



VaPro Catheters

User Guide

VaPro
No Touch Intermittent Catheter

 Hollister

Contenance Care

Care plan

Personal details & follow up appointments

Date first seen: _____

Patient name: _____

Doctor/Nurse: _____

Telephone: _____

Emergency contact: _____

Product name: _____ Product code: _____

Size: _____ Length: _____

Frequency of catheterisation (per 24 hours): _____

Follow-up with: _____

Follow up appointments

Signatures	Date	Time	Location

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Understanding the Urinary System

Your urinary system is made up of the kidneys, ureters, bladder, urethra, internal and external sphincters and muscles. All have their unique role in the filtering process.

Kidneys

Kidneys filter extra water and certain waste products from the blood to make urine. Kidneys typically produce 30-80ml of urine each hour. Urine is carried from the kidneys through tubes called ureters to the bladder, where it is temporarily stored until you urinate.

Ureters

Ureters are about 28-36cm long in adults. They are designed to keep urine from flowing back up to the kidneys. Muscular contractions in the ureters push urine down from the kidneys to the bladder.

Bladder

The bladder is a hollow organ with a muscular wall and two primary functions – the storage and emptying of urine. In a relaxed state, the adult bladder can hold about 480mls of urine before you feel a strong urge to urinate. Bladder size, shape and capacity to store urine are different for each person.

Urethra

The urethra is the tube that carries urine from the bladder out of the body. It is a muscular tube lined with a mucous membrane with an opening at the end. In males the urethra is around 20-26cm in length, it is shaped in an S-shaped curve from the bladder, through the prostate and pelvic floor ending at the tip of the penis.

Sphincters

Sphincters are two ring-like muscles (called the internal and external sphincters) that surround the urethra. The external sphincter is the one that is voluntarily contracted to control when you urinate.

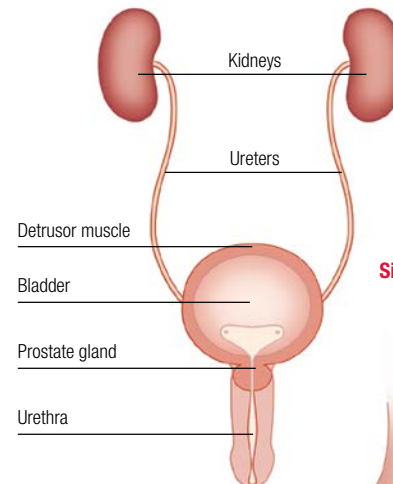
Muscle contraction, both voluntary and involuntary, is involved in urination. Bladder muscles contract and the sphincters open. Pelvic floor muscles are made up of several small muscle groups that surround the urethra, vagina (in women), and rectum. They provide support to the organs of the pelvis and they help hold the urethra in place.

The role of your nervous system

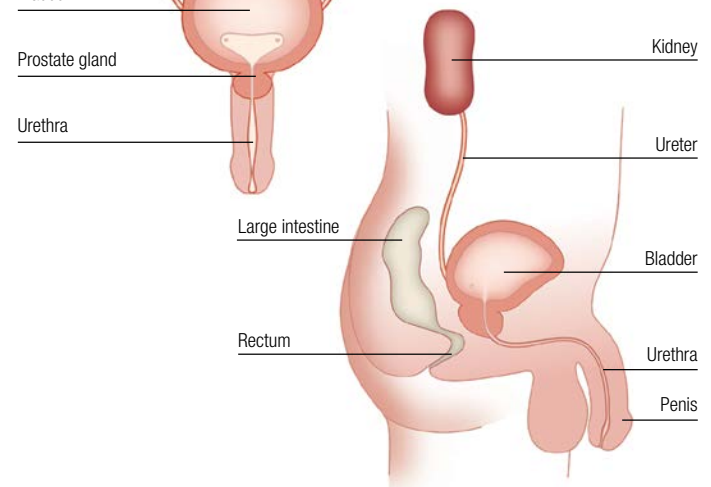
The process of urination involves coordination between the bladder, the sphincter muscles and an intact nervous system. A healthy functioning nervous system and brain are very important for proper coordination of this complex process, which can be simplified into three steps:

1. When the bladder is full, nerve impulses are sent to the lower portion of the spinal cord
2. These impulses then travel to the brain to communicate that the bladder is full
3. The brain sends a message to the bladder, telling it to contract in order to release the urine.

