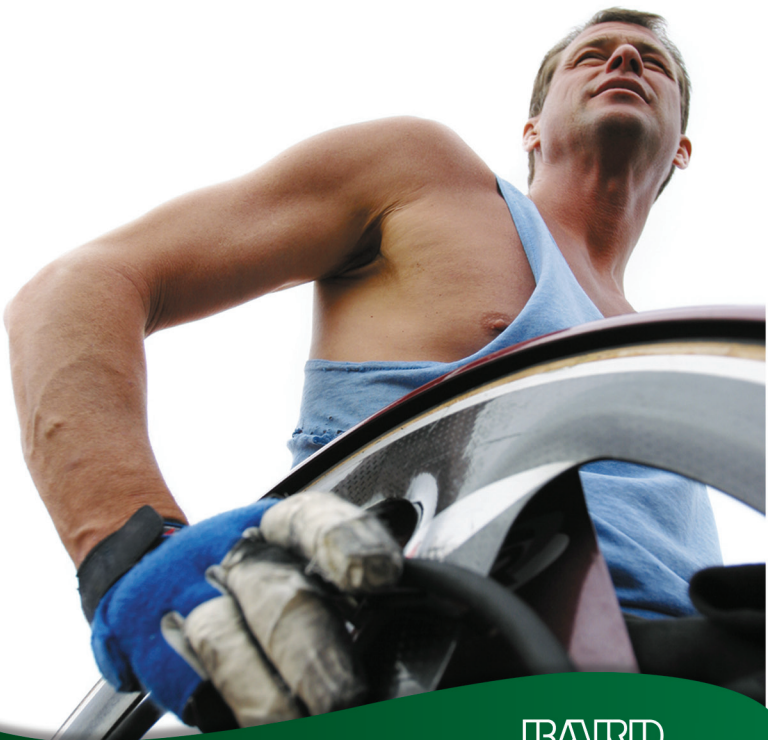


Bard: Intermittent Self-Catheterization

A Guide to
Self-Catheterization with the
BARD® TOUCHLESS® Plus
Intermittent Catheter System

Achieving Independence



BARD

Introducing the BARD® TOUCHLESS® Plus Catheter

One of the most common problems with catheterization is urinary tract infections.

Talk with your doctor if you are having recurring problems about the possibility of switching to a closed system design, such as the BARD® TOUCHLESS® Plus Intermittent Catheter system.

To order a free instructional video or get answers to questions about catheterization or products, call Medical Service and Support at 1-800-BARD-357 (1-800-227-3357). Trained professionals are available 24 hours a day.

The BARD® TOUCHLESS® Plus Intermittent Catheter System

The BARD® TOUCHLESS® Plus Intermittent Catheter system has what is known as a “closed system” designed to help reduce the risk of urinary tract infections. Among the features that you’ll find helpful are:

- 1 **Insertion tip** correctly positions the catheter in the urethra to help reduce UTIs.
 - 2 **Catheter control guide** allows control of catheter insertion with the touch of a finger.
 - 3 **Tapered neck design** decreases cuts and scrapes associated with sharp corners.
 - 4 **Catheter cap** has pull ring for easy removal – especially for people with limited dexterity.
 - 5 **Pre-lubricated catheter** reduces discomfort during insertion.
 - 6 **Large 1100cc** collection bag is durable, virtually eliminating the risk of leaks.
- **Choice** of red rubber or vinyl catheters based upon your preference and needs.
 - **Variety** of catheter sizes, and available with or without accessories.

Using the BARD® TOUCHLESS® Plus Intermittent Catheter System

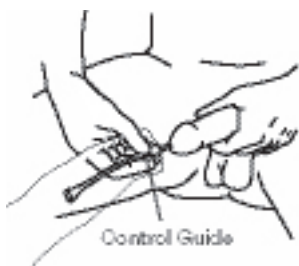
You’ll want to review the procedure with your doctor, nurse or therapist so you’re totally familiar with all the equipment and the steps in the self-catheterization procedure. Choose a quiet, clean location which allows privacy.

