

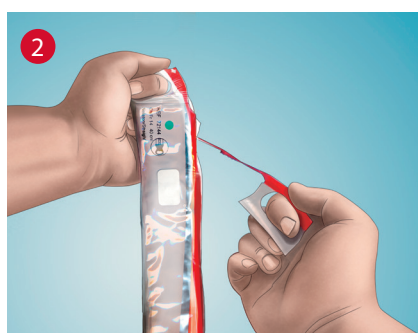


## VaPro touch free intermittent catheter

### Procedure Guide for Females

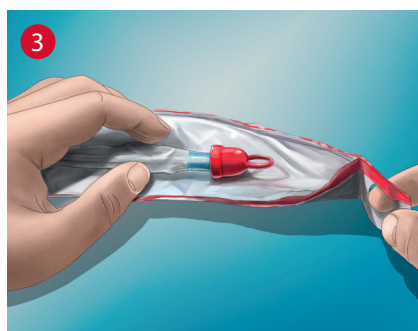


1 Wash hands with mild soap and water and dry thoroughly.

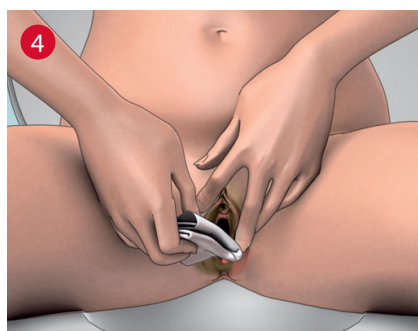


2 To open the catheter package, pull top finger hole toward you at least halfway down the package.

If necessary, use the adhesive strip on the catheter package to affix the package to a surface while preparing to catheterise.



3 Lay the catheter on the open package.



4 Spread the labia and cleanse around the opening of the urethra with mild, unscented soap or a non-alcoholic wet wipe.



5 Remove ring cap from protective tip of catheter.

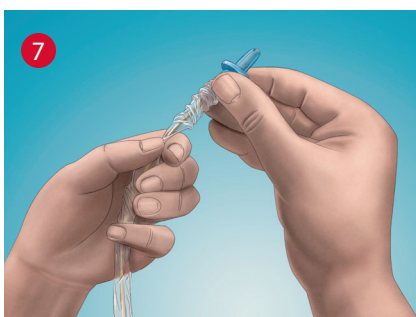


## VaPro Touch Free Intermittent Catheter

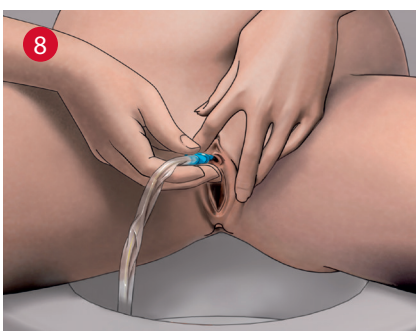
### Procedure Guide for Females



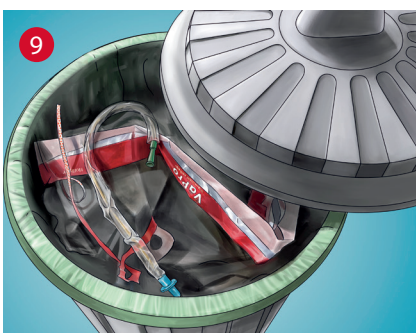
Direct the funnel end of the catheter into an appropriate receptacle or toilet.



Hold the catheter in one hand, and with the other hand advance the catheter forward until the tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.



Part the labia with two fingers. Grasp the catheter below the protective tip plate, and insert the protective tip until the base comes in contact with the urethral opening. Release the labia. **Keep the protective tip in place.** Insert the catheter forward until urine starts to flow. Once the urine flow has stopped, slowly withdraw the catheter to ensure the bladder is completely empty. Then gently remove catheter completely.



The catheter may be disposed of in a waste bin. Do not flush it down the toilet.



Wash hands with mild soap and water and dry thoroughly.

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