

  
**GentleCath™ Glide**  
*that's a relief*

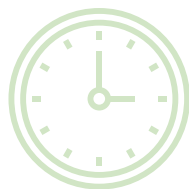
Designed for fast\* and convenient cathing

\* No additional waiting time once the catheter has been wetted

# Getting started

For some women, starting intermittent catheterization – or ‘cathing’ – can be a time of anxiety. You may be facing physical difficulties or entering a completely new phase of your life.

*We're here, along with your healthcare team, to make sure your adjustment to cathing is as smooth as possible.*



## GentleCath™ Glide

You've been given GentleCath™ Glide, an intermittent catheter designed to maximize ease of use and convenience.

This booklet explains what cathing is and contains all the information you need to get started with GentleCath™ Glide.

You'll find clear instructions, diagrams and answers to frequently asked questions.

## What is cathing?

Cathing refers to the regular insertion of a hollow plastic tube (a catheter) into the bladder to drain urine. You may also hear it referred to as intermittent catheterization (IC) or intermittent self-catheterization (ISC).

Cathing is done when your bladder needs emptying, if you are unable to pass urine, or to drain any remaining urine if your bladder has not emptied completely.

Your bladder needs to be emptied four to six times a day, depending on how much liquid you drink.<sup>1</sup>

## Urethral opening

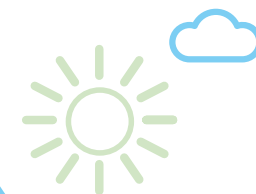
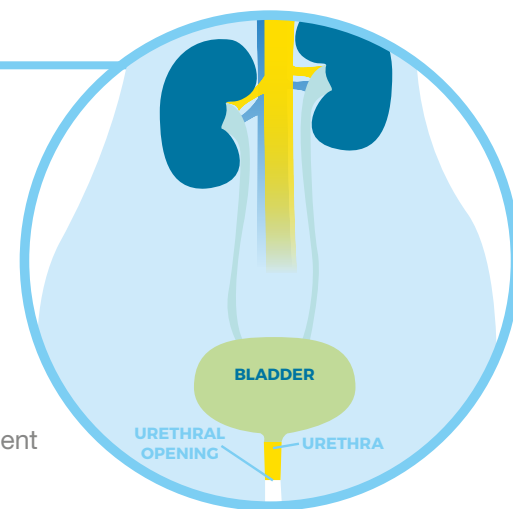
The catheter is inserted into the opening of the urethra (the little hole where urine comes out).

## Urethra

The catheter travels through the urethra to the bladder.

## Bladder

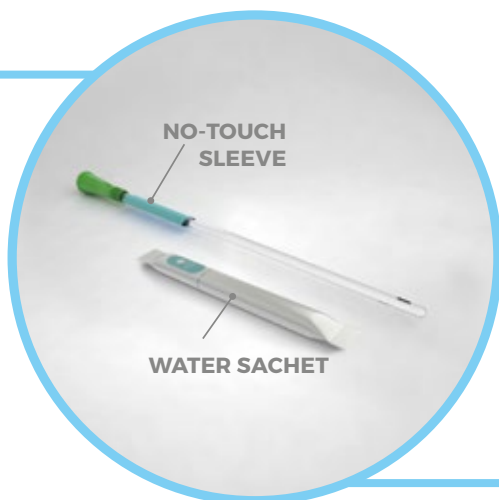
Once the catheter is in the bladder, it can drain the urine.



# Introducing GentleCath™ Glide

GentleCath™ Glide is designed to make cathing as convenient as possible.

## How do I use GentleCath™ Glide?



## GentleCath™ me+™

GentleCath™ me+™ is a service designed to provide you with everything you need to gain relief from the worries associated with cathing.

**Personalized instructions:** you can find customized instructions on how to use GentleCath™ Glide on the GentleCath™ me+™ website.

[www.gentlecath.com](http://www.gentlecath.com)



## How does GentleCath™ Glide help make cathing easier?

### Smooth, slippery surface

**Feature: a low friction hydrophilic catheter**

The smooth, slippery surface is designed to make cathing easier.

