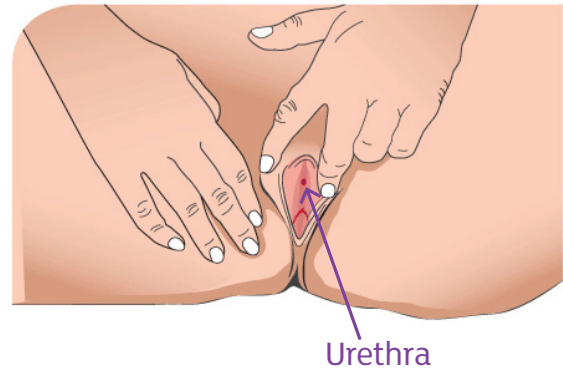


Instructions for women performing ISC (intermittent self-catheterisation)

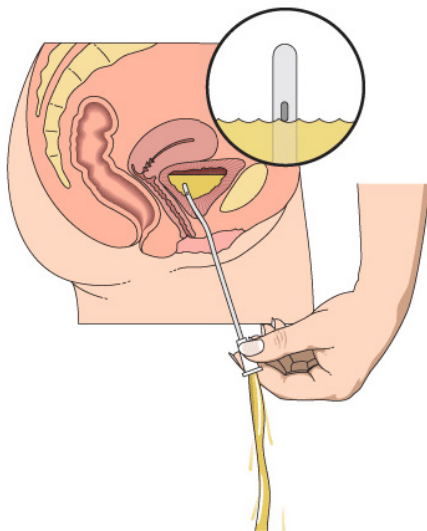
1. Prepare your catheter so it is ready to use.



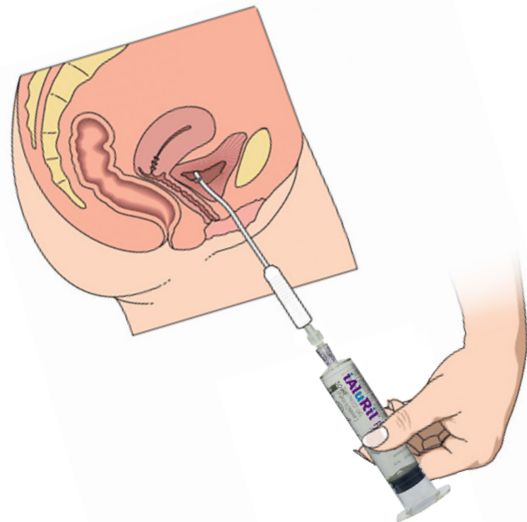
2. Wash your hands with soap and water, before and after catheterisation. Touch the catheter tube as little as possible after you have washed your hands before self-catheterisation.



3. Spread the labia and lift slightly to locate the urethra.

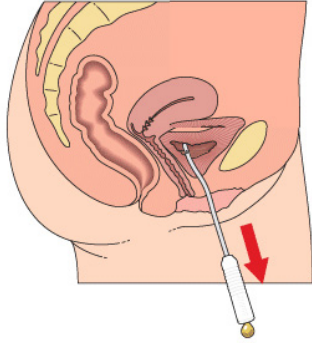


4. Slowly insert the catheter into the urethra. When urine starts to flow, push the catheter a little further in (roughly one to two centimetres).



5. Once the urine flow has stopped and the bladder is empty, remain on the toilet but tilt back slightly. Insert the connector into the funnel end of the catheter and attach the iAluRil® prefilled syringe on to the luer-lock fitting. Slowly instill the contents of the syringe through the catheter.

Instructions for women performing ISC (intermittent self-catheterisation)



6. Once all of the iAluRil® has been instilled into the bladder, slowly remove the catheter with the syringe and throw it away. Keep iAluRil® in the bladder for as long as possible (minimum time: 30 minutes).



When you start self-catheterising it is valuable to use a mirror to help finding the urethra.

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.

1010244810 v 1.0 March 2020

ASPIRE®
P H A R M A
www.aspirepharma.co.uk