

Step-by-step instructions for women 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.

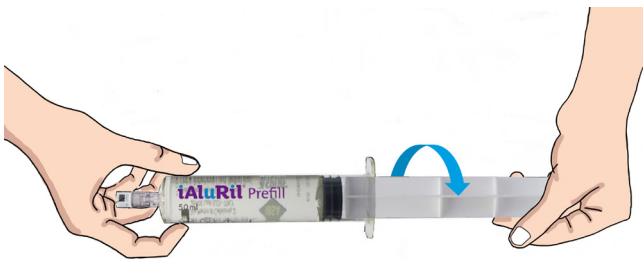


4. Prepare for administration; having the syringe, plunger and iAluadapter® ready. You might also find it helpful to have a mirror to hand.



Syringe Plunger iAluadapter®

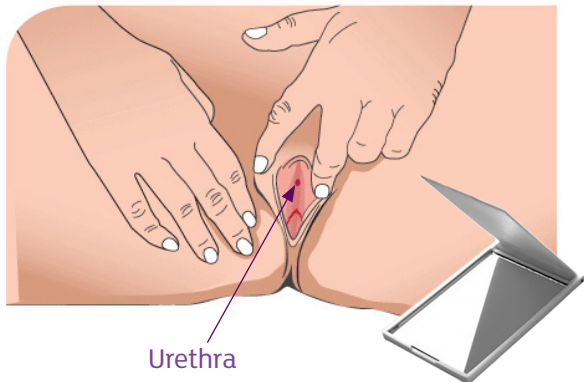
5. Screw the plunger into the end of the iAluRil® syringe.



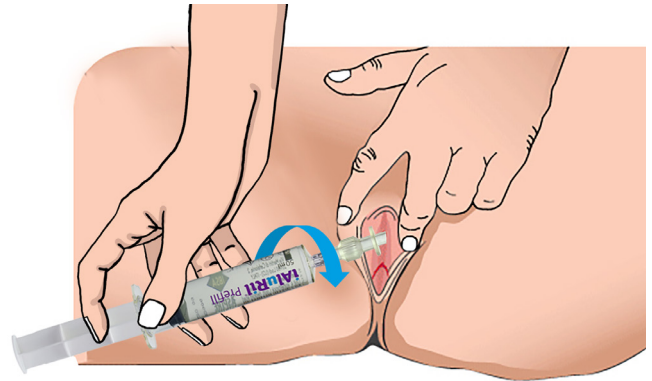
6. Open the packaging of the iAluadapter®, exposing only the end of it. Remove the cap on the tip end of the iAluRil® syringe. Holding it by the packaging, or the ribbed section, attach the iAluadapter® using a half-twist motion to secure it.



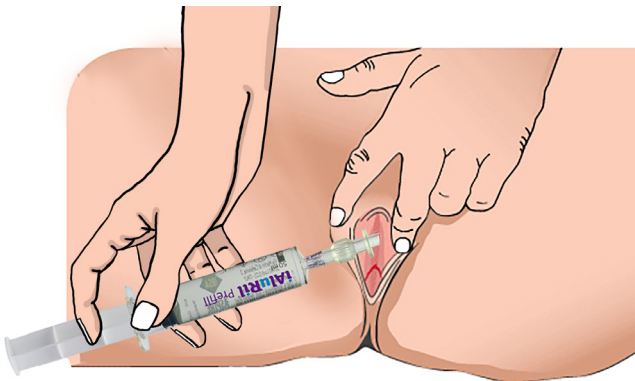
7. Find your urethra with the help of a mirror if needed.



8. Remove the iAluadapter® completely from the packaging and lubricate it by squeezing a small amount of iAluRil® from the syringe to just sit on the tip of the iAluadapter®. Open the labia and slowly insert the iAluadapter® into the urethra, rotating it to ensure a good fit.



9. Slowly instill the contents of the syringe through the adapter by pushing gently on the plunger. Keeping the labia open will help you see the administration process more easily.



10. Once all of the iAluRil® has been instilled into the bladder, gently remove the iAluadapter® and syringe and dispose of as instructed.

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

11. Clean your hands.

12. 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/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.

10102441391 v 2.0 April 2023

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