The first step is to open the kit and remove the contents, placing them on a surface that is clean or disposable (such as paper towels). Then wash your hands with soap and water, or with a waterless, antibacterial cleanser.



Male Catheterization With the Bard® TOUCHLESS® Plus Catheter:

1. With one hand, squeeze tabs to keep the insertion tip in place as you use the pull ring to remove cap. Save cap to close the bag.
2. Slide the pre-lubricated catheter halfway into the insertion tip. You can do this through the bag so your hands do not touch the catheter.
3. Clean the opening to the urethra and the surrounding area with the provided povidone-iodine swabs.
4. Holding the penis on the sides, advance the insertion tip into the urethra no further than the base of the insertion tip.
5. Your catheter has a control guide to help stabilize the catheter in the urethra. Grab the guide through the bag with your non-dominant hand. Use your dominant hand to grasp the catheter tube through the bag.
6. Push the catheter into the urethra. Use a short, repetitive pushing motion. Continue to insert the catheter until it reaches the bladder and urine starts to flow.



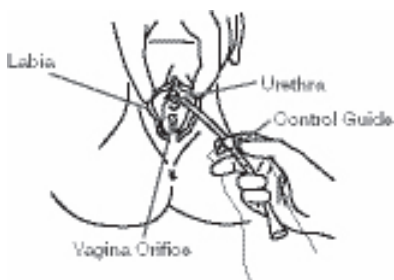
7. Allow urine to flow freely until bladder is empty or bag is filled. Make certain the control guide is elevated at least four inches above lower portion of the bag. *Precaution - it is recommended that you hold the collection bag, as the weight of the urine could cause the catheter to separate from the collection bag.*

8. Withdraw the catheter from the urethra, stopping about three times to let any remaining urine drain. Pinch the end of the catheter prior to pulling it out to keep urine from spilling out of the catheter.

9. Remove the rest of the catheter from the collection bag by pulling it through the insertion tip. *Note - the catheter is designed to pass through the insertion tip.*
10. Close the filled collection bag by replacing the cap over the insertion tip. Make sure the cap snaps on securely.
11. When ready, you can remove the insertion tip to empty the bag. Dispose of the empty bag and packaging in a waste receptacle. Wash your hands with soap and water.

Female Catheterization With the Bard® Touchless® Plus Catheter:

1. With one hand, squeeze tabs to keep the insertion tip in place as you use the pull ring to remove cap. Save cap to close the bag.
2. Slide the pre-lubricated catheter halfway into the insertion tip. You can do this through the bag so your hands do not touch the catheter.
3. Clean the opening to the urethra and surrounding area by holding the outer labia apart and cleaning with the provided povidone-iodine swabs. Wipe the urethra opening to the bladder, from front to back to avoid fecal contamination.
4. Spread the inner labia and advance the insertion tip into the urethra no further than the base of the insertion tip. Release the inner labia.



5. Your catheter has a control guide to help stabilize the catheter in the urethra. Grasp that through the bag with your non-dominant hand. Use your dominant hand to grasp the catheter tube through the bag.
6. Push the catheter into the urethra, aiming upwards towards the navel. Use a short, repetitive pushing motion. Continue to insert

the catheter until it reaches the bladder and urine starts to flow.

7. Allow urine to flow freely until bladder is empty or bag is filled. Make certain the control guide is elevated at least four inches above lower portion of the bag. *Precaution - it is recommended that you hold the collection bag, as the weight of the urine could cause the catheter to separate from the collection bag.*
8. Withdraw the catheter from the urethra, stopping about three times to let any remaining urine drain. Pinch the end of the catheter prior to pulling it out to keep urine from spilling out of the catheter.
9. Remove the rest of the catheter from the collection bag by pulling it through the insertion tip. *Note - the catheter is designed to pass through the insertion tip.*
10. Close the filled collection bag by replacing the cap over the insertion tip. Make sure the cap snaps on securely.
11. When ready, you can remove the insertion tip to empty the bag. Dispose of the empty bag and packaging in a waste receptacle. Wash your hands with soap and water.

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Please consult product labels and inserts for any indications, contraindications, hazards, warnings, cautions and directions for use.

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