



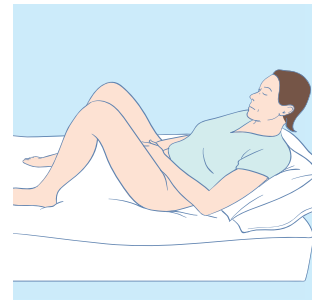
# HOW TO USE

# Curan Lady



### Step 1

Wash your hands thoroughly with soap and water and dry them. Make yourself comfortable. If there is a possibility you might be able to urinate, always try before you use a catheter.



### Step 5

Find a position where you are most comfortable and can locate the urethra. Here are some of the positions that you may find helpful to perform ISC.

**Lying propped up on the bed.**



**Sitting over the toilet.**



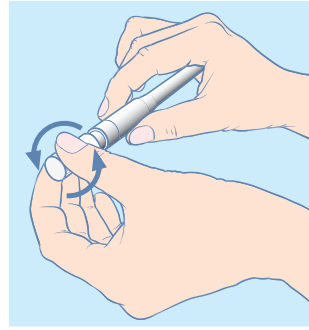
**Sitting in a wheelchair.**

If you are doing ISC in a wheelchair, or lying propped up on the bed, it might be useful to attach a urine drainage bag to the catheter or have an appropriate receptacle to hand to collect urine.



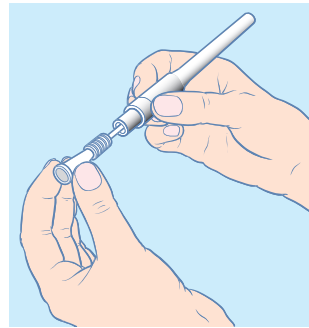
### Step 2

Wash around the opening of the urethra using an alcohol-free wet wipe or mild soap and water. Wash from front to back to reduce the risk of infection.



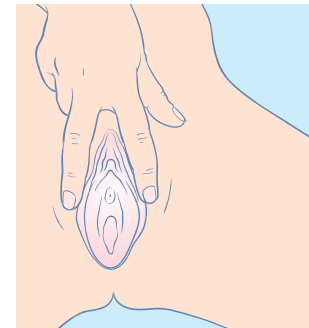
### Step 3

Break the transparent label on the catheter by twisting the easy-grip lid in the opposite direction to the base as indicated by the arrows. If required, attach a urine bag to the drainage end of Curan Lady using the universal connector.



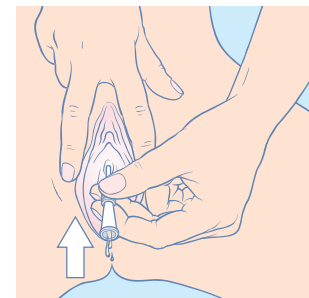
### Step 4

Take hold of the catheter funnel end and pull the catheter from tube. Curan Lady is lubricated with a gel coating so there are no concerns about water spillage.



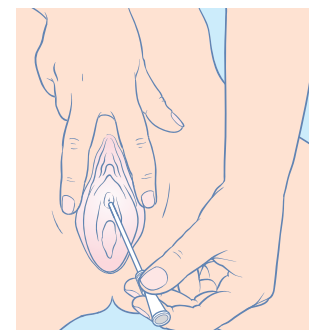
### Step 6

Spread the labia apart gently with the index finger and middle finger of one hand. You may need to pull slightly upwards to expose the urethra.



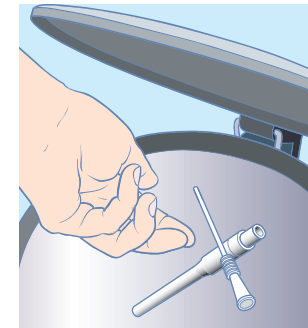
### Step 7

With your other hand gently insert the catheter into your urethra as you have been shown, until it reaches the bladder and urine starts to flow.



### Step 8

When the flow stops, ease out the catheter slowly to ensure that urine is no longer draining. If urine flow starts again, stop withdrawing the catheter. The bladder needs to be fully emptied to reduce the risk of infection.



### Step 9

Dispose of the catheter and the outer packaging in a waste bin. Do NOT flush it down the toilet. Wash your hands again with soap and water. If there is no immediate method of disposal available Curan Lady can be replaced into the tube and fully resealed to carry with you until a bin is located. Curan Lady is a single use catheter and should not be reused.





