



Cure Medical **donates 10% of net income** to medical research in pursuit of a cure for spinal cord injuries and central nervous system disorders. For information on scientific advancements, visit www.curemedical.com. For information on Cure Medical catheters, contact your distributor of quality healthcare products.



Instruction Guide to Clean Self-Intermittent Catheterization For Men Using the Cure Catheter®

This educational material is provided by Cure Medical in an effort to answer questions and address possible concerns about the intermittent catheterization process. By following the simple steps for clean self-intermittent catheterization, it is possible to quickly master the technique and make the process part of your daily routine for bladder management and urinary tract health.

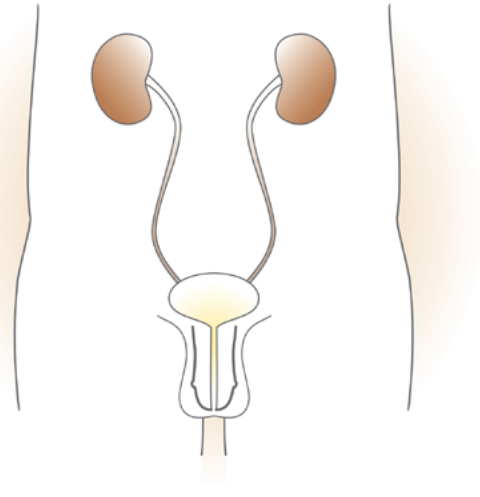
Cure Medical wishes to thank Anne Boisclair-Fahey, DNP, RN, CPNP for writing this educational material. She is a nurse practitioner in pediatric urology at the University of Minnesota.

This instruction guide is not a substitute for medical advice from your healthcare provider.

The Urinary System

The urinary system contains two kidneys, two ureters, the bladder and the urethra. The kidneys filter the blood and produce urine. The urine travels from the kidneys down the ureters and into the bladder, where it is stored until emptied during urination or catheterization. The urethra is the tube that empties the urine out of the body.

When the bladder is full, the brain sends a signal down the spinal cord to the bladder, causing it to empty. For people with spinal cord issues, the signal from the bladder to the brain gets interrupted, making them unable to empty their bladder.



When people are unable to empty their bladder on their own, they are at risk for urinary tract infections, as well as incontinence or involuntary loss of urine. When urine stays in the bladder and is not emptied, bacteria can grow, causing infections which can lead to illness. Research has shown that self-intermittent catheterization helps reduce urinary tract infections, control urinary leakage (incontinence) and prevent urinary tract damage.

Introduction to Self- Intermittent Catheterization

Intermittent catheterization is the periodic emptying of the bladder by the insertion of a hollow plastic tube (catheter) into the urethra, past the sphincter muscles and into the bladder. Urine then passes out of the bladder through the catheter.

Intermittent catheterization is used when a person is unable to empty his bladder. Medical conditions that often require intermittent catheterization include spinal cord injuries, spina bifida and multiple sclerosis, to name a few.

Intermittent catheterization must be done at regular intervals each day to keep the bladder healthy.

Your healthcare provider has recommended clean self-intermittent catheterization to help empty your bladder and keep your urinary system healthy.

How Often Should I Catheterize?

Your healthcare provider will let you know how often you will need to perform clean self-intermittent catheterization and the size of the catheter you will need. Normally, self-intermittent catheterization is performed every four hours starting when you wake up in the morning and continues every four hours until bedtime. Some people catheterize on a more frequent schedule. Most people who catheterize do not need catheterization at night. Your healthcare provider will let you know if you need catheterization at night.

Where Do I Get Catheters?

You will be taught clean self-intermittent catheterization by your healthcare provider who will decide the size and style of catheter that you will need. Your healthcare provider will provide a prescription for the catheter supplies. The prescription will be sent to a medical supply company that will provide you with the supplies.

Self-Intermittent Catheterization Instructions for Men

Self-intermittent catheterization can be performed in a sitting, standing or lying position. Do what is most comfortable for you. If possible, stand in front of the toilet, sit nearby on a chair or wheelchair, or sit on the toilet with your legs spread apart.

