



HOW
TO USE

Curan Man



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

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.
Sitting on the edge of the bed.



Sitting over the toilet.



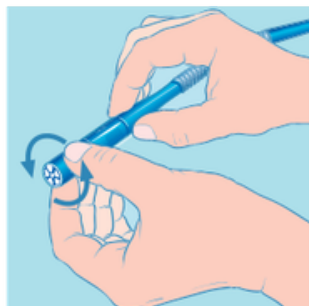
Sitting in a wheelchair.

If you are doing ISC in a wheelchair, or sitting on the edge of 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 (such as a jug or urine bottle).



Step 3

Wash around the genital area, retracting your foreskin (if necessary) and prepare around the glans and the opening of the urethra. Use an alcohol-free wet wipe or mild soap and water.



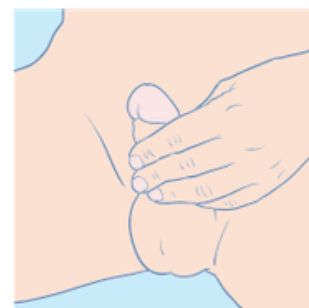
Step 4

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 Man using the universal connector.



Step 5

Take hold of the catheter funnel end and twist the catheter as you pull it from the tube. Curan Man is lubricated with a gel coating so there are no concerns about water spillage. You can use the Blue Grip to hold the catheter and help guide insertion, without directly touching the catheter itself.



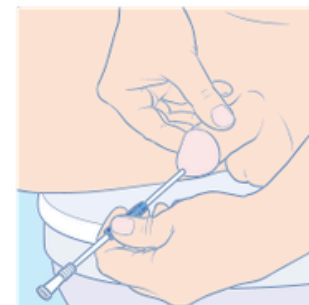
Step 6

Hold your penis pointing upwards and close to your stomach to help straighten the urethra. Do not squeeze or apply pressure to



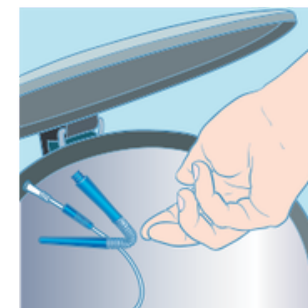
Step 7

The catheter can then slowly be inserted into the urethra as you have been shown. Once you have started to insert the catheter you should point your penis and the funnel end toward the toilet or collecting bag. Continue to insert Curan Man until you reach 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 starts flowing 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 Man can be replaced into the tube and fully resealed to carry with you until a bin is located. Curan Man is a single use catheter and should not be reused.





HOW
TO USE

Curan Advantage Male and Tiemann Tip



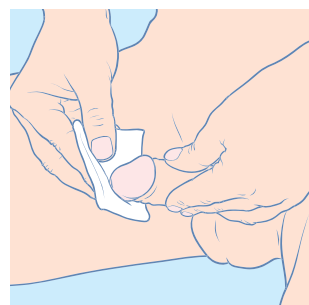
Step 1

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.



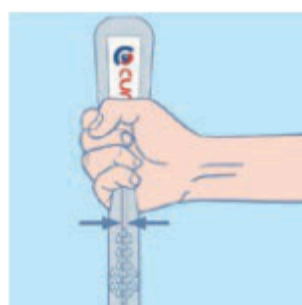
Sitting in a wheelchair.

If you are doing ISC in a wheelchair, or sitting on the edge of 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 (such as a jug or urine



Step 2

Wash around the genital area, retracting your foreskin (if necessary) and prepare around the glans and the opening of the urethra. Use an alcohol-free wet wipe or mild soap and water.



Step 4

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



Step 3

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.
Sitting on the edge of the bed.



Step 5

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.

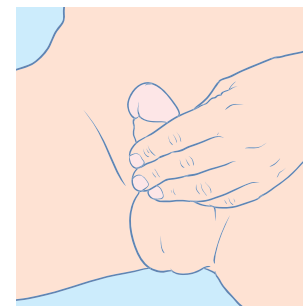


Sitting over the toilet.



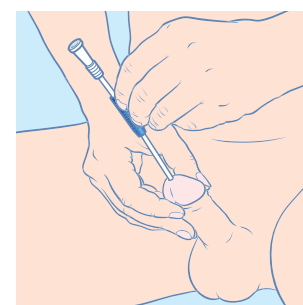
Step 6

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.



Step 7

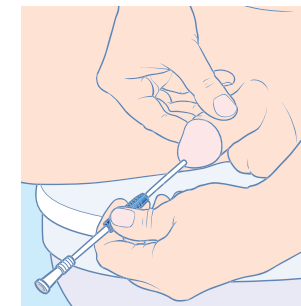
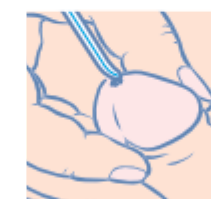
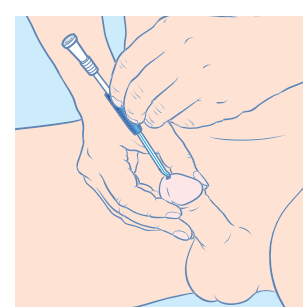
Hold your penis pointing upwards and close to your stomach to help straighten the urethra. Do not squeeze or apply pressure to your penis.



Step 8

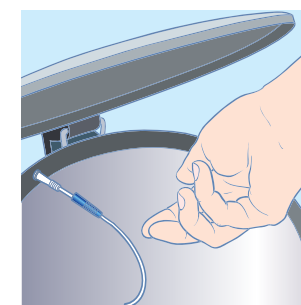
The catheter can then slowly be inserted into the urethra as you have been shown, using the Blue Grip to help guide the insertion without directly touching the catheter itself.

If using a Tiemann tip catheter, ensure that the curved tip is pointing upwards when you insert it. You can use the blue line as a guide, as it is on the same side as the curved tip.



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 into the packaging and resealed using the adhesive tab to carry with you until a bin is located. Empty out the water before resealing the packaging. Curan Advantage is a single use catheter and should not be reused.



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