

TIPS/POINTS TO REMEMBER

Always carry a new catheter with you in case you are unable to get home. 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 ultrasound technology produces completely smooth eyelets

PRESCRIPTION CODES:

Code	Type	Charriere size	Length	Pack size
SNP06	Paediatric	06Ch	30cm	30
SNP08	Paediatric	08Ch	30cm	30
SNP10	Paediatric	10Ch	30cm	30
SNF08	Female	08Ch	18cm	30
SNF10	Female	10Ch	18cm	30
SNF12	Female	12Ch	18cm	30
SNF14	Female	14Ch	18cm	30
SNM08	Male	8Ch	40cm	30
SNM10	Male	10Ch	40cm	30
SNM12	Male	12Ch	40cm	30
SNM14	Male	14Ch	40cm	30

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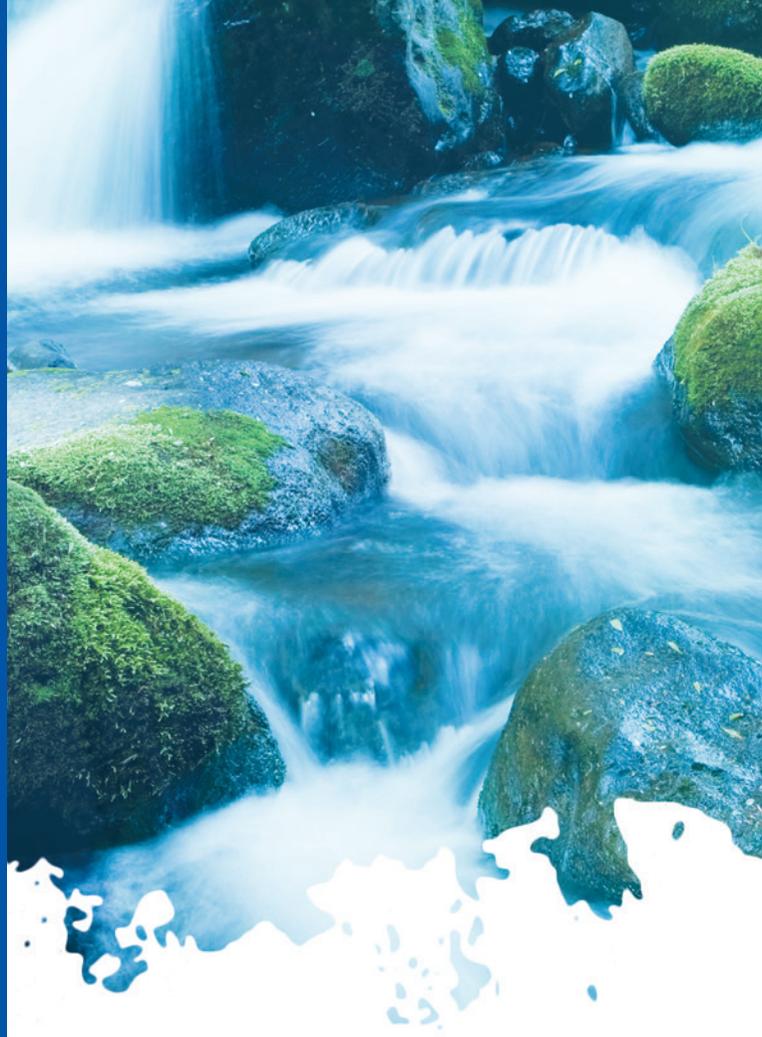
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smoothnelaton®

FEMALE PATIENT GUIDE

READ THE INSTRUCTIONS
CAREFULLY BEFORE
USING SMOOTH NELATON® CATHETERS

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How to use the SMOOTH NELATON® 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. Adopt the position that you find most comfortable in order to catheterise.
3. Open the Smooth Nelaton® packaging and visually inspect the catheter for any damage.
4. Add lubricating gel onto the end of the catheter if required. Take care not to touch the end that will go into your bladder.
5. 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.
6. 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.
7. After use put the catheter back into the packaging before disposing of it responsibly.
8. Wash hands again with soap and water or use a wet wipe or cleansing gel.

Diagram 1.

Unique ultrasound technology produces completely smooth eyelets



Diagram 2.

Using SMOOTH NELATON® urethrally

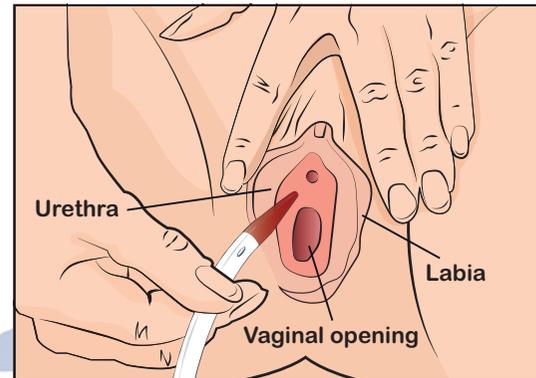
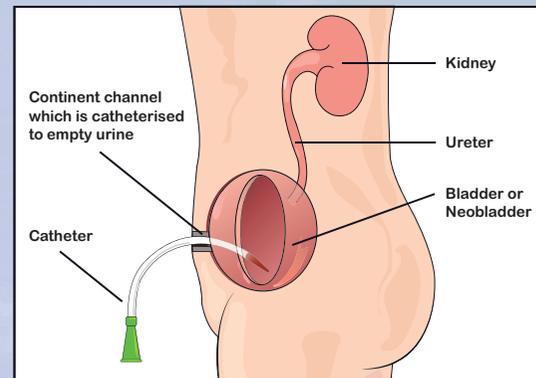


Diagram 3.

Using SMOOTH NELATON® 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 SMOOTH NELATON®?

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 SMOOTH NELATON®?

Smooth Nelaton® is a medical device and requires a prescription from your healthcare provider.

HOW SHOULD I STORE MY SMOOTH NELATON® CATHETERS?

Store your Smooth Nelaton® 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.