Front view of male urinary system



Side view of male urinary system



Bladder Problems

Neurogenic Bladder Disorder

A neurogenic bladder means that you have some type of bladder control problem caused by an injury or by an illness of the nerves, spinal cord or brain. Put simply, your bladder, brain and sphincter are not communicating well. If you understand how the urinary system works, you also know that nerve impulses between the brain, spinal cord and bladder are essential to normal bodily functions.

There are a variety of symptoms that may occur with a neurogenic bladder, depending on your unique condition:

You may experience frequent or infrequent urination or possibly incontinence. Your urinary sphincters may also work incorrectly (the way your bladder and sphincters behave depends on the location of the neurologic disorder in your brain, spinal cord or peripheral nerves, and the extent of your disease or injury).

If your bladder empties too frequently, it may be overactive. Your body is unable to store as much urine as it should, causing more frequent urination than if you had normal bladder function. Symptoms may include urinating more than once at night, a strong urgent desire to urinate and increased frequency of urination (more than 8 times in 24 hours).

Some neurologic disorders prevent the bladder from emptying properly. Your underactive bladder fills with urine, yet you do not have the feeling to urinate or your bladder does not squeeze to make the urine come out.



Common Issues

Men may experience problems with urination as they age. In males, the prostate gland sits underneath the bladder and wraps completely around the urethra. The prostate can become larger, and this may block the flow of urine from the bladder.

Anyone having problems with urination (incontinence or change in urinary habits) should consult their healthcare professional for diagnosis and treatment.

Neurologic disorders or injuries can also cause the urinary sphincters to function improperly. They may not close or open at the right times, or they may not close at all. In a condition called detrusor sphincter dyssynergia, the pelvic floor muscles contract and close the urethra when the bladder contracts, preventing the bladder from emptying. This can cause urine to flow up the ureters towards the kidneys, possibly damaging them. Urinary tract and bladder infections can occur with this condition and you may have symptoms like incontinence and constipation.

Types of Neurogenic Bladder Disorders*

Flaccid or Atonic Bladder Sensorimotor	Occurs after acute spinal cord injury. The bladder fails to contract resulting in urinary retention.
Spastic or Hyper-reflexive Bladder	Occurs when there is a spinal cord injury above the level of S2-S4. It results in frequent uncontrolled voiding due to bladder spasms and a lack of sensation.
Uninhibited Bladder	Urinary frequency and urgency resulting from changes in the brain. This can be caused by conditions such as stroke, head injury, or Multiple Sclerosis.
Paralytic Bladder	Inability to empty the bladder because of damage to the peripheral nervous system. It can be caused by conditions such as mellitus or extensive pelvic surgery.

* Used with permission from Newman D, Wein A, Managing and Treating Urinary Incontinence second edition. 2009.

Bladder Problems

Not everyone develops these symptoms. If you are not feeling well or you suspect you have an infection, contact your healthcare provider. It is important to contact your healthcare provider at the first sign of a urinary tract infection.

Urinary Tract Infections (UTIs)

If you have a neurogenic bladder disorder you may have occasional or frequent urinary tract infections (UTIs). UTIs occur when there is increased bacteria (or other microorganisms) inside the bladder lining, urethra or kidneys. This may be due to not emptying the bladder completely. In men, UTIs can also include the genitals, prostate and testicles.

It's important to monitor yourself for signs of a urinary tract infection (UTI) and to contact your healthcare professional immediately if they occur. These symptoms include:

- More frequent urination than normal
- Leakage of urine between normal voiding or catheterisation
- Increased muscle spasms (if you have a spinal cord injury)
- Fever
- Back pain
- Milky, cloudy or dark coloured urine
- Foul smelling urine

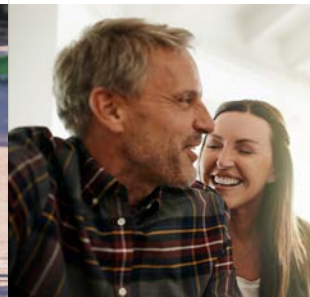
Intermittent Catheterisation

There are a wide variety of intermittent catheter products available. Understanding the different features will help you choose the catheter that is right for you. See all of the intermittent catheter products Hollister has to offer at www.hollister.co.uk

Unlike an indwelling catheter, which stays in your bladder for extended periods of time, intermittent catheterisation is the insertion and removal of a catheter several times a day to empty the urinary bladder. People who use intermittent catheterisation as a method of emptying their bladder should follow the recommended frequency of catheterisation provided by a healthcare practitioner.

