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## Instruction Guide to Sterile Self-Intermittent Catheterization For Women Using the Cure Dextra™ Closed System

This educational material is provided by Cure Medical in an effort to answer questions and address possible concerns about the intermittent catheterization process. By following the steps for sterile self-intermittent catheterization, it is possible to quickly master the technique and make the process part of your daily routine for bladder management and urinary tract health.

Cure Medical wishes to thank Anne Boisclair-Fahey, DNP, RN, CPNP for writing this educational material. She is the Senior Director of Advanced Practice Providers (APPS) which includes nurse practitioners, physician assistants and nurse anesthetists at Children's Minnesota. Anne is also a pediatric nurse practitioner with over 20 years of clinical expertise in pediatric urology.

This instruction guide is not a substitute for medical advice from your healthcare provider.

## The Urinary System

The urinary system contains two kidneys, two ureters, the bladder and the urethra. The kidneys filter the blood and produce urine. The urine travels from the kidneys down the ureters and into the bladder, where it is stored until emptied during urination or catheterization. The urethra is the tube that empties the urine out of the body.

When the bladder is full, the brain sends a signal down the spinal cord to the bladder, causing it to empty. For people with spinal cord issues, the signal from the bladder to the brain gets interrupted, making them unable to empty their bladder.



When people are unable to empty their bladder on their own, they are at risk for urinary tract infections, as well as incontinence or involuntary loss of urine. When urine stays in the bladder and is not emptied, bacteria can grow, causing infections which can lead to illness. Research has shown that self-intermittent catheterization helps reduce urinary tract infections, control urinary leakage (incontinence) and prevent urinary tract damage.

## Introduction to Self-Intermittent Catheterization

Self-intermittent catheterization is the periodic emptying of the bladder by the insertion of a hollow plastic tube (catheter) into the urethra, past the sphincter muscles and into the bladder. Urine then passes out of the bladder through the catheter. Self-intermittent catheterization is used when a person is unable to empty her bladder herself. Medical conditions that often require self-intermittent catheterization include spinal cord injuries, spina bifida or multiple sclerosis, just to name a few. Self-intermittent catheterization must be done at regular intervals each day to keep the bladder healthy.

## What is Sterile Self-Intermittent Catheterization?

Self-intermittent catheterization is normally performed as a clean technique, meaning gloves are not used, and the catheter can be held with bare, clean hands. However, your healthcare provider has recommended sterile self-intermittent catheterization to help empty your bladder, keep your urinary system healthy and reduce urinary tract infections.

Sterile self-intermittent catheterization typically means that sterile gloves must be worn and the catheter is not touched, keeping it sterile. However, