

greencath®



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Leaflet SELF-CATHETERISATION - Rev.01/ANG 2021



USER'S GUIDE

for self-catheterisation with
greencath®
URETHRAL CATHETERS

greencath® catheters are innovative, user friendly catheters, developed with an advanced technological process and with a special formula of TIK's hydrophilic coating. They are made entirely in Kobarid. All materials used are **phthalate-free (DEHP-free)** and of EU origin.

Order a free sample of **greencath®** catheters via our website and see for yourself how good they are!



Your smooth path to greater freedom and independence

SELF-CATHETERISATION

is a clean bladder emptying procedure. It can be performed several times a day, with a sterile urethral catheter inserted into the urethra, up to the bladder.

At the hospital, you were shown how to self-catheterise. The steps below should help you.

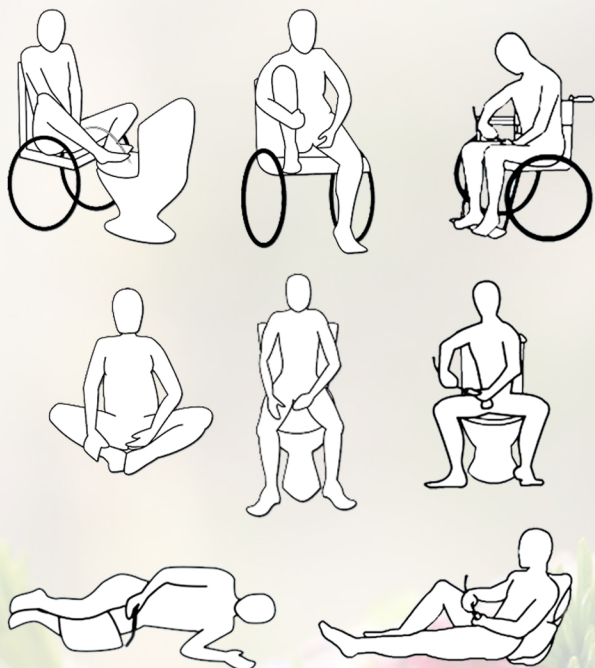
ACCESSORIES

- suitable catheter,
- toilet bowl / collector /,
- soap and warm water,
- urine bag (if necessary),
- lubricant (if necessary),
- mirror (women).

BODY POSITION

Choose a comfortable position:

- seated,
- standing,
- seated with one leg slightly raised and supported on the other chair,
- lying on your side.



USER MANUAL

1. Before the procedure is started:

- provide a place with satisfactory hygiene
- wash your hands and genitals well
- check the wrapper to make sure it is intact

2. Catheters with coating

a) without water sachet

- open the packaging 2-3 cm (Fig. 2) and do not touch this area
- fill with potable lukewarm water up to the height of the connector
- wait 30 seconds for the coating to activate
- for easier handling, fix the catheter packaging in a vertical position on a smooth, dry surface (sticker on the back)

b) with water sachet -

- fold the water sachet and squeeze the water completely out of the sachet (Fig. 1)
- shake the packaging and place it in a vertical position to distribute the water over its entire length
- wait 30 seconds
- open the packaging 2-3 cm (Fig. 2) and do not touch this area

3. After removal of the catheter from the packaging

- check for mechanical damage
- use it immediately
- do not place the catheter without the packaging on other surfaces
- do not touch the area of the catheter to be inserted
- aseptic technique is recommended for male and paediatric catheters (in these cases use the added sleeve on the hose (Fig. 3))

4. Catheter insertion

a) for women

- gently uncover the urethral opening with one hand
- gently insert the catheter into the urethra with the other hand

b) for men

- hold the penis with one hand, exposing the entrance to the urethra
- gently insert the catheter into the urethra with the other hand

5. When urine flows

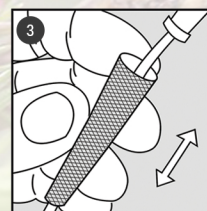
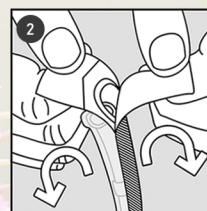
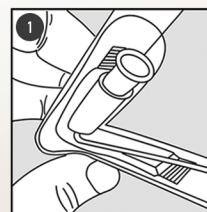
- attach the catheter to the urine bag or directly empty it

6. When the urine stops flowing

- pull the catheter out 2-3 cm
- if the urine flows again, wait until it runs out
- then pull the catheter out 1-2 cm further
- wait for the urine to run out completely
- when the bladder is completely empty, slowly withdraw the catheter and discard it

7. After the procedure

- wash your hands with soap & running water



Official instructions for use of the catheters are also included with each pack.

COATED URETHRAL CATHETERS WITH WATER SACHET

• greencath® PLUS

Coated Nelaton urethral catheter with water sachet

• greencath® SOFT PLUS

Coated soft tip urethral catheter with water sachet

• greencath® TIEMANN PLUS

Coated Tiemann urethral catheter with water sachet

COATED URETHRAL CATHETERS

• greencath®

Coated Nelaton urethral catheter

• greencath® SOFT

Coated soft tip urethral catheter

UNCOATED URETHRAL CATHETERS

- Urethral catheter Nelaton
- Urethral catheter Tiemann
- DO.TIK - Nelaton urethral catheter with polished eyes
- DO.TIK Soft - Soft tip urethral catheter with polished eyes

URINE BAG - FOR INDWELLING URETHRAL CATHETER

- Urine bag / REF: 53889 / Tube length 90 cm
- Urine bag LIFE / REF: 64454 / Tube length 65 cm

URINE BAG - FOR NEPHROSTOMY CATHETER (WITH LUER-LOCK CONNECTOR)

- Urine bag / REF: 53900 / Tube length 90 cm
- Urine bag LIFE / REF: 64455 / Tube length 65 cm

CONNECTOR BETWEEN CATHETER AND NEPHROSTOMY URINE BAG (REF: 53688)