Intermittent catheterisation is easy to learn and a common way people with a neurogenic bladder manage their disorder. Supplies can be carried discreetly in a pocket or bag, and the procedure can be done fairly quickly. To learn the procedure, you must learn where the catheter is inserted and how to use the product. You must also be able to reach your urethra and manipulate the catheter. You can drain the urine through the catheter into the toilet, or a disposable bag.

People of all ages can learn how to perform intermittent catheterisation. A caregiver or family member can also perform intermittent catheterisation if you are unable to perform it yourself. Your healthcare provider will work with you to find the best solution for you.



Choosing Your Intermittent Catheter

Size and Design

Catheters come in a variety of sizes, materials and styles. Catheters are sized on the French Charrier (Ch) scale, which is a measure of diameter. One Charrier equal to 1/3 of a millimetre. The most common sizes used by adults are 12 Ch and 14 Ch. Your healthcare provider will prescribe the correct size for you.

Since the catheter is inserted into the urethra until the tip of the catheter enters the bladder and urine begins to flow, the exact distance is different for every person. Generally, men use longer length catheters, about 40cm.

What to look for in an intermittent catheter

Your healthcare professional will determine what size catheter is right for you. The correct size will allow you to insert the catheter into your urethra smoothly and drain your bladder effectively and efficiently. The catheter should be large enough to allow for free flow of urine without causing damage to the urethra.

When choosing your catheter, you should make sure it is:

- Biocompatible (won't cause allergic reactions)
- Flexible to easily fit your urethral contours
- Gentle and comfortable to insert and remove
- Easy-to-use
- Ready-to-use without needing any extra steps or equipment
- No Touch method to potentially reduce the risk of infection (i.e. you can insert the catheter right from the package without the need to touch it)

Your healthcare team is a valuable resource in making the right intermittent catheter choice. Look to them if you have questions or need help making a decision.

VaPro No Touch Intermittent Catheters

VaPro catheters provide 100% No Touch Protection with a protective tip and sleeve

VaPro catheters are hygienic by design to help protect patients from germs throughout the entire catheterisation process.

Protective tip

- helps shield the sterile catheter during insertion from bacteria located within the first 15 mm of the distal urethra
- helps reduce the risk of carrying bacteria into the urinary tract

Protective sleeve

- allows for catheter to be gripped anywhere
- provides a barrier to the catheter to help keep germs away



The protective tip is designed for male and female use

The protective tip works to greatly reduce the risk of bacteria being carried into the urinary tract during the insertion process. This illustration demonstrates its effectiveness using the male anatomy.



The catheter is advanced into the protective tip, and then the protective tip is inserted into the urethra.

The protective tip helps prevent the catheter from coming into contact with the bacteria that are predominantly in the first 15 mm of the urethra.

The protective tip helps protect the catheter from becoming contaminated.

VaPro Pocket Catheter

Ring cap

helps keep protective tip clean and protected after package is opened

Protective sleeve

allows the catheter to be gripped anywhere providing a barrier to help keep germs away

Pocket size packaging

for discreet out of home usage



Protective tip

A 50%* smaller and more ergonomically shaped protective tip, for a more comfortable insertion

Transparent protective tip to aid visualisation
Helps bypass bacteria located in the first 15mm of the distal urethra



A 50%* smaller protective tip,
the same 100% No Touch Protection

*As measured by volume of material used.

VaPro Pocket Catheter – Guide for use



1 Assemble all equipment and prepare the area.
Wash your hands as advised by your healthcare practitioner.



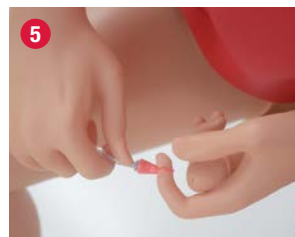
2 Position yourself to carry out intermittent catheterisation. Manipulate your clothing to access your genitalia.
To open package, pull finger hole toward you and all the way down.



3 Remove the catheter from the package. Leave pack on the lap, sink or flat surface. Lay catheter on opened package.



4 Hold the penis with your non-dominant hand and don't let go until you have finished the procedure. Pull back foreskin (if present) and cleanse the glans as you were trained by your healthcare practitioner.



5 Remove the cap from the protective tip of catheter.



6 Hold the catheter in one hand, and with the other hand advance the catheter forward until tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.
Grasp catheter below protective tip plate.

