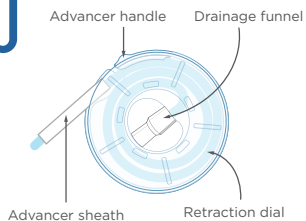




How to use CompactCath for men



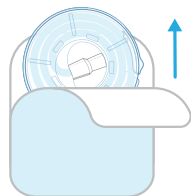
1-888-933-2284 (WEE-CATH)



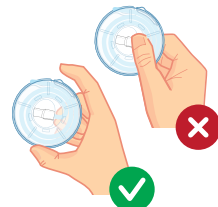
1. Wash hands with soap and water. Dry thoroughly.



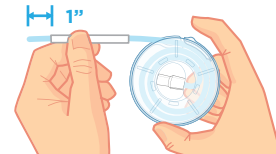
2. Gently clean the tip of your penis with a non-alcohol based antiseptic wipe utilizing a circular motion.



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.

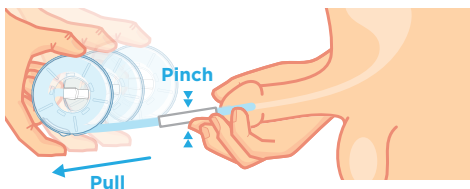


5. While holding the case by the rim, use other hand to grip the advancer sheath using a firm "pinch" technique with your thumb and index finger, rubbing sheath to lubricate catheter tip. Advance the catheter until it is 1" beyond the advancer sheath, or until both eyelets are visible.

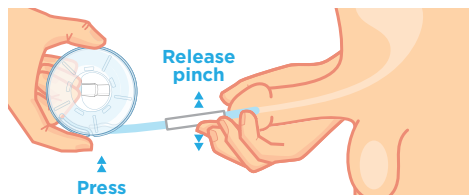


6. With one hand, securely hold penis in your palm while gripping advancer sheath with your thumb and index finger.

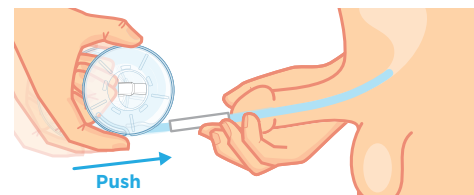
7. Using the advancer sheath as a non-touch grip, slowly guide the catheter into your urethra. **Do not allow the sheath to enter the urethra.**



8. Firmly grip the advancer sheath with your thumb & index finger while pulling the catheter case away from your body, exposing 2-3" of the catheter.



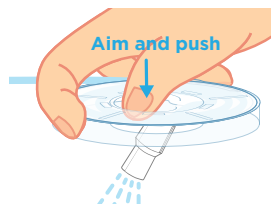
9. Release pressure on the advancer sheath while firmly pressing down on the advancer handle. This will prevent the catheter from retracting into the case during advancement.



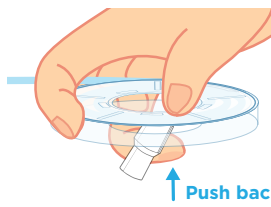
10. Push the case forward, advancing the catheter into the urethra. Repeat steps 8-10 until the catheter has reached the bladder.



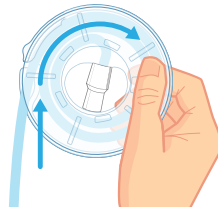
11. You may feel some resistance as the catheter reaches the bladder neck. A few deep breaths will help your muscles relax and loosen.



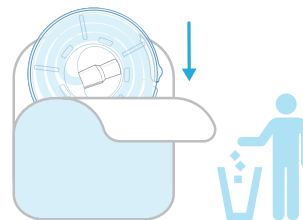
12. Once the catheter has reached the bladder and you are ready to void, push the catheter funnel out and aim it towards the toilet or collection device.



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.