



Infyna

Female User Guide

Ready to Use Hydrophilic
Intermittent Catheter



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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A Healthy Urinary System

Your urinary system is made up of the kidneys, ureters, bladder, urethra, and the internal and external sphincters.

Kidneys

The kidneys filter certain waste products from the blood to make urine. The kidneys typically produce 30-90ml of urine each hour. Urine is carried from the kidneys through tubes called ureters to the bladder, where it is temporarily stored until urination occurs.

Ureters

The ureters are narrow, hollow tubes that lead from the kidneys to the bladder. They end in the lower portion of the bladder and are attached to the bladder in such a way that it helps prevent urine from flowing back up into the kidneys. Muscles in the ureters push urine down from the kidneys to the bladder almost constantly.

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 470ml of urine before you feel a strong urge to urinate. The size and shape of the bladder and the amount of urine stored varies from person to person.

Emptying the bladder (also called voiding or urination) involves the coordination of both voluntary and involuntary muscles. When the bladder is emptied, urine leaves the body through a tube called the urethra. Voiding occurs when the bladder muscle (also called the detrusor) contracts and the sphincters open. Urine then passes through the urethra and leaves the body.

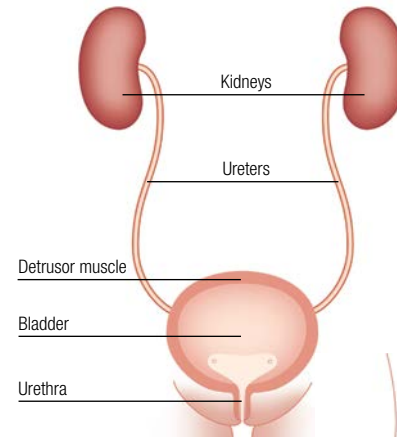
Sphincters

The urethra is surrounded by two ring-like muscles called the internal and external sphincters. The external sphincter is the one you control when you urinate. The sphincters work best when the pelvic floor muscles are healthy and strong. The pelvic floor muscles consist of several small muscle groups that surround the urethra, vagina and rectum. They provide support to the organs of the pelvis, and they help to hold the urethra in place.

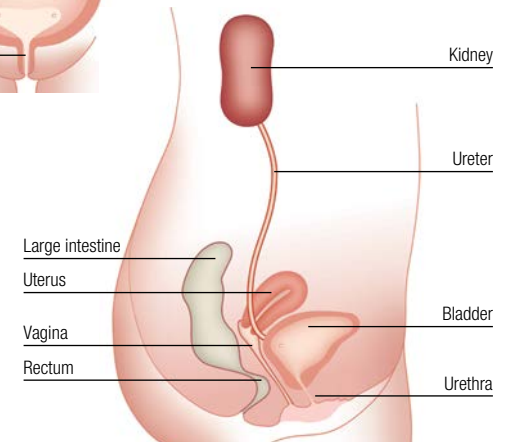
Nervous System

The process of urination involves coordination between the bladder, the sphincter muscles, and an intact nervous system. When the bladder is full, nerve impulses are sent to the lower portion of the spinal cord, and then to the brain to communicate that the bladder is full. At that time (if it is convenient), the brain sends a message to the bladder telling it to contract in order to release the urine. At the same time the brain sends a message telling the sphincters to relax. A healthy functioning nervous system and brain are very important for proper coordination of this complex process.

Front view of female urinary system



Side view of female urinary system



Bladder Problems

Neurogenic Bladder Disorder

If you have been diagnosed with a neurogenic bladder it means that you have some type of bladder malfunction caused by a neurologic disorder or injury. Your bladder may empty too frequently, not frequently enough, or in an uncoordinated way. 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 described as hyper-reflexive, spastic, or overactive. Your body is unable to store as much urine as it should, and the bladder empties more frequently than a healthy bladder. This can cause nocturia (urinating more than once at night), urgency (a strong desire to urinate), and frequency (voiding more than 8 times in 24 hours).

Some neurologic disorders prevent the bladder from emptying properly. Your bladder fills with urine yet you don't feel the need to urinate or you can't make the urine come out. This type of bladder disorder can also be described as flaccid or atonic bladder and it can result in urinary retention, or the inability of the bladder to empty.