### Less mess and residue

**Feature: FeelClean™ technology**

The catheter is made with our unique technology designed to reduce the mess left behind by cathing, so you can worry less about getting residue on your clothes, hands and body.

### Enabling better hygiene

**Feature: a no-touch sleeve**

GentleCath™ Glide has a no-touch handling sleeve to help prevent contamination of the catheter with bacteria from the hands.<sup>2,3</sup>



### Speed and discretion

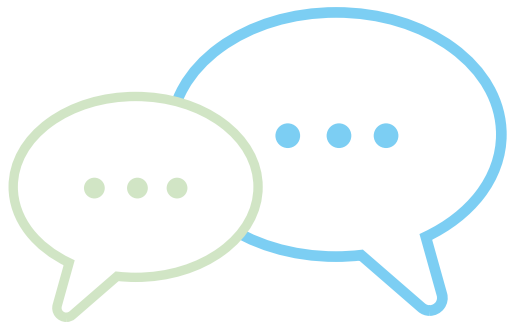
**Feature: quick preparation**

GentleCath™ Glide is ready to use with no unnecessary delay. You can start cathing as soon as you break the water sachet and wet the length of the catheter – so it can be used quickly and discreetly.

### Not made with DEHP

The GentleCath™ Glide catheter is made without the use of DEHP.\*

\*DEHP (di(2-ethylhexyl)phthalate) is used to soften PVC plastic and is suspected to reduce fertility.



## Frequently asked questions

*We have answered some of the most common questions women ask about cathing below.*

If you have a question that isn't answered here, you can call one of our experts toll free at **1-800-422-8811**. You can also access more information through our GentleCath™ me+™ website via the URL and QR code below. Alternatively, you may wish to contact a member of your healthcare team.



[www.gentlecath.com](http://www.gentlecath.com)

**Professional advice:** our online video FAQ may help to answer some of your questions and concerns.



### How often should I empty my bladder?

- Many women cath first thing in the morning, last thing at night and about 2–3 times during the day<sup>1</sup>
- Cath when you have the urge to urinate or your bladder contains 10–18 fl oz (300–500 mL) of urine<sup>1</sup>
- Check the amount when you empty to see that your bladder is not holding more than 18 fl oz (500 mL). If it is you should catheterize more often<sup>1</sup>
- You should cath as your doctor recommends

### What about sex or intimate situations?

- You should be able to have sexual intimacy as before
- You may wish to cath before you engage in sexual activity. This will ensure your own comfort and help to avoid the possibility of leaks
- Remember to wash your genital area after sexual activity to help prevent infection

### How do I obtain supplies?

There are many retailers who will ship supplies right to your door. Call us for more information at

**1-800-422-8811**

# Urinary tract infections (UTIs)

The urinary tract includes all the organs our bodies use to make and get rid of urine, including the kidneys, ureters, bladder, and urethra.



Urine is normally sterile and its natural flow usually prevents bacteria from growing in the urinary tract.

However, when urine stays in the bladder, bacteria have a chance to grow and cause infection.<sup>1</sup>

## How can I avoid UTIs?

You can help reduce your risk of UTIs in a number of ways

- **Wash your hands thoroughly** Hand washing and personal hygiene before and after you use the catheter are very important
- **Drink enough fluids** Try to drink at least 8-10 cups of fluids daily<sup>1</sup>
- **Use a catheter regularly** Regular emptying of urine is important to help reduce the risk of infection<sup>1</sup>
- **Avoid touching the sterile catheter** No-touch sleeves, as found on GentleCath™ Glide, can help prevent contamination of the catheter

## How do I tell if I may have a UTI?

The following symptoms indicate that you may have a UTI

- Fever
- Pain or a burning when passing the catheter or urine
- The need to empty your bladder more often than usual
- Leakage between cathing
- Kidney pain

Contact a doctor if you experience any of these symptoms.

# Medicare guidelines

## Medicare at a glance

Many women have questions about catheter supplies and Medicare Guidelines. Here's what you should know.

