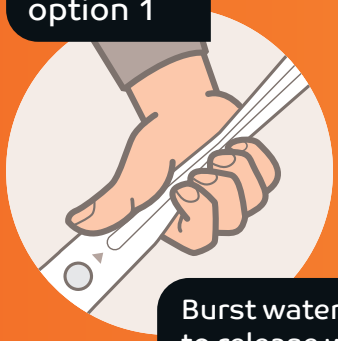
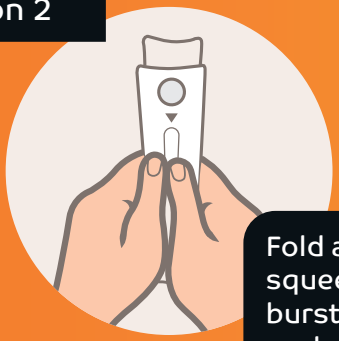
How to use SensaCath® Aqua

Activation option 1



Burst water sachet to release water

Activation option 2



Fold and squeeze to burst water sachet

SensaCath® Aqua is our user activated catheter. It has an integral water sachet that needs to be burst prior to use.

1



Wash your hands with soap and water then dry.

2



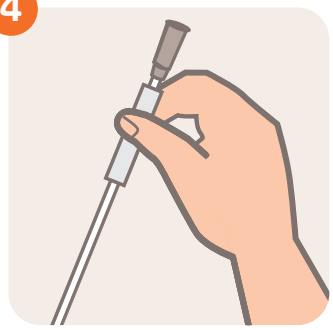
Open the top of the pouch using the pull tabs. You can hang the pouch using the adhesive spot or rest it on a clean surface (e.g. the sink). Sit on the toilet – or make sure you have a suitable container.

3



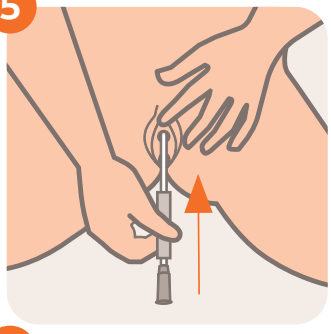
If your healthcare professional has advised you, try to urinate before catheterising. Gently spread the labia and wash the urethral orifice with water. Be sure you wash from front to back to avoid any transfer of bacteria.

4



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

5



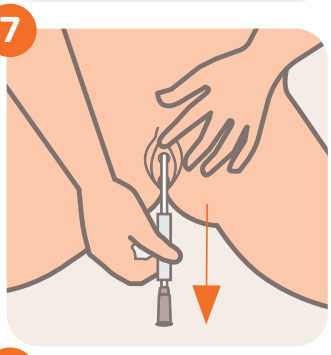
Gently insert the catheter into your urethra until it reaches your bladder (you might feel a little resistance but that's normal). Continue to insert until urine starts to flow and direct urine into the toilet or container.

6



If you bend the funnel of the catheter before the flow starts, this can help avoid spillage.

7



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

8



Dispose of **SensaCath® Aqua** 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.

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