Common Issues

For women, multiple pregnancies and vaginal deliveries can weaken the pelvic floor muscles that support the bladder and uterus causing problems such as urine leakage.

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 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 toward the kidneys, which can possibly damage the kidneys.

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

If you have a neurogenic bladder disorder you may have occasional or frequent urinary tract infections (UTIs). Urinary tract infections occur when there is an increased amount of bacteria (or other microorganisms) inside the bladder, urethra, and kidneys, sometimes as a result of residual urine in the bladder. In men, urinary tract infections can also include the genitals, particularly the prostate or seminal vesicles.

Some symptoms of UTIs are:

- More frequent urination than normal
- Leakage of urine between normal voiding or catheterisation
- Increased muscle spasms (if you are spinal cord injured)
- Fever
- Back pain
- Milky, cloudy, or darkly 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, suitable receptacle or integrated bag. Women can't always see their urethra and may learn to do the procedure by touch or by using a mirror.

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 packaging. The diameter of catheters are measured on the Charrière scale (abbreviated Ch), after its inventor. One Charrière is equal to 1/3 of a millimetre. The most common sizes used by adults are Ch 12 and Ch 14, and it is generally best to use the smallest size that you can. Your healthcare professional will prescribe the proper size for you.

Infyna Catheters

Infyna catheters are designed with simplicity and ease of use in mind. They come in an easy to open foil packaging and are ready to use. They have a balance of flexibility and rigidity to support ease of insertion.

Infyna catheters are suitable for those requiring a simple and easy to use catheter that fits in with daily life. Infyna catheters are:

- **Ready to use**
The vapour strip releases sterile water vapour that activates the catheter coating for lubrication. Once opened, the product is pre-hydrated and ready to use
- **Easy to use**
Simple tear strip to help facilitate easy opening
- **Leaves no stain**
On common clothing fabrics specifically denim, linen and polyester¹

Infyna Plus

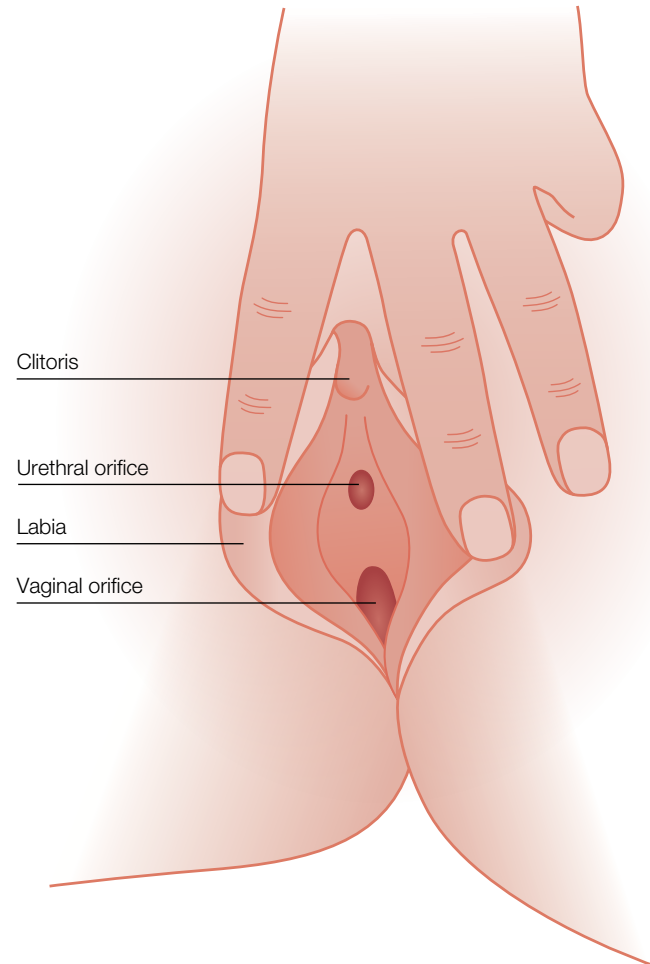
Also available are Infyna Plus catheters which come with an integrated collection bag for added convenience.