Please turn over for steps 7-10

VaPro Pocket Catheter – Guide for use



Using your fingers and forefinger of your non-dominant hand squeeze penis gently to open the urethral opening. With your dominant hand, insert the protective tip until the plate comes in contact with urethral opening.



Insert the catheter forward until urine starts to flow.



Once urine flow has stopped slowly withdraw the catheter. If urine flows again, pause until urine stops. After you're sure the bladder is empty, remove the catheter completely. Reposition the foreskin (if present).

Dispose of the catheter and packaging in a disposal bin. **DO NOT FLUSH DOWN TOILET.**



Wash your hands.

Some suggested positions for catheterisation



VaPro Plus Pocket Catheter

Ring cap

helps keep protective tip clean and protected after package is opened

Protective sleeve

allows the catheter to be gripped anywhere providing a barrier to help keep germs away



Pocket size packaging

for discreet out of home usage

Protective tip

A 50%* smaller and more ergonomically shaped protective tip, for a more comfortable insertion
 Transparent protective tip to aid visualisation
 Helps bypass bacteria located in the first 15mm of the distal urethra

1000 mL collection bag

For catheterisation at home or on the go
 Easy-to-open and easy-to-empty collection bag for cleaner handling
 Including anti-reflux valve to prevent backflow of urine
 Transparent to allow visual assessment of urine colour and printed measurements to monitor amount of urine



A 50%* smaller protective tip,
 the same 100% No Touch Protection

*As measured by volume of material used.

VaPro Plus Pocket Catheter – Guide for use



1

Assemble all equipment and prepare the area.

Wash your hands as advised by your healthcare practitioner.

Position yourself to carry out intermittent catheterisation. Manipulate your clothing to access your genitalia.

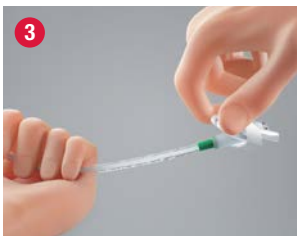


2b

2a

a. Open the package. To open package, pull finger hole toward you and all the way down.

b. Remove the catheter from the package.



3

With collection bag facing up, hold the catheter in one hand while pushing the bag away from the catheter with the other hand to break the paper band. Unfold collection bag. Leave the catheter on the lap, sink or flat surface.



4

Hold the penis with your non-dominant hand and don't let go until you have finished the procedure. Pull back foreskin (if present) and cleanse the glans as you were trained by your healthcare practitioner.



5

Remove the cap from the protective tip of catheter.



6

Hold the catheter in one hand, and with the other hand advance the catheter forward until tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.

Grasp catheter below protective tip plate.

Please turn over for steps 7-11

VaPro Plus Pocket Catheter – Guide for use



Using your fingers and forefinger of your non-dominant hand squeeze glans gently to open the urethral opening. With your dominant hand, insert the protective tip until the plate comes in contact with urethral opening.



Insert the catheter forward until urine starts to flow.
Once urine flow has stopped slowly withdraw the catheter. If urine flows again, pause until urine stops. After you're sure the bladder is empty, remove the catheter completely. Reposition the foreskin (if present).



After catheterising hold collection bag by handle.
To empty the collection bag before disposing, tear at the arrow (Tear here to empty) to drain.



Dispose of the catheter, collection bag, and packaging in a disposal bin. **DO NOT FLUSH DOWN TOILET.**



Wash your hands.

Some suggested positions for catheterisation



VaPro Catheter

Ring cap

helps keep protective tip clean and protected after package is opened

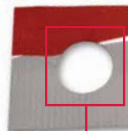


Protective tip

helps bypass bacteria located in the first 15mm of the distal urethra



Active Vapour Strip (inside foil packaging)



Easy-to-open packaging

large finger holes with tear strip to help facilitate easy opening



Protective sleeve

allows the catheter to be gripped anywhere providing a barrier to help keep germs away

Self-adhesive tab

allows the packaging to be adhered to a surface

VaPro F-Style and Tiemann tip options

VaPro

No Touch Intermittent Catheter

F-Style

The **VaPro F-Style catheter**, a firmer-style catheter that offers patients the freedom to choose more firmness, and the extra protection that the portfolio of the VaPro catheters delivers.

VaPro

No Touch Intermittent Catheter

with Tiemann tip

The VaPro catheter with Tiemann tip.

