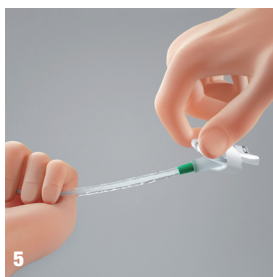
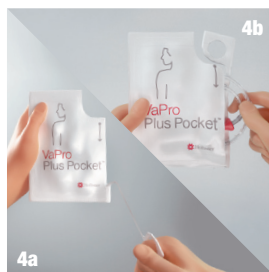


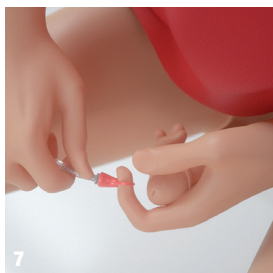
# User Guide VaPro Plus Pocket™ Catheters



1. Assemble all equipment and prepare the area.
2. Wash your hands as advised by your healthcare practitioner.
3. Position yourself to carry out intermittent catheterisation. Manipulate your clothing to access your genitalia.
- 4a. Open the package. To open package, pull finger hole toward you and all the way down.



- 4b. Remove the catheter from the package.
5. With collection bag facing up, hold the catheter in one hand while pushing the bag away from the catheter with the other hand to break the paper band. Unfold collection bag. Leave the catheter on the lap, sink or flat surface.
6. Hold the penis with your non-dominant hand and don't let go until you have finished the procedure. Pull back foreskin (if present) and cleanse the glans as you were trained by your healthcare practitioner.



7. Remove the cap from the protective tip of catheter.
8. Hold the catheter in one hand, and with the other hand advance the catheter forward until tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.
9. Grasp catheter below protective tip plate.



VaPro Plus Pocket™  
No Touch Intermittent Catheter



10. Using your fingers and forefinger of your non-dominant hand squeeze glans gently to open the urethral opening. With your dominant hand, insert the protective tip until the plate comes in contact with urethral opening.
11. Insert the catheter forward until urine starts to flow.
12. Once urine flow has stopped slowly withdraw the catheter. If urine flows again, pause until urine stops. After you're sure the bladder is empty, remove the catheter completely. Reposition the foreskin (if present).
13. After catheterising hold collection bag by handle.
14. To empty the collection bag before disposing, tear at the arrow (Tear here to empty) to drain.
15. Dispose of the catheter, collection bag, and packaging in a disposal bin. DO NOT FLUSH DOWN TOILET.
16. Wash your hands.



**WARNING: To help reduce the potential for infection and/or other complications, do not reuse.**

**WARNING:** If discomfort or any sign of trauma occurs, discontinue use immediately and consult your healthcare practitioner.

- Ready-to-use, single-use closed system intermittent catheter
- Protective tip and sleeve supports no-touch insertion technique
- Colour-coded connector indicates catheter size
- 1000 ml collection bag
- Hydrophilic-coated, Phthalate-free catheter
- 2 smooth catheter eyelets
- Easy-to-remove ring cap
- Not made with natural rubber latex

#### INDICATIONS FOR USE

This intermittent catheter is a flexible tubular device that is inserted through the urethra by male, female and paediatric patients who need to drain urine from the bladder.

**PRECAUTION:** Please consult your healthcare practitioner before using this product if any of the following conditions are present:

- Severed urethra
- Pronounced stricture
- Urethritis – inflammation of the urethra
- Epididymitis – inflammation of the epididymis (testicle tube)
- Unexplained urethral bleeding
- False passage
- Prostatitis – inflammation of the prostate gland

**PRECAUTION:** Self-catheterisation should follow the plan of care and advice given by your healthcare practitioner and be carried out only in accordance with the instructions for use provided. Because catheterisation frequency varies by person, the recommended frequency of your catheterisation should be provided by your healthcare practitioner. For any other questions about your catheterisation, please contact your healthcare practitioner.

**NOTE:** Store boxes in a flat position and at normal room temperature. This product consists of: polyurethane sleeve, thermoplastic elastomer tip, and tubing not made with DEHP.

Rx only

#### Hollister Limited

Building 1010, Winnersh Triangle Business Park, Eskdale Road, Winnersh, Wokingham RG41 5TS

For more information and to request FREE samples:

Tel: 0800 521 377 | Email: [samples.uk@hollister.com](mailto:samples.uk@hollister.com)

[www.hollister.co.uk](http://www.hollister.co.uk)

Scan to watch video