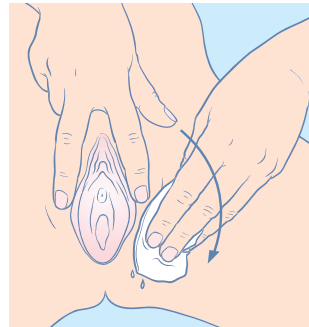
# HOW TO USE

# Curan Advantage Female



### Step 1

Wash your hands thoroughly with soap and water and dry them. Make yourself comfortable. If there is a possibility you might be able to urinate, always try before you use a catheter.



### Step 2

Wash around the opening of the urethra using an alcohol-free wet wipe or mild soap and water. Wash from front to back to reduce the risk of infection.



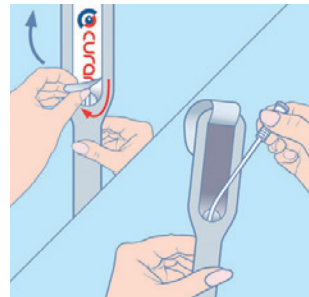
### Step 3

Before opening the packaging, release the sterile water by lightly pinching or squeezing the integrated sachet until it bursts.



### Step 4

Wait approximately 25 seconds for the sterile water to activate the hydrophilic coating. You can use the adhesive tab at the back to hang the packaging on a vertical surface whilst you prepare for catheterisation.



### Step 5

When you are ready to catheterise, open the tab at the front of the packaging by pulling upwards, then take hold of the catheter funnel end and pull it from the packaging. At this stage, if required, attach a urine bag to the drainage end of Curan Advantage using the universal connector. If using the longer unisex catheter you can use the Blue Grip® to hold the catheter and help guide insertion, without directly touching the catheter itself.



### Step 6

Find a position where you are most comfortable and can locate the urethra. Here are some of the positions that you may find helpful to perform ISC.

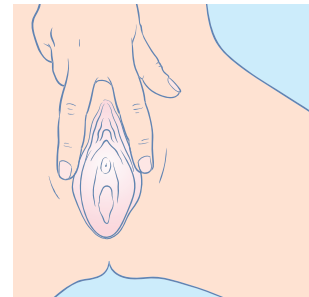


**Lying propped up on the bed.**



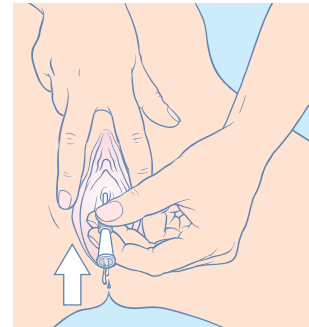
**Sitting over the toilet.**

**Sitting in a wheelchair.**  
If you are doing ISC in a wheelchair, or lying propped up on the bed, it might be useful to attach a urine drainage bag to the catheter or have an appropriate receptacle to hand to collect urine.



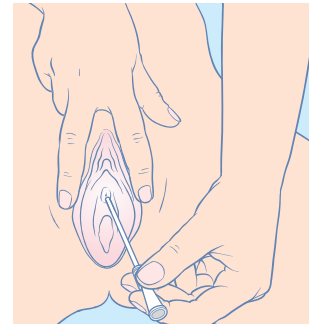
### Step 7

Spread the labia apart gently with the index finger and middle finger of one hand. You may need to pull slightly upwards to expose the urethra.



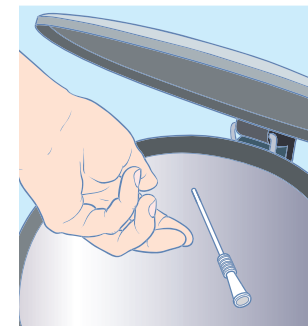
### Step 8

With your other hand gently insert the catheter into your urethra as you have been shown until it reaches the bladder and urine starts to flow.



### Step 9

When the flow stops, ease out the catheter slowly to ensure that urine is no longer draining. If urine flow starts again, stop withdrawing the catheter. The bladder needs to be fully emptied to reduce the risk of infection.



### Step 10

Dispose of the catheter and the outer packaging in a waste bin. Do NOT flush it down the toilet. Wash your hands again with soap and water. If there is no immediate method of disposal available, Curan Advantage can be replaced in the packaging and resealed using the adhesive tab to carry with you until a bin is located, empty out any water before you reseal the packaging. Curan Advantage is a single use catheter and should not be reused.