The Tiemann tip is designed to help manoeuvre around the tight bends found in a narrow urethra. The Tiemann catheters are suitable for males who have an enlarged prostate or similar condition.



VaPro Catheter – Guide for Use



Assemble all equipment and prepare the area.

Wash your hands with mild soap and water or as advised by your healthcare practitioner. Dry thoroughly.

Position yourself to carry out intermittent catheterisation.

Manipulate your clothing to access your genitalia.



To open the catheter package, pull top finger hole toward you at least halfway down the package.

If necessary, use the adhesive strip on the catheter package to affix the package to a surface while preparing to catheterise.



Remove the catheter from the package.

Lay the catheter on opened package on a flat surface.



Hold the penis with your non-dominant hand and don't let go until you have finished the procedure.

Pull back foreskin (if present) and cleanse the glans and opening of the urethra as you were trained by your healthcare practitioner. (eg: with mild, unscented soap or a non-alcoholic wet wipe.)



Remove ring cap from protective tip of catheter.



Direct the funnel end of the catheter into an appropriate receptacle or toilet.

Please turn over for steps 7-10

VaPro Catheter – Guide for Use



Hold the catheter in one hand, and with the other hand advance the catheter forward until the tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.



Grasp the catheter below the protective tip plate. Using your fingers and forefinger of your non-dominant hand squeeze penis gently to open the urethral opening. With your dominant hand, insert the protective tip until the plate comes in contact with urethral opening. Insert the catheter forward until urine starts to flow.

Once urine flow has stopped, slowly withdraw the catheter. If urine flows again, pause until urine stops. After you're sure the bladder is completely empty, remove the catheter completely. Reposition the foreskin (if present).



Dispose of the catheter and packaging in a disposal bin. **DO NOT FLUSH DOWN TOILET.**



Wash your hands with mild soap and water and dry thoroughly.

Some suggested positions for catheterisation



VaPro Plus Catheter

Protective tip
helps bypass bacteria located in the first 15mm of the distal urethra



Ring cap
helps keep protective tip clean and protected after package is opened

Protective sleeve
allows the catheter to be gripped anywhere providing a barrier to help keep germs away



1000 mL collection bag
For catheterisation at home or on the go
Including anti-reflux valve to prevent backflow of urine
Transparent to allow visual assessment of urine colour and printed measurements to monitor amount of urine



Also available

VaPro Plus

No Touch Intermittent Catheter

F-Style

VaPro Plus Catheter – Guide for use



1

Assemble all equipment and prepare the area.

Wash your hands with mild soap and water or as advised by your healthcare practitioner. Dry thoroughly.

Position yourself to carry out intermittent catheterisation. Manipulate your clothing to access your genitalia.



2

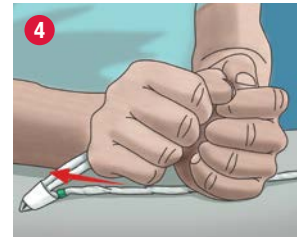
Open the package. To open package, pull top finger hole toward you and at least halfway down the package.

If necessary, use the adhesive strip on the catheter package to affix the package to a surface while preparing to catheterise.



3

Lay the catheter on opened package on a flat surface



4

Release collection bag by slipping paper band toward the catheter and off the bag, or place the catheter on a flat surface, and with the bottom of the fist, lift the bag away from the catheter to release the paper band.

Lay catheter on opened package on flat surface.



5

Hold the penis with your non-dominant hand and don't let go until you have finished the procedure.

Pull back foreskin (if present) and cleanse the glans and opening of the urethra as you were trained by your healthcare practitioner. (eg: with mild, unscented soap or a non-alcoholic wet wipe.)



6

Remove ring cap from protective tip of catheter.

Please turn over for steps 7-11

VaPro Plus Catheter – Guide for use



Hold the catheter in one hand, and with the other hand advance the catheter forward until the tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.



Grasp the catheter below the protective tip plate. Using your fingers and forefinger of your non-dominant hand squeeze penis gently to open the urethral opening. With your dominant hand, insert the protective tip until the plate comes in contact with urethral opening. Insert the catheter forward until urine starts to flow.

Once urine flow has stopped, slowly withdraw the catheter. If urine flows again, pause until urine stops. After you're sure the bladder is completely empty, remove the catheter completely. Reposition the foreskin (if present).



After catheterising hold collection bag by handle.

To empty the collection bag before disposing, tear at the arrow (Tear here to empty) to drain urine.



