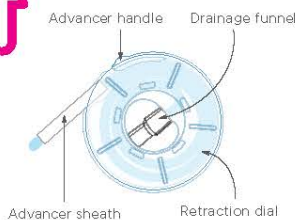




How to use CompactCath for women

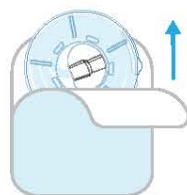
1-888-933-2284 (WEE-CATH)



1. Wash hands with soap and water. Dry thoroughly.



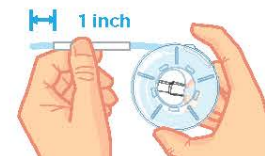
2. Spread your labia and gently clean with a non-alcohol based antiseptic wipe, wiping front to back.



3. Open package by peeling blue layer away from white. **Do not touch the catheter.**



4. Remove CompactCath from packaging, holding the case by the rim.



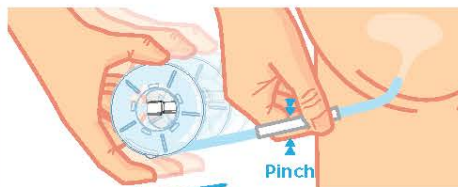
5. While holding the case by the rim, use other hand to grip the advancer sheath using a firm "pinch" technique with your thumb and index finger, rubbing sheath to lubricate catheter tip. Advance the catheter until it is 1 inch beyond the advancer sheath, or until both eyelets are visible.



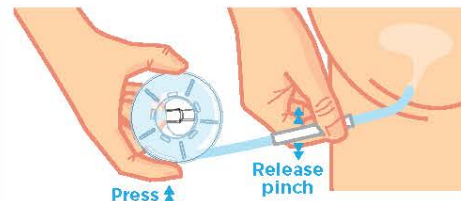
6. Press down on advancer handle to hold catheter in place. Use other hand to spread labia and reveal urethral opening.



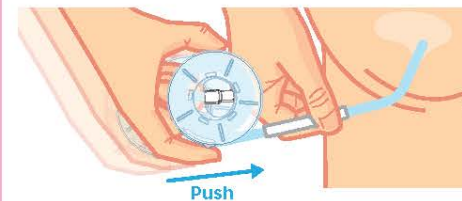
7. Holding onto the catheter case, slowly guide catheter tip into urethra. Once tip is inserted, pinch the advancer sheath with thumb and index finger. **Do not allow the sheath to enter the urethra.**



8. Release grip on advancer handle and pull catheter case away from your body, exposing 2-3" of the catheter.



9. Release pressure on the advancer sheath while firmly pressing down on the advancer handle. This will prevent the catheter from retracting into the case during advancement.



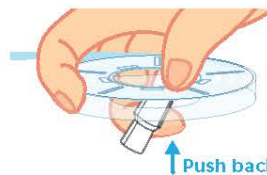
10. Push the case forward, advancing the catheter into the urethra. Repeat steps 8-10 until the catheter has reached the bladder.



11. You may feel some resistance as the catheter reaches the bladder neck. A few deep breaths will help your muscles relax and loosen.



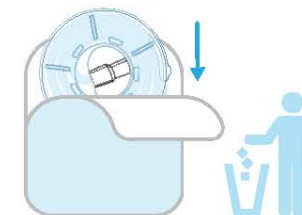
12. Once the catheter has reached the bladder and you are ready to void, push the catheter funnel out and aim it towards the toilet or collection device.



13. Once urine stops flowing and your bladder is empty, lock the funnel back into place. This will prevent residual urine from dripping or spilling.



14. Gently remove the catheter from urethra, winding it back into the case in a clockwise direction.



15. Discard your catheter.