How to use SensaCath® Flex

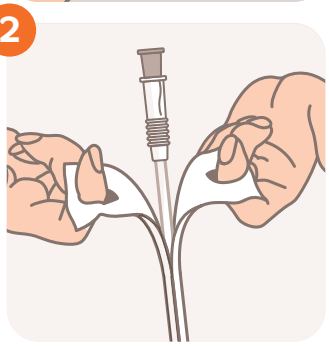
View video here:

1



Wash your hands with soap and water and dry them.

2



Using the pull tabs, open the pouch until the catheter is visible.

3



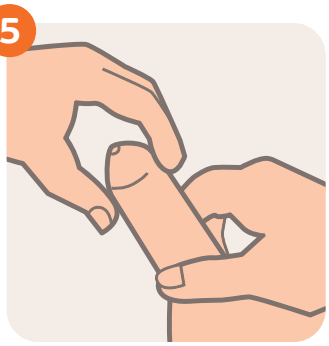
You can hang the pouch using the adhesive spot or rest it on a clean surface.

4



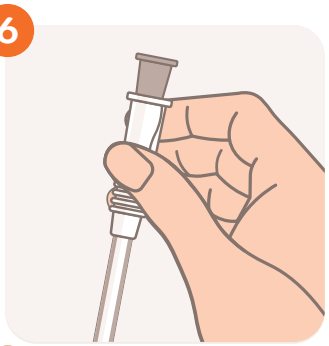
If your healthcare professional has advised you, try to urinate before catheterising. If you have a foreskin, gently pull it back and clean the tip of the penis.

5



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

6



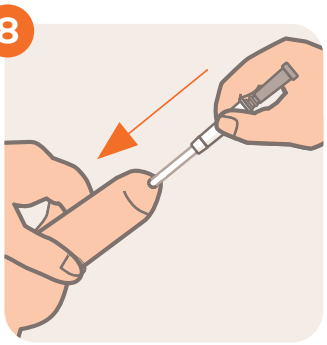
Remove **SensaCath® Flex** from the packaging. There is a white non-touch insertion slider included so it is simple for you to hold and insert the catheter.

7



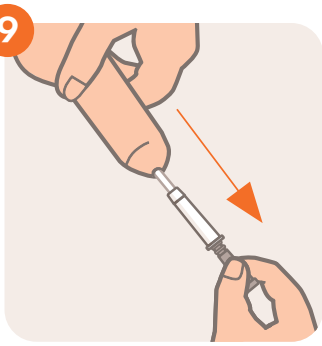
Position the non-touch insertion slider approximately 10 to 15 centimetres from the catheter tip so that you feel you can control the tip when inserting the catheter.

8



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

9



When the flow stops, slowly remove the catheter. If urine flows again, pause until the urine stops flowing.

10



Dispose of **SensaCath® Flex** 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.

Clinisupplies

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