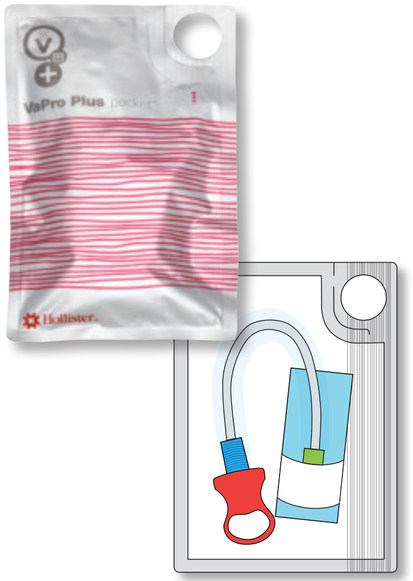
Touch Free Hydrophilic Intermittent Catheter

Same VaPro Plus catheter packaged in a small, discreet pouch



- Ready-to-use, single-use intermittent catheter
- Hydrophilic-coated PVC catheter
- Protective tip and sleeve supports no-touch insertion technique
- 2 smooth catheter eyelets
- Color-coded funnel
- Adhesive tab for adhering packaging to a surface

This intermittent catheter is a flexible tubular device that is inserted through the urethra by male, female, and pediatric patients who need to drain urine from the bladder.

WARNING: To help reduce the potential for infection and/or other complications, do not reuse. If discomfort or any sign of trauma occurs, discontinue use immediately and consult your healthcare practitioner.

PRECAUTION: Please consult a medical professional before using this product if any of the following conditions are present: Severed urethra, unexplained urethral bleeding, pronounced stricture, urethritis – inflammation of the urethra. Self-catheterization should follow the plan of care and advice given by your healthcare practitioner and be carried out only in accordance with the instructions for use provided. Because catheterization frequency varies by person, the recommended frequency of your catheterization should be provided by your healthcare practitioner. For any other questions about your catheterization, please contact your healthcare practitioner.

CAUTION: Rx Only. Federal (USA) Law restricts this device to sale by or on the order of a physician or other healthcare practitioner licensed under state law to order this product. Prior to use of this device, be sure to read (i) the complete information on how to use this device including Warnings, Cautions, and Instructions for Use, and (ii) all other package inserts and labels supplied with the product.

The Hollister logo, VaPro, VaPro Plus and VaPro Plus Pocket are trademarks of Hollister Incorporated.
©2015 Hollister Incorporated.
922680-0615

Touch Free Hydrophilic Intermittent Catheter

Guide for Use

The **VaPro** hydrophilic intermittent catheter helps provide the right balance of ease-of-use and protection.

Hollister

People First

A Hollister Technology

Touch Free Hydrophilic Intermittent Catheter

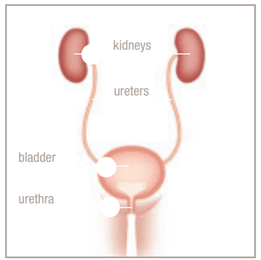
Pre-hydrated and ready to use
catheter is fully lubricated, smooth, and ready for use right out of the package

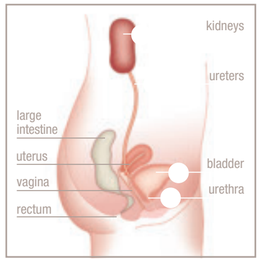
Protective sleeve
promotes easy handling and helps to keep bacteria off the catheter

Protective tip
helps reduce the risk of carrying bacteria up into the urinary system

Integrated Collection Bag
no receptacle needed

Catheter located outside the collection bag for convenient handling





Urine is produced by the kidneys, which filter out the waste products of your body.

The liquid waste is passed via tubes called ureters to your bladder, the organ that stores urine.

When the bladder becomes full, a signal is sent to the brain to tell the urethral sphincter muscle to relax and the bladder to contract.

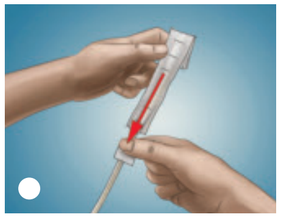
Urine flows down the urethra, the natural tube through which urine exits the bladder, and out of the body.

When the bladder does not empty on its own, SIC may be recommended. SIC should be carried out under medical advice and only in accordance with product instructions. It involves using a catheter to drain urine from your bladder via the urethra. Urine should be expelled on a regular basis throughout the day to keep the body healthy.

Wash hands with mild soap and water.

To open the catheter package, pull top finger hole toward you at least halfway down the package.

Remove the catheter from the package.

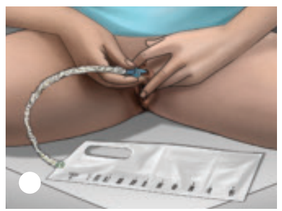


Release collection bag by slipping paper band toward the catheter and off the bag, or place the catheter on a flat surface, and with the bottom of the fist, lift the bag away from the catheter to release the paper band.

Spread the labia and cleanse around the opening of the urethra with mild, unscented soap or a non-alcoholic wet wipe.

Remove the red ring cap from the protective tip of the catheter.

Hold the catheter in one hand, and with the other hand advance the catheter forward until the tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.



Part the labia with two fingers. Grasp the catheter below the protective tip plate, and insert the protective tip until the base comes in contact with the urethral opening. Release the labia. **Keep the protective tip in place.** Insert the catheter forward until urine starts to flow. Once the urine flow has stopped, slowly withdraw the catheter to ensure the bladder is completely empty. Then gently remove catheter completely.

To empty the collection bag before disposing, tear at the arrow (Tear here to empty) to drain urine.

The catheter may be disposed of in a waste bin. Do not flush it down the toilet.

Wash hands with mild soap and water.