Dispose of the catheter, collection bag and packaging in a disposal bin. **DO NOT FLUSH DOWN TOILET.**



Wash your hands with mild soap and water and dry thoroughly.

Some suggested positions for catheterisation



Frequently Asked Questions

Intermittent Catheterisation

Q What are the typical signs of infection in the kidneys or bladder?

A You may feel feverish, have lower loin pain or pain in your back. The urine may have an offensive odour, and may be cloudy. Blood may be present in the urine. Frequency of urination and pain, burning or stinging sensation on passing urine may be present. You may also feel confused. Not everyone develops these symptoms. If you are not feeling well or you suspect you have an infection, contact your healthcare provider. It is important to contact your healthcare provider at the first sign of a urinary infection.

Q How much fluid should I drink?

A It is generally recommended that adults drink approximately 2 litres of fluid each day. Your needs may be different, so please be sure to follow your healthcare professional's advice. Check your weight as well to determine if you are retaining fluid. Your recommended fluid intake may be based on your weight and other medical history.

Q What should I do if I cannot pass the catheter into my bladder?

A If you cannot pass the catheter after 3 or 4 tries, call your healthcare professional or go to accident and emergency. Never force the catheter as you could cause injury to the urethra.

Q Why do I have large amounts of urine when I catheterise at night?

A Please consult your healthcare professional regarding this situation.

Q What steps do I need to take to prepare to catheterise?

A As advised and trained by your healthcare practitioner proper hand washing and personal hygiene are important steps in preparation for catheterisation.

1. Wash hands with mild soap and water and dry thoroughly
2. Cleanse the glans and the opening of the urethra with mild, unscented soap or a non-alcoholic wet wipe.

VaPro catheters

Q What makes the VaPro catheter unique?

- A**
- It is the first hydrophilic catheter to use a revolutionary vapor hydration process - Vaporphilic technology
 - Its easy access packaging is the first system with both a tear strip opening and finger holes
 - It is the first hydrophilic catheter with both a protective tip and sleeve

Q Who can use a VaPro catheter?

A Male, female, and paediatric patients who need to manage urinary incontinence by draining urine from the bladder.

Q Does the VaPro catheter contain natural rubber latex?

A The specifications for the VaPro catheter and its packaging do not include natural rubber latex as a component and our component suppliers do not add natural rubber latex as part of their production process.

Q Does the VaPro catheter require water to be added to the product upon opening?

A No, the VaPro catheter is ready to use straight from the packaging, with no need to add water or to burst water sachets.

Q Why doesn't the VaPro catheter require immersion in liquid water, and how is it lubricated?

A The VaPro catheter coating is activated by sterile water vapour which emanates from the active vapour strip, creating a 100% relative humidity atmosphere within the package (full activation occurs after an ageing period has been reached, prior to distribution). The 100% relative humidity atmosphere ensures vapour hydration of the hydrophilic coating on the outer surface of the catheter tube. This active process, Vaporphilic technology, provides a fully hydrated, ready-to-use hydrophilic catheter upon opening the package with no need to add water.

Q What are the advantages to having a protective tip and sleeve?

A The protective tip and sleeve help guard against contamination by bacteria both from the environment and in the first 15 mm of the distal urethra. The protective tip, along with the protective sleeve, enables the user to apply a no-touch technique.

Q What material is used to make the VaPro catheter?

A The catheter tubing is made from PVC – polyvinylchloride.

Q Does VaPro no touch hydrophilic intermittent catheter contain phthalates?

A No, DEHP or any other phthalates are not used in the manufacturing of the catheter tubing.

Q What is the coating on the VaPro catheter, and what is unique about that coating?

A The VaPro catheter coating uses a common hydrophilic ingredient, PVP, polyvinylpyrrolidone. A proprietary process was developed to coat the catheter evenly and to make the coating less likely to shed.

Q How is the VaPro catheter lubrication process unique?

A The lubrication technology uses a PVP (polyvinylpyrrolidone) ingredient within the hydrophilic coating. Sterile water vapour activates the coating, making this process unique.

Q What is unique about the VaPro catheter packaging?

A Its easy access packaging is the first with both a tear strip opening and finger holes, helping to ease access for those with limited dexterity.

Q How many eyelets are on the VaPro catheter?

A The VaPro catheter has two offset smooth eyelets.

Q What features should a catheter have?