- Physician prescriptions should reflect the number of times a user caths per day

- Medicare will cover one catheter per cathing episode up to a maximum of 200 per month. You may encounter the following catheter prescription codes and types:

- **A4351:** Intermittent urinary catheter with straight tip
- **A4352:** Intermittent urinary catheter with Coudé/Tiemann tip. When a coudé tip catheter (A4352) is used there must be documentation in your medical record stating why you cannot use a straight tip catheter
- **A4353:** Intermittent urinary catheter, with insertion supplies, With qualifying documentation in your medical record stating why you need this



The reimbursement information provided by ConvaTec is intended to provide general information relevant to coding and reimbursement of ConvaTec's products only. Coverage and payment policies for the same insurer can vary from one region to another and may change from time to time because of ongoing changes in government and insurance industry rules and regulations. Therefore please confirm HCPCS codes with your local DME-MAC, private insurer, or Medicaid agency before processing claims. ConvaTec does not guarantee coverage or payment of its products listed here.

# Support networks

*There are many support groups available.*

You may be interested in joining now, or in the future once you are settled back into a routine.

## Local support groups

For information on local support groups contact us at

**1-800-422-8811**

Our nurses are available to answer any questions you may have.



## National support groups

### ConvaTec Helpline

- 1-800-422-8811
- Monday – Friday  
8:30am – 7:00pm EST
- [CIC@convatec.com](mailto:CIC@convatec.com)
- [www.convatec.com](http://www.convatec.com)

### Miami Project to Cure Paralysis

- [Miamiproject.miami.edu](http://Miamiproject.miami.edu)
- 305-243-6001

### The Christopher Reeve Paralysis Foundation

- [www.crpf.org](http://www.crpf.org)
- 1-800-225-0292

### National Multiple Sclerosis Society

- [www.nmss.org](http://www.nmss.org)
- 1-800-344-4867

### Paralyzed Veterans of America

- [www.pva.org](http://www.pva.org)
- 1-800-424-8200

### The Simon Foundation

- [www.simonfoundation.org](http://www.simonfoundation.org)
- 1-800-23SIMON  
(1-800-237-4666)

### Seekwellness

- [www.seekwellness.com](http://www.seekwellness.com)
- 1-800-840-9301



Call us at

1-800-422-8811

Monday-Friday,  
8:30am-7:00pm EST.  
CIC@convatec.com  
www.convatec.com

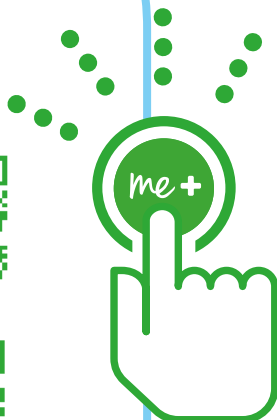


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**Professional advice:**  
our online video FAQ may  
help to answer some of your  
questions and concerns.



**Personalized instructions:**  
you can find customized instructions on  
how to use GentleCath™ Glide on the  
GentleCath™ me+™ website.



References: 1. Newman D.K. & Wilson M.M. (2011) Review of intermittent catheterization and current best practices. *Urological Nursing* 2011 Jan-Feb. 2. Hudson E. & Murahata R.J. The 'no-touch' method of intermittent urinary catheter insertion: can it reduce the risk of bacteria entering the bladder? *Spinal Cord* 2005;43(10):611-614 3. Charbonneau-Smith R. No-touch catheterization and infection rates in a select spinal cord injured population. *Rehabilitation Nursing* 1993;18(5):296-299, 305.