Infyna Chic

The Infyna Chic catheter was designed with input from clinicians to help provide a high level of discretion for women who use catheters. It is beautiful and easy to use. The Infyna Chic catheter can help a woman feel better about having to use one.

Ref 1 Data on File

Know Your Anatomy



Infyna Chic

Ready to Use Hydrophilic Catheter

The Art of Discretion

A unique combination of colour, design, and discretion to help blend in with her life.

The Infyna Chic catheter was designed with input from clinicians to help provide a high level of discretion for women who use catheters. It is beautiful and easy to use. The Infyna Chic catheter can help a woman feel better about having to use one.

Easy to use

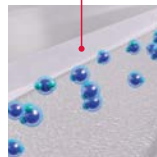
An easy to grip funnel to help insertion

Ultrasonically cut eyelets for a smooth insertion



Simple insertion and removal

- Ready to use with sterile water vapour hydration technology
- Designed to be evenly lubricated for easier insertion
- Smooth eyelets help provide easy insertion and withdrawal of the catheter
- Replace the catheter in the reclosable case for discreet disposal



Hydrated with water vapour that doesn't stain common clothing

Can be opened and closed with **one hand.**



A case that does not leak when reclosed making it **discreet to carry after use.**

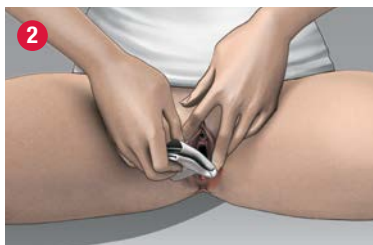


Infyna Chic

Procedure Guide for Females



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



2. Spread the labia with two fingers of your non-dominant hand. If advised by your healthcare practitioner, cleanse around the area of the urethral opening and genitalia with your dominant hand, as you were trained.



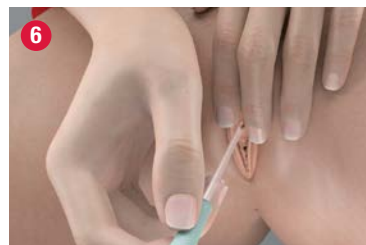
3. Open the case by flipping up the cap, with your dominant hand, which breaks the seal. Leave the product in the case. **NOTE:** if seal is already broken, do not use the catheter. If you are using a collection bag accessory (not included), attach to the funnel end of the catheter. No need to remove catheter from the case.



4. Hold the case with your non-dominant hand and remove catheter from the case with your dominant hand, touching only the funnel.



5. Part the labia with two fingers of your non-dominant hand, and insert the catheter with your dominant hand into the urethral opening, until urine starts to flow.



6. 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.



7. To dispose, place catheter back inside case and close the cap. You may dispose in a waste bin immediately or later when it is more convenient. **DO NOT FLUSH DOWN TOILET.**



8. Wash your hands.

Infyna

Ready to Use Hydrophilic Intermittent Catheter



Ready to use

The vapour strip inside the packaging releases sterile water vapour that activates the catheter coating for lubrication. Once opened, the product is pre-hydrated and ready to use

Easy-to-open packaging

Large finger hole with tear strip to help facilitate easy opening

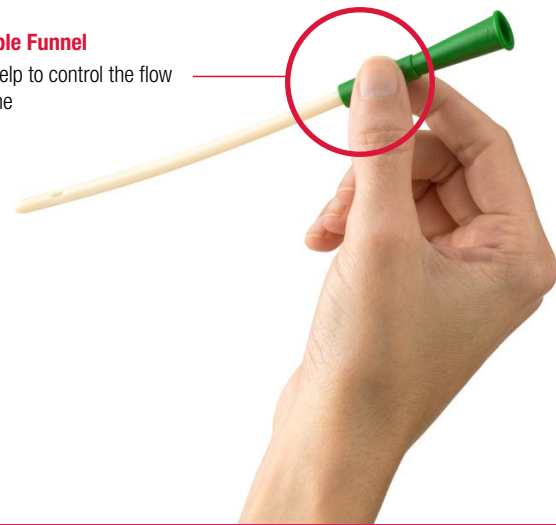
Infyna ready to use hydrophilic intermittent catheters give women the right balance of flexibility and rigidity to support ease of insertion.

