

## Step-by-step instructions for men using the iAluadapter®

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

2. Empty your bladder.

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



4. Prepare for administration; having the syringe, plunger and iAluadapter® ready.



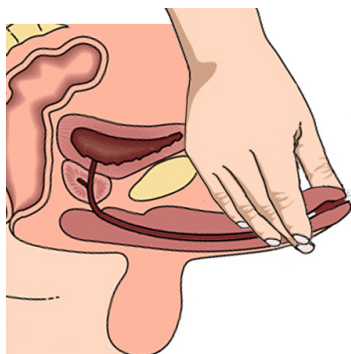
5. Screw the plunger into the end of the iAluRil® syringe.



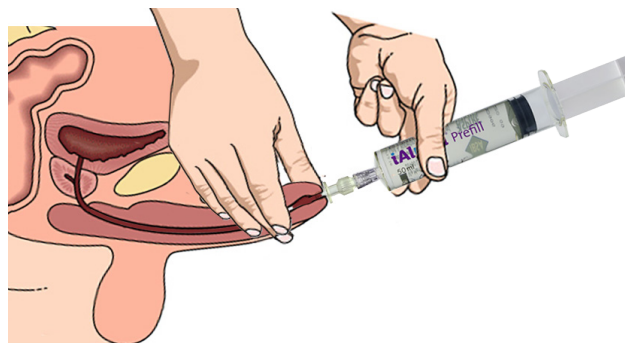
6. Open the packaging of the iAluadapter®, exposing only the end of it. Remove the cap on the tip end of the iAluRil® syringe. Holding it by the packaging, or the ribbed section, attach the iAluadapter® using a half-twist motion to secure it.



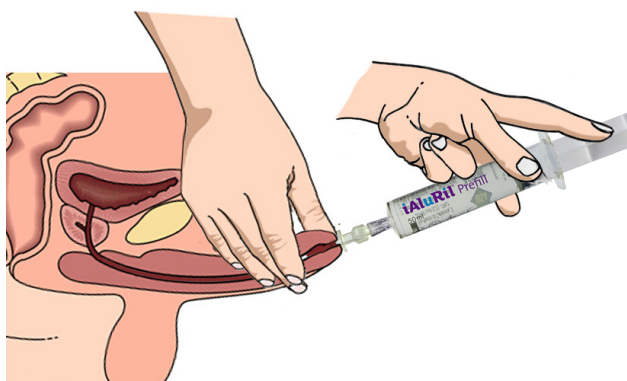
**7.** If you have a foreskin, gently pull it back. Hold the syringe in your dominant hand. With your other hand, hold the penis straight and upwards towards your tummy between your thumb and middle finger.



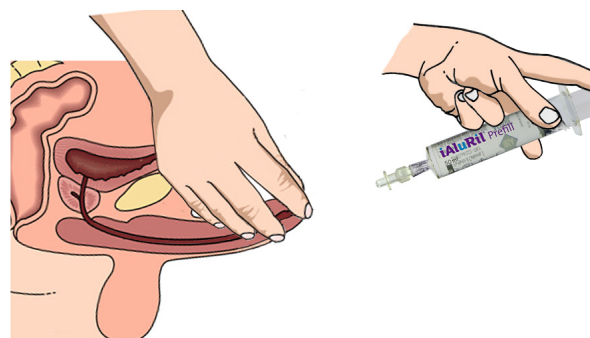
**8.** Remove the iAluadapter® completely from the packaging, lubricate the iAluadapter® by squeezing a small amount of iAluRil® from the syringe to just sit on the tip of it. Slowly insert it into the tip of the penis, rotating to ensure a good fit.



**9.** Slowly instill the contents of the syringe by pushing gently on the plunger with your forefinger.



**10.** Once all of the iAluRil® has been instilled into the bladder, slowly remove the iAluadapter® and syringe and gently squeeze your penis with your middle finger and thumb, placing your index finger over the tip to prevent the solution from leaking out.



**11.** Using the same syringe, with your other hand suck in 20ml of air by pulling on the plunger (it might be useful to ask someone to help you with this).

**13.** Remove the iAluadapter® and syringe once again and dispose of as instructed.

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

**12.** Re-insert the iAluadapter® and push the on the plunger to fill the urethra with the 20ml of air. This will ensure all of the iAluRil® reaches the bladder.

**14.** Clean your hands.

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

Please note, administration of iAluRil® using the iAluadapter® should not be done in the 3 days after sexual intercourse.

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

**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](http://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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