

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

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.



Syringe Plunger Connector

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.

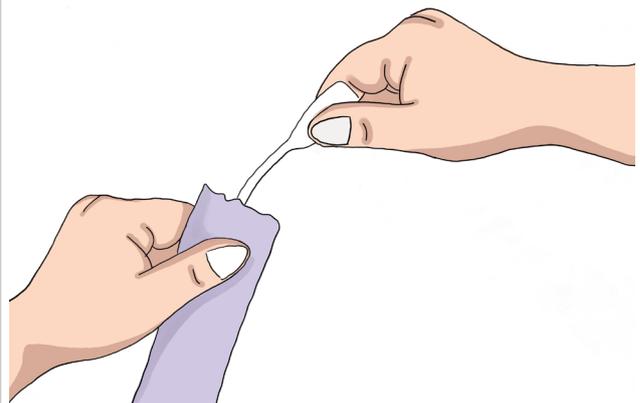


6. Break the end of the catheter packet as per the instructions to activate the coating of the hydrophilic catheter.



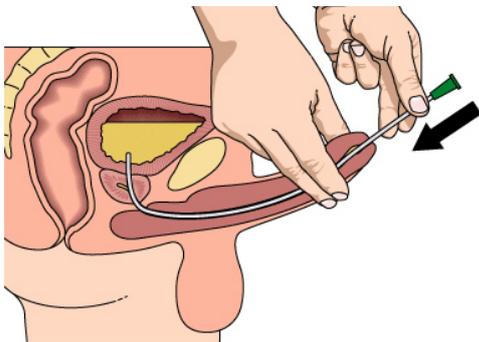
7. Remove the catheter from the packet touching only the funnel end.

Use the guide to hold the catheter tube for insertion.

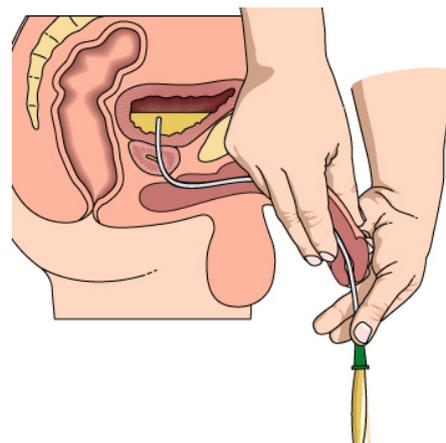


8. Hold the penis straight and upwards to your tummy with your non-dominant hand.

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.

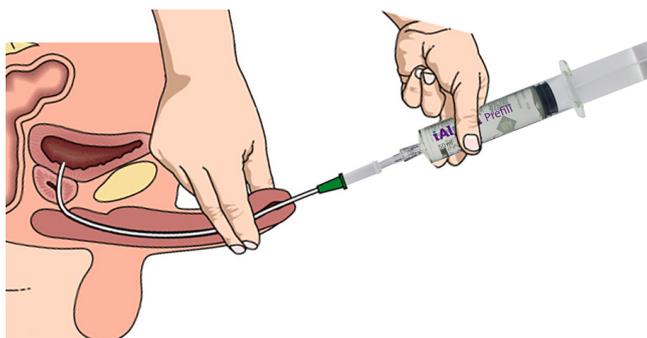


9. Return the penis to its normal position to allow the urine to flow through the catheter.

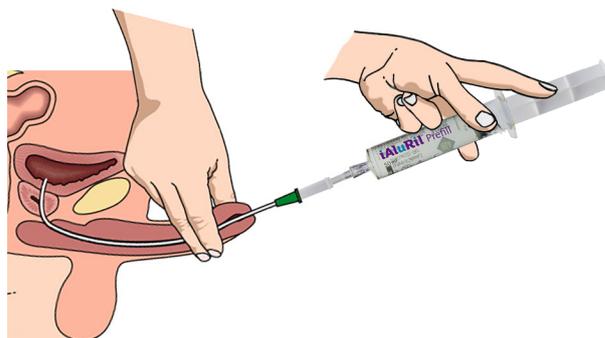


10. Once the urine flow has stopped and the bladder is empty you're ready to instill your iAluRil®.

11. Hold the penis upwards again and attach the connector and syringe onto the funnel end of the catheter.

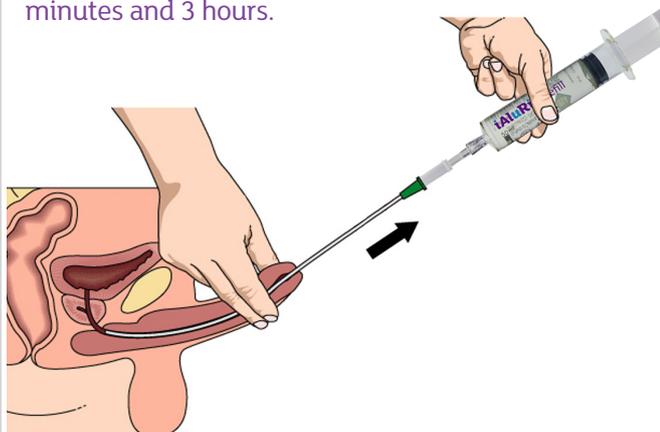


12. Slowly instill the contents of the syringe through the catheter by pushing gently on the plunger with your forefinger.



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

Keep iAluRil® in the bladder 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/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. By reporting side effects you can help provide more information on the safety of this medical device.

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