Simple insertion and removal

- Ready to use with pure catheter hydration technology
- Designed to be evenly lubricated for easier insertion
- Smooth eyelets help provide ease of insertion and withdrawal of the catheter

Flexible Funnel

Can help to control the flow of urine





Infyna

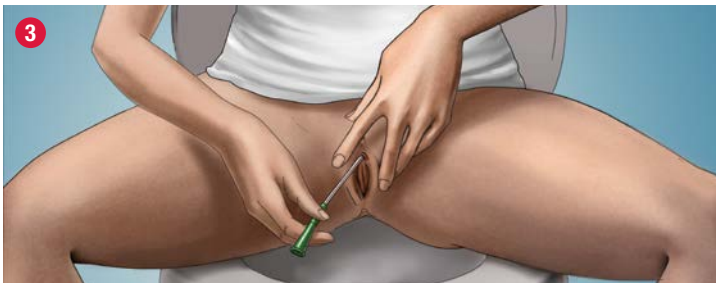
Procedure Guide for Females



1. Wash hands. Spread the labia and cleanse around opening of urethra with mild, unscented soap or a non-alcoholic wet wipe. Choose a position to catheterise that is most comfortable for you.

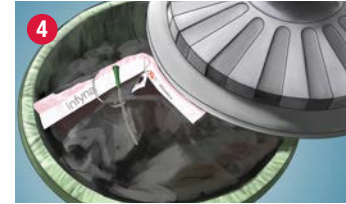


2. Open package, hold funnel or gripper to remove catheter.



3. Spread labia with two fingers while inserting catheter into the urethra. Hold funnel, without touching the catheter and insert catheter until urine starts to flow.

Once urine flow has stopped, slowly withdraw the catheter to ensure bladder is completely empty. Gently remove catheter.



4. The catheter may be disposed of in a waste bin. Do not flush catheter or packaging down the toilet.

Some suggested positions for catheterisation



Infyna Plus

Ready to Use Hydrophilic Intermittent Catheter



Easy-to-open packaging

Large finger hole with tear strip to help facilitate easy opening

Ready to use

The vapour strip inside the packaging releases sterile water vapour that activates the catheter coating for lubrication. Once opened, the product is pre-hydrated and ready to use



Infyna Plus ready to use hydrophilic intermittent closed system catheters give women the right balance of ease-of-use and protection so you can be in control of your catheterisation.

Simple insertion and removal

- Ready to use with pure catheter hydration technology
- Designed to be evenly lubricated for easier insertion
- Smooth eyelets help provide ease of insertion and withdrawal of the catheter

1000ml collection bag

With anti-reflux valve to reduce risk of urine backflow

A great choice for those who prefer the convenience of a collection bag

- Catheterise on the go – no separate receptacle needed with the integrated collection bag
- Convenient handling because the catheter is located outside the collection bag



Infyna Plus

Procedure Guide for Females



1. Wash hands. Spread the labia and cleanse around opening of urethra with mild, unscented soap or a non-alcoholic wet wipe. Choose a position to catheterise that is most comfortable for you.



2. Open package, hold funnel or folded collection bag to remove catheter. Release collection bag by slipping paper band away from the catheter and off the bag.



3. Spread labia with two fingers while inserting catheter into the urethra. Hold funnel, without touching the catheter and insert catheter until urine starts to flow.

Once urine flow has stopped, slowly withdraw the catheter to ensure bladder is completely empty. Gently remove catheter.



4. After catheterising, carry collection bag by handle. To empty the collection bag before disposing, tear at the arrow (Tear here to empty) to drain urine. Catheter and collection bag may be disposed of in a waste bin. **DO NOT FLUSH DOWN TOILET.** Wash hands.

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 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. Spread the labia and cleanse around the opening of the urethra with mild, unscented soap or a non-alcoholic wet wipe.

Infyna ready to use hydrophilic intermittent catheters

Q Who can use an Infyna Ready to Use Hydrophilic Intermittent Catheter?

