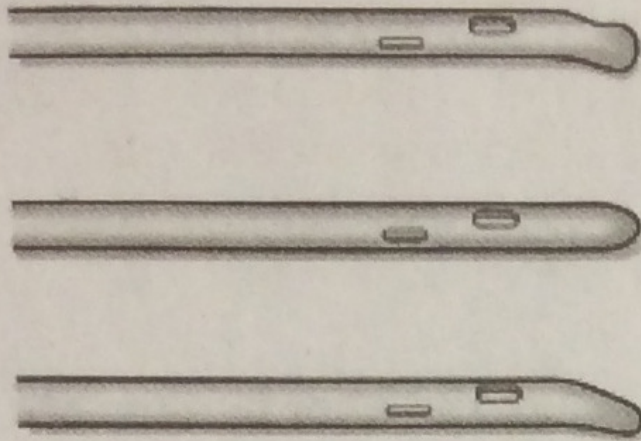


How to use Self-Cath



1. Inspect the catheter before use. Do not use the product if the device or packaging is damaged.
2. Wash hands thoroughly with soap and water.
3. Position yourself for catheterization.
4. Cleanse urethral opening.
5. Locate urethra and gently insert the catheter until urine begins to flow.
5. When urine stops, slowly begin to withdraw catheter until flow ceases.
6. Dispose of catheter. Product is designed for single use only.