10. Wash hands again with soap and water or use a wet wipe or cleansing gel.

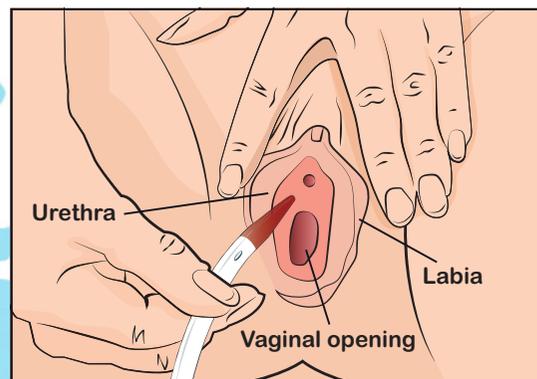
### Diagram 1.

Fold the catheter at the base of the funnel to break the water sachet



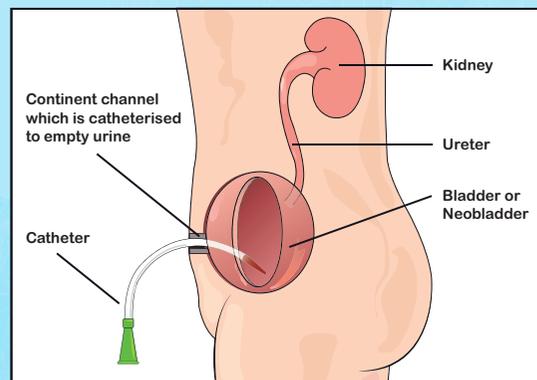
### Diagram 2.

Using ALOE HYDRO PLUS® urethrally



### Diagram 3.

Using ALOE HYDRO 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 HYDRO 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 HYDRO PLUS®?

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

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

Store your Aloe Hydro 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.