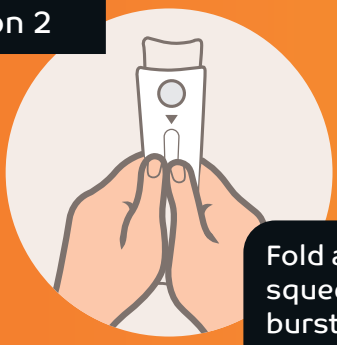
How to use **SensaCath®**

Activation option 1



Burst water sachet to release water

Activation option 2



Fold and squeeze to burst water sachet

If you are using **SensaCath® Aqua**, it includes an integral water sachet that must be burst before use.

If you are using a Tiemann Tip Catheter, ensure that the Tip angle is facing upwards.

1



Wash your hands with soap and water then dry.

2



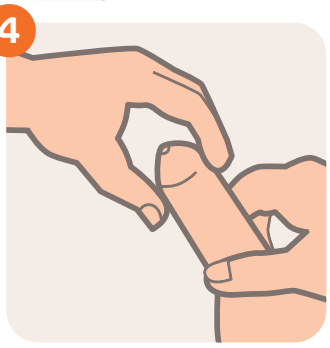
Open the top of the pouch using the pull tabs. You can hang the pouch using the adhesive spot or rest it on a clean surface (e.g. the sink). Sit on the toilet – or make sure you have a suitable container.

3



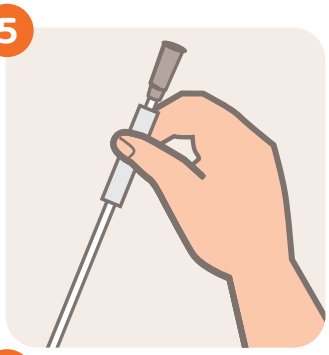
If your healthcare professional has advised you, try to urinate before catheterising. If you have a foreskin, gently pull it back and clean the tip of the penis.

4



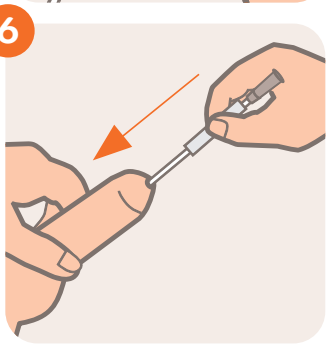
To ensure the urethra is straight, hold your penis pointing upwards close to your stomach. Be careful not to squeeze it.

5



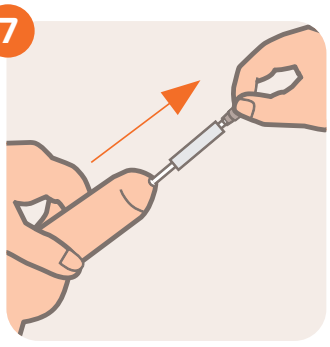
Remove **SensaCath®** from the packaging. There is a transparent non-touch slider included so it is simple for you to hold and insert the catheter.

6



Gently insert the catheter into your urethra until it reaches your bladder (you might feel a little resistance but that's normal). Continue to insert until urine starts to flow and at the same time gently lower the penis to direct urine into the toilet or container.

7



When the flow stops slowly remove the catheter. You may find a little more urine flows out as you do so – this is normal.

8



Dispose of **SensaCath®** by placing it back into the pouch before disposing of it in a waste bin. Do NOT flush it down the toilet. Wash your hands.

Nightingale by Clinisupplies

NHS
Providing NHS services

Welcome to Nightingale Home Delivery Service.

For all your bladder and bowel products.

Fast, accurate ordering with discreet home delivery.



People love us
Trustpilot
Excellent*

*Feb 2026

Clinisupplies | Nightingale

Nightingale Home Delivery Service is part of **Clinisupplies**, helping you and your healthcare professional to find and order the bladder and bowel products you may need.

To order, register or login online or via the app:
www.nightingaledelivery.co.uk

Download on the App Store
GET IT ON Google Play

or phone: **0800 304 7434**

CS23565_0223 v5