A Desirable features include the following: Catheter material that is biocompatible (does not cause allergic reactions), flexible, to accommodate the urethral contours, and durable so that it retains its shape even with temperature variations. It should also provide atraumatic (gentle and comfortable) insertion, be ready to use, easy to handle, and enable the user to apply a “no-touch” technique to help reduce the risk of infection.

Q How do I dispose of the catheter?

A Catheters should be disposed of in a waste bin. Do not flush it down the toilet. Follow any local guidelines for the disposal of waste, especially medical devices.

Lifestyle

Q How do I catheterise on a trip?

A In many cases, planes, buses and trains do not have wheelchair accessible bathrooms. You may choose to catheterise under a blanket using a closed system catheter like the VaPro Plus catheter.

Q How should I prepare for a trip?

A Check with the airline when making travel arrangements for special accommodations (i.e., ask for assistance to board the plane if needed, request a larger bag allowance). You should also familiarize yourself with the policies of your airline. Alert hotels about your needs before your arrival and request any equipment you will need (i.e., tub, bench, roll-in shower, etc.) Even cruise lines must provide accessible rooms. Be very specific about what you need when making reservations. Research your travel destination to prevent surprises with regard to physical barriers. Be sure to carry your medications and supplies for catheterisation and other self-care routines in your carry-on luggage. Also carry and keep handy your Hollister Travel Certificate. Get as much rest as possible, maintain your usual care routines, and drink plenty of fluids. Drink bottled water if the tap water is questionable.

Q What do I need to carry with me to catheterise away from home?

A While the need for supplies varies by individual, ensure that you have enough catheters to use during your time away from home, any supplies needed for proper cleansing, and a bag to dispose of your catheters if you are not able to locate a waste bin.

Frequency / volume chart

Important – please read carefully

It is important that you fill in the chart on the next page to monitor your progress with ISC. It is designed to give an idea of your average fluid intake, urine output and any leakage during the day. This is important to your healthcare professional.

Each day, record how much you drink (see pictures below for a guide of how many mls) and when you drink it (put the volume in the box provided for that time). If you often drink from the same or similar sized cups, then you need only measure how much it holds once and put that value down every time you drink from it, otherwise use our guide for the amount in mls.

When you go to the toilet, measure the urine you pass using a small jug. Record the volume in mls rather than fluid ounces. Record it in the box next to the nearest hour in the 'out' column.

When you use the catheter, measure the amount of urine drained and place in the column marked 'catheter'.

When you go to bed put a 'B' on the chart next to the right time, so that we can tell how many times you have to get up at night to pass water.

If you are unable to fill the chart in properly every day because of other commitments, please try to fill it in accurately for at least 2 days by measuring and recording the frequency of passing urine and leaking by ticking the correct boxes for the remaining days.

Example of correctly completed section:

Name: *John Smith* Week commencing: 26/01/2015
Please see instructions on the previous page.

Time	Day 1 Date: 26/01/2015			Day 2 Date: 27/01/2015			Day 3 Date:
	In	Out	Catheter	In	Out	Catheter	In
1am							
2am							
3am	250			200			
4am							
5am							
6am							
7am			X				
8am							
9am							
10am							

Guide for volume of drinks:



Glass
180ml



Cup
150ml



Mug
200ml

Name: _____

Week commencing: _____

Please see instructions on the previous page.

Day 1				Day 2			Day 3		
Date:				Date:			Date:		
Time	In	Out	Catheter	In	Out	Catheter	In	Out	Catheter
1am									
2am									
3am									
4am									
5am									
6am									
7am									
8am									
9am									
10am									
11am									
12pm									
1pm									
2pm									
3pm									
4pm									
5pm									
6pm									
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8pm									
9pm									
10pm									
11pm									
12am									
Total									

Day 4			Day 5			Day 6			
Date:			Date:			Date:			
In	Out	Catheter	In	Out	Catheter	In	Out	Catheter	Time
									1am
									2am
									3am
									4am
									5am
									6am
									7am
									8am
									9am
									10am
									11am
									12pm
									1pm
									2pm
									3pm
									4pm
									5pm
									6pm
									7pm
									8pm
									9pm
									10pm
									11pm
									12am
									Total

Glossary of Terms

Bladder

A hollow organ with a muscular wall that has two functions, the storage and emptying of urine.

ISC

Intermittent self-catheterisation.

Kidneys

Two bean-shaped organs which lie internally on either side of the spinal cord whose purpose it is to filter waste from the blood and to produce urine.