1. Before you begin, gather the following materials:
 - Cure Catheter® in sealed wrapper
 - Water soluble lubricant
 - Something to cleanse the area:
soap, water and a washcloth, or unscented disposable wipes
 - A container to collect the urine if not cathing on or near a toilet
 - Hand towel
2. Inspect catheter before use. If catheter or package is damaged do not use.
3. Wash hands thoroughly with soap and water, or if not available, use an antibacterial hand cleaner.

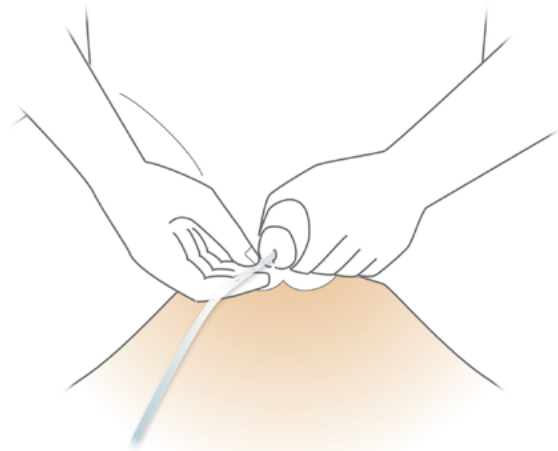
Self-Intermittent Catheterization Instructions for Men continued

4. Lay out the equipment so it is within easy reach. Open the water soluble lubricant and catheter package. Apply a liberal amount of lubricant to the tip and first several inches of the catheter.

Sterile catheters are packaged individually. Male, 16", straight tip catheter with funnel end shown.



5. Position yourself comfortably. Arrange clothing so it is out of the way. If sitting on the toilet, spread your legs apart. If lying down, knees can be straight or bent.
6. Hold the penis upright on the sides so that the urethra is not pinched.
7. Retract the foreskin if the penis is uncircumcised. Wash the glans penis from the urethral opening (tip) to the base of the glans with soap, water and washcloth or unscented disposable wipe. Wash with a circular motion from the tip outward. Do not wash back and forth over the urethral opening. Repeat the washing two more times with different areas of the wash cloth or with a new unscented wipe each time.
8. While holding the penis upright with one hand at a 45 to 60-degree angle from the body, slowly insert the lubricated catheter into the penis using your dominant hand. Gently slide the catheter until you meet resistance at the urethral sphincters. Do not pull the catheter in and out when you meet resistance; just apply gentle but firm continuous pressure until the catheter advances into the bladder.
9. Continue to insert the catheter until urine begins to flow. If you are standing in front of the toilet or sitting on it with legs spread apart, the urine can drain into the toilet. If you are lying down, place the funnel end of the catheter into a container to collect the urine. Hold it in place until urine stops flowing.



Self-Intermittent Catheterization Instructions for Men *continued*

10. When urine stops flowing, slowly rotate the catheter between your fingers while withdrawing the catheter. If urine starts to flow again when withdrawing the catheter, stop each time it flows and let the urine drain. Continue to slowly withdraw the catheter until the bladder is empty and the catheter is removed. If you are uncircumcised, make sure you bring the foreskin back over the glans penis when you are finished.
11. Some men have very tight sphincters or an enlarged prostate which makes it difficult to pass the catheter into the bladder. A catheter with a special, curved (Coude) tip may make passing the catheter easier. If a catheter with Coude tip is needed, your doctor or nurse will show you how to use it.

The Cure Catheter® is available in Straight and Coude tip designs. All Cure Medical catheters are Latex-free & DEHP-free and feature smooth, polished eyelets (little holes) for maximum user comfort.

Straight and Coude tips on wet catheters are shown.





Your Clean Self-Intermittent Catheterization Specifications:

- Use latex-free & DEHP-free Cure Catheter® with polished eyelets in size:
 8 FR 10 FR 12 FR 14 FR 16 FR 18 FR

- Cure Catheter® tip design:
 Straight Coude Either tip design is acceptable

- Catheterize _____ times a day or every _____ hours.

- Catheterization required at night: Yes No

Healthcare provider contact information:

Name

Telephone Number

Healthcare product supplier contact information:

Name

Telephone Number