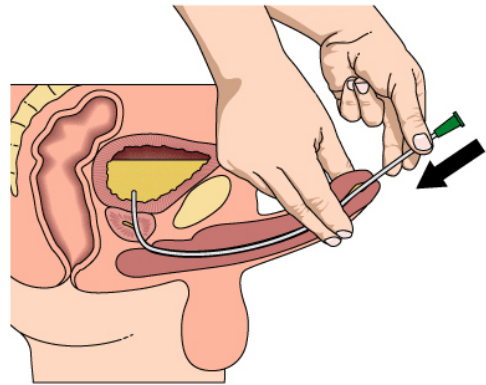


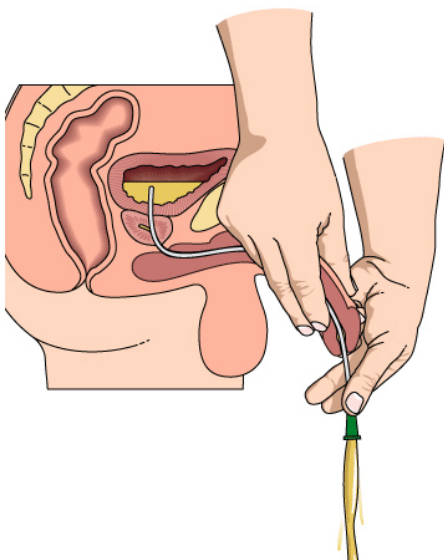
## Instructions for men performing ISC (intermittent self-catheterisation)



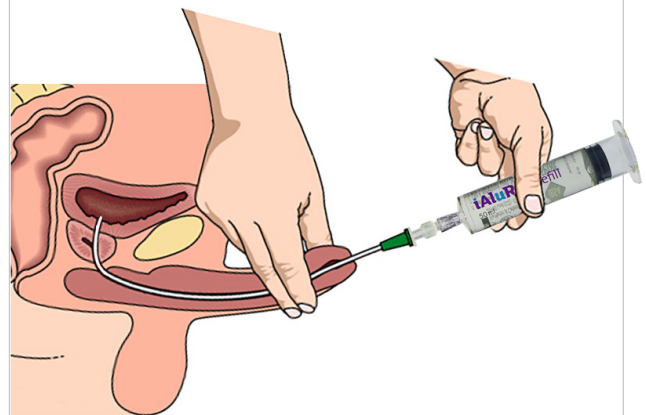
**1.** Wash your hands with soap and water, before and after catheterisation. Touch the catheter tube as little as possible after you have washed your hands before self-catheterisation.



**2.** Hold the penis up towards the stomach to straighten the urethra. Slowly insert the catheter into the urethra (the hole at the end of the penis). When urine starts to flow, push the catheter a little further in (roughly one to two centimetres).

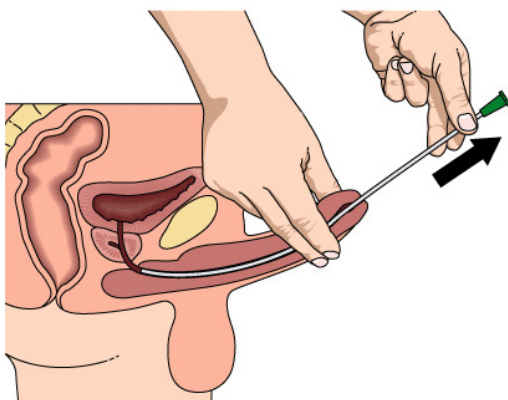


**3.** Return the penis to its normal position when the urine starts flowing through the catheter.



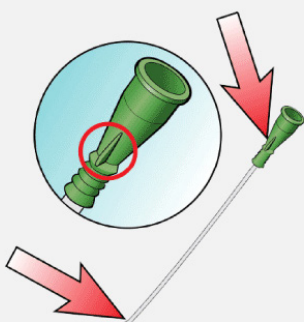
**4.** Once the urine flow has stopped and the bladder is empty, sit on to the toilet and tilt back slightly. Insert the connector into the funnel end of the catheter and attach the iAluRil® pre-filled syringe on to the luer-lock fitting. Slowly instill the contents of the syringe through the catheter.

## Instructions for men performing ISC (intermittent self-catheterisation)

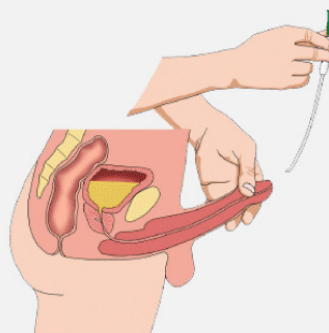


5. Once all of the iAluRil® has been instilled into the bladder, slowly remove the catheter with the syringe and throw it away. Keep iAluRil® in the bladder for as long as possible (minimum time: 30 minutes).

**A Tiemann catheter, with an angled tip, requires a specific technique for catheterisation. Your healthcare professional will provide information and training.**



1. Note the location of the mark on the funnel relative to the catheter tip when you insert the catheter. That way you ensure the catheter tip is going in the right direction during the catheterisation.



2. Ensure the catheter tip turns up towards the abdomen while inserting the catheter and during the catheterisation.



@bladdermatters

Information 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.

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