A Women and children who need to manage urinary incontinence by draining urine from the bladder.

Q Does the Infyna Ready to Use Hydrophilic Intermittent Catheter contain natural rubber latex?

A The specifications for Infyna Ready to Use Hydrophilic Intermittent 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 Infyna Ready to Use Hydrophilic Intermittent Catheter require water to be added to the product upon opening?

A No, the Infyna Ready to Use Hydrophilic Intermittent Catheter is ready to use straight from the packaging, with no need to add water or to burst water sachets. The Vaporphilic technology provides a fully hydrated ready to use hydrophilic catheter. The vapour strip releases sterile water vapour that activates the catheter coating for lubrication. Once opened, the product is pre-hydrated and ready to use.

Q What material is used to make the Infyna Ready to Use Hydrophilic Intermittent Catheter?

A The catheter tubing is made from PVC – polyvinylchloride.

Q Does Infyna Ready to Use Hydrophilic Intermittent Catheter contain phthalates?

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

Q How many eyelets are on the Infyna Ready to Use Hydrophilic Intermittent Catheter?

A The Infyna Ready to Use Hydrophilic Intermittent Catheter has two offset smooth eyelets.

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 Infyna Ready to Use Hydrophilic Intermittent 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 familiarise yourself with the policies of your airline. Alert hotels about your needs before your arrival and request any equipment you will need (i.e. bath, bench, roll-in shower, etc.) Even cruise lines must provide disabled 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. 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.

Notes

Hollister Incorporated does not provide medical advice or services. The information provided herein is not a substitute for medical care. If you have, or suspect you have, a health problem, you should always consult with a licensed healthcare professional.

Notes

Notes

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: 26/01/2019
Please see instructions on the previous page.

Time	Day 1 Date: 26/01/2019			Day 2 Date: 27/01/2019			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									
7pm									
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.

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.

Vagina

Opening of the lower part of the female reproductive system; lies behind the urethra. It is a muscular tube.



As part of Hollister's on-going commitment to improving patient care, we have teamed up with Fittleworth to bring you an even faster, more convenient, dedicated home delivery service. Fittleworth have an enviable reputation of having over 30 years of experience in supplying continence appliances. With over 30 care centres throughout the UK, Fittleworth is able to offer all its customers a reliable, first class service.

National Freephone: 0800 378 846

Scotland: 0800 783 7148

www.fittleworth.com

Ordering Details

Infyna Chic

Ready to Use Hydrophilic Intermittent Catheter

Stock No	Tip	Size length	Size diameter	Box Qty
7008	Nelaton	F (13 cm)	Ch 8	30
7010	Nelaton	F (13 cm)	Ch 10	30
7012	Nelaton	F (13 cm)	Ch 12	30
7014	Nelaton	F (13 cm)	Ch 14	30

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Ready to Use Hydrophilic Intermittent Catheter

Stock No	Tip	Size length	Size diameter	Box Qty
88081	Nelaton	F (17 cm)	Ch 08	30
88101	Nelaton	F (17 cm)	Ch 10	30
88121	Nelaton	F (17 cm)	Ch 12	30
88141	Nelaton	F (17 cm)	Ch 14	30

Infyna Plus

Ready to Use Hydrophilic Intermittent Catheter

Stock No	Tip	Size length	Size diameter	Box Qty
86081	Nelaton	F (17 cm)	Ch 08	30
86101	Nelaton	F (17 cm)	Ch 10	30
86121	Nelaton	F (17 cm)	Ch 12	30
86141	Nelaton	F (17 cm)	Ch 14	30

United Kingdom

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Winnersh
Wokingham RG41 5TS

**For more information and to request FREE samples:
Tel: 0800 521 377
Email: samples.uk@hollister.com
www.hollister.co.uk**

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

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

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

- Severed urethra
- Unexplained urethral bleeding
- Pronounced stricture
- False passage
- Urethritis – inflammation of the urethra

PRECAUTION: Self-catheterisation should follow the plan of care and advice given by your healthcare professional 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: polyvinylchloride funnel and tubing not made with phthalates.