

Intermittent self-catheterisation (ISC) step-by-step instructions for women

1. Choose a place in your home suitable for administration. It needs to be comfortable and have enough clean surfaces within easy reach.

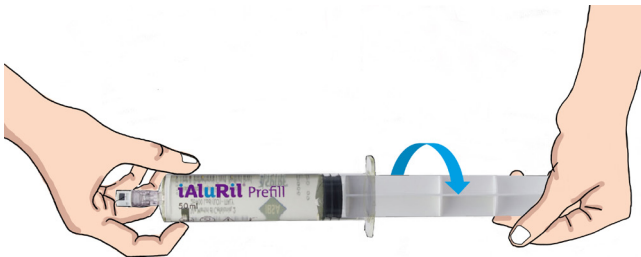
2. Make sure your hands and the area around your urethra are clean.



3. Prepare for administration; having the syringe, plunger, connector and catheter ready. You might also find it helpful to have a mirror to hand.



4. Screw the plunger into the end of the iAluRil® syringe.



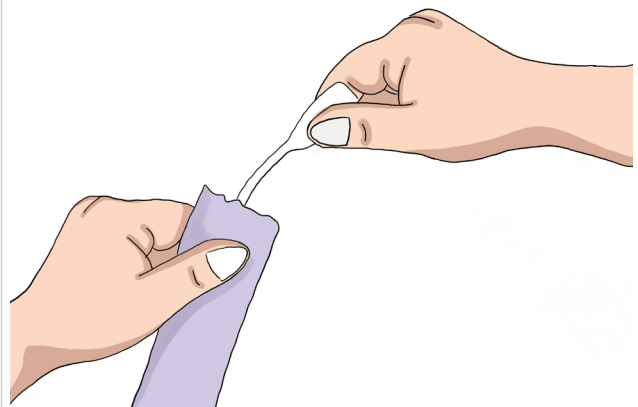
5. Remove the cap from tip end of the syringe and attach the connector into the syringe by screwing into place. Rest this on a clean surface for now.



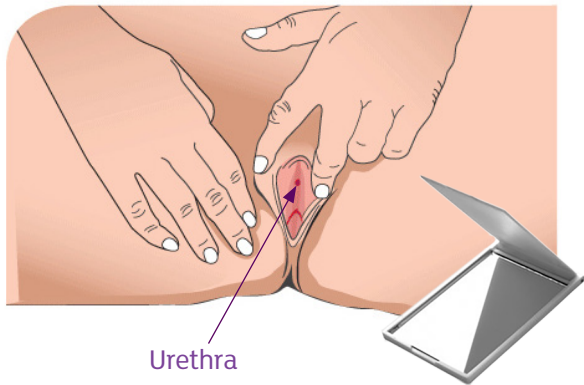
6. Break the end of the catheter packet as per the instructions to activate the coating of the hydrophilic catheter.



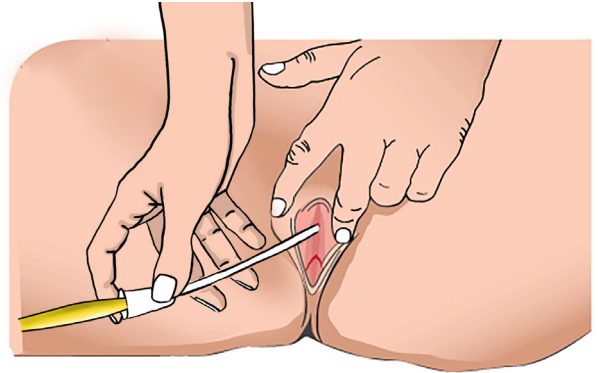
7. Remove the catheter from the packet touching only the funnel end



8. Find your urethra with the help of a mirror if needed.

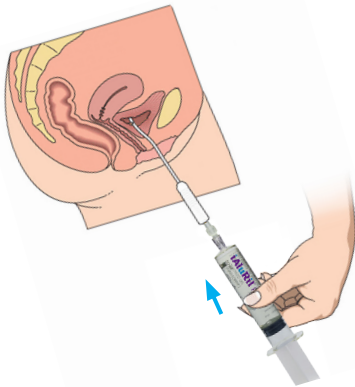


9. Slowly insert the catheter into the urethra. When urine starts to flow, push the catheter a little further in. Make sure the bladder empties completely.

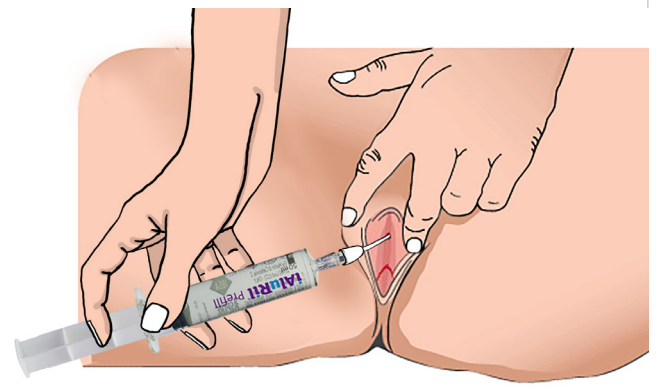


10. Once the urine flow has stopped and the bladder is empty you're ready to instill your iAluRil®.

11. Attach the connector and syringe onto the funnel end of the catheter.

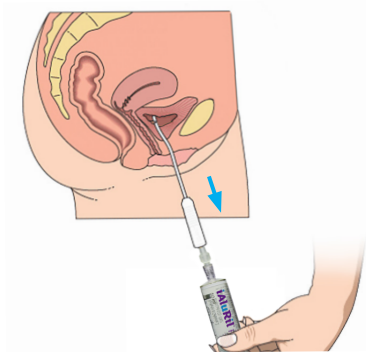


12. Slowly instill the contents of the syringe through the catheter by pushing gently on the plunger.



13. Once all of the iAluRil® has been instilled into the bladder, gently remove the catheter with the syringe still attached and dispose of as instructed.

Hold the iAluRil® solution in your bladder without weeing for between 30 minutes and 3 hours.



14. Clean your hands.

15. Complete the relevant documentation to keep a record of your instillation for your doctor or nurse.

Information sourced from: <https://www.wellspect.co.uk/bladder/about-isc/self-catheterisation-the-basics/women>

iAluRil®
Sodium Hyaluronate | Sodium Chondroitin Sulphate | Calcium Chloride
with iAluadapter®

Reporting of Side Effects
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the product's package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medical device.

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