# Having trouble? Try this...

## I'm having trouble inserting or removing the catheter

- Never force the catheter, either when inserting or removing it
- You may feel some resistance when inserting the catheter. If this happens, wait for a moment: then take a few deep breaths until your sphincter muscle relaxes
- If you have trouble removing the catheter, don't worry. Stop, relax and take some deep breaths
- Some women find that wiggling their toes helps them to relax
- Unable to remove the catheter? Contact your healthcare professional immediately. They will assist you

## No urine is draining

- Check that you've inserted the catheter far enough into your bladder
- Try pulling the catheter back a short distance
- Make sure the 'eyelets' at the tip of the catheter are not blocked
- Unable to drain your urine for over 6-8 hours? Contact your healthcare professional



## Fluid tracker

To keep track of your fluid intake and output, you may find it helpful to make a chart like the one shown here:

	Monday		Tuesday		Wednesday		Thursday		Friday	
Time	Drink	Void: fl oz/mL	Drink	Void: fl oz/mL	Drink	Void: fl oz/mL	Drink	Void: fl oz/mL	Drink	Void: fl oz/mL



If you have any questions or would like further guidance please call us on **1-800-422-8811** Monday-Friday 8:30am-7:00pm EST. One of our live experts will answer your call and provide you with the support you need.

[www.convatec.com](http://www.convatec.com)



## Step-by-step instruction guide



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# What you need...

Before you begin, gather the following:

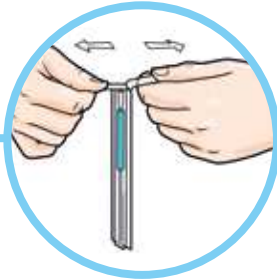
- GentleCath™ Glide Hydrophilic Intermittent Catheter
- Washcloth or antiseptic wipe
- Also, review the cautions, precautions and observations in the instructions for use provided with the product

You can also watch a user guide video, tailored to you. Scan below or visit

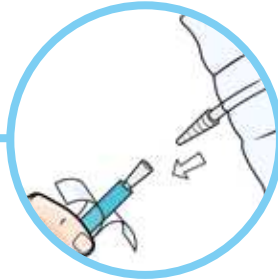
[www.gentlecath.com](http://www.gentlecath.com)



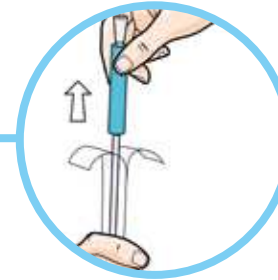
**1.** Ensure the water sachet is near the funnel end. Break the sterile water sachet by pressing the bright blue dot or folding the pack along the dotted line marked on the water sachet. Then let the water run down to the tip end of the pack. The catheter should now be used within 1–2 minutes.



**2.** Once the water sachet is broken, open the pack by peeling the tabs apart at the bright blue end.



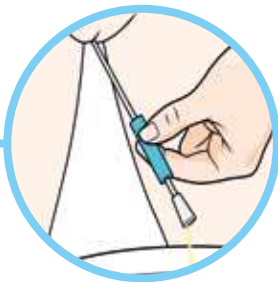
**2b.** [Optional] If you are using a GentleCath™ Insertion Kit drainage bag, attach the bag to the funnel connector before removing the catheter from the peel pack.



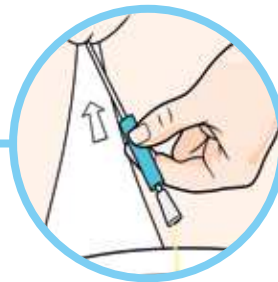
**3.** Remove the catheter using the blue handling sleeve. You can re-hang the empty pack with the sticky dot.



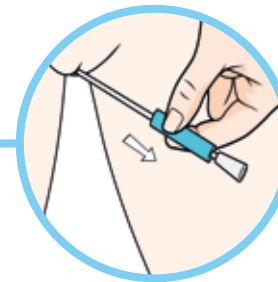
**4.** With one hand, spread the labia (the tissue on either side of the urethra) apart and lift it gently upwards. The urethra opening should now be visible.



**5.** With the other hand, hold the catheter using the blue handling sleeve and slowly push the catheter into the urethra until the urine starts to flow. Make sure the funnel end is pointing into a container.



**6.** When urine starts to flow, push the catheter in a little (1–2 cms/ half an inch) to make sure it is fully in the bladder.



**7.** Once urine stops flowing, slowly remove the catheter. Stop if more urine starts to flow, until no more comes through.



**8.** If using a drainage bag, detach it from the catheter, then empty and discard it. Discard the catheter and pack, then wash your hands.