Pelvic floor

A set of muscles that give you control when emptying your bladder or move you bowels.

Prostate

A small organ in males located below the neck of the bladder encircling the urethra.

Rectum

The lower end of the large intestine, leading to the anus.

Sphincter

A round voluntary muscle surrounding the urethra that opens and closes to hold urine in or let it drain out of the bladder.

Ureters

Two hollow tubes that carry urine from the kidneys to the bladder.

Urethra

A muscular tube that carries urine from the bladder to the outside of the body.

Urinary retention

A state in which the bladder cannot be emptied completely.

Notes

Notes

Fittleworth...

Hollister's Dispensing Partner of Choice



Fittleworth is Hollister's dispenser of choice because of our Clinical Respect professional healthcare promise, to deliver excellence in patient care while helping achieve best value in prescribing.

Fittleworth acts independently of manufacturer and is a trusted and dedicated home dispensing service for ostomy, urology, continence, laryngectomy and tracheostomy products that caters for the individual and varied needs at a local level.



For further information on our services, please visit www.clinicalrespect.co.uk

ONLINE... Visit: clinicalrespect.co.uk	OPENING HOURS... Monday - Friday 8am to 8pm Saturday 9am to 1pm	PHONE... Freephone National: 0800 378 413 Freephone Scotland: 0800 783 7148	POST... Fittleworth, FREEPOST, 2 Henry Lock Way, Littlehampton, West Sussex, BN17 7FB
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Simply... a secure home dispensing service



Ordering Details

Size	Length	System	Color code	VaPro Pocket	VaPro Plus Pocket	VaPro	VaPro F-Style	VaPro Plus	VaPro Plus F-Style
8 Ch	40 cm	Nelaton	blue ●	–	71084	72084	7600084	–	–
10 Ch	40 cm	Nelaton	black ●	70104	71104	72104	7600104	–	–
12 Ch	40 cm	Nelaton	white ○	70124	71124	72124	7600124	74124	7700124
14 Ch	40 cm	Nelaton	green ●	70144	71144	72144	7600144	74144	7700144
16 Ch	40 cm	Nelaton	orange ●	70164	71164	72164	7600164	–	–
12 Ch	40 cm	Tiemann	white ○	–	–	73124	–	–	–
14 Ch	40 cm	Tiemann	green ●	–	–	73144	–	–	–
16 Ch	40 cm	Tiemann	orange ●	–	–	73164	–	–	–

The information contained in this brochure is provided as general information only and is not intended to be medical advice. Please see our website for the most up to date information, as guidance can and does sometimes change. Always follow product instructions for Use and ask your healthcare professional for more information.

WARNING: To help reduce the potential for infection and/or other complications, do not reuse.

If discomfort or any sign of trauma occurs, discontinue use immediately and consult your healthcare professional.

- Ready-to-use, single-use intermittent catheter
- Protective tip and sleeve supports no-touch insertion technique
- Colour-coded funnel
- 1000 ml collection bag (VaPro Plus & VaPro Plus Pocket only)
- Hydrophilic-coated, Phthalate-free catheter
- 2 smooth catheter eyelets
- Easy-to-remove ring cap
- Not made with natural rubber latex

INDICATIONS FOR USE

This intermittent catheter is a flexible tubular device that is inserted through the urethra by male, female and paediatric patients who need to drain urine from the bladder.

PRECAUTION: Please consult your healthcare professional before using this product if any of the following conditions are present:

- Severed urethra
- Pronounced stricture
- Urethritis – inflammation of the urethra
- Epididymitis – inflammation of the epididymis (testicle tube)
- Unexplained urethral bleeding
- False passage
- Prostatitis – inflammation of the prostate gland

PRECAUTION: Self-catheterisation should follow the plan of care and advice given by your healthcare practitioner and be carried out only in accordance with the instructions for use provided. Because catheterisation frequency varies by person, the recommended frequency of your catheterisation should be provided by your healthcare professional. For any other questions about your catheterisation, please contact your healthcare professional.

NOTE: Store boxes in a flat position and at normal room temperature. This product consists of: polyurethane sleeve, thermoplastic elastomer tip, and tubing not made with DEHP.

Rx only

Hollister Limited

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For more information and to request **FREE** samples:

Tel: 0800 521 377 | Email: samples.uk@hollister.com

www.hollister.co.uk



Scan to watch a video on how to use VaPro catheters