

Many patients receiving intravesical treatment for conditions such as interstitial cystitis/bladder pain syndrome and recurrent UTIs will have been used to receiving treatment within a hospital clinic. Aspire Pharma recognise that Urology clinics have seen some changes over the last few years, with many patients now self-administering their iAluRil treatment at home.

Working with NHS clinical specialists, Aspire have provided support in the form of **nurse-led training videos** in order to help patients effectively perform intermittent self-catheterisation, or to effectively use the iAluadapter® for catheter-free administration of iAluRil®. There are separate videos for male and female self-administration, and they are aimed at supporting and guiding patients through the process, step by step.



N.B. iAluRil® may only be self-administered following appropriate training, which these videos provide.

Hints & tips and diagrams are available on the website, and can be printed. We also provide a **telephone helpline**, with a registered nurse available for questions about iAluRil® technique, further support and guidance.

Aspire have made iAluRil® available to be **directly purchased**, without the need for a prescription, via the iAluRil® website, and have collaborated with **Wellspect** to enable a community prescription of iAluRil® to be delivered directly to the patient's home.

For further information, please visit the iAluRil® website: www.ialuril.co.uk

Useful tips

- ✓ It is important you keep a record of your instillations to show your doctor/nurse at your next appointment - a patient diary could be used for this.
- ✓ Keep updated with the latest dietary and lifestyle recommendations on the Bladder Health UK website.

Help and guidance:

www.ialuril.co.uk

- Self-administration videos, tip sheets and patient diaries.
- Purchase iAluRil®

Nurse telephone helpline

- Call 01730 231148, quoting "iAluRil"

Your **urology department** should still be contacted as normal if you have any questions or concerns.

Bladder Health UK

www.bladderhealthuk.org

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.



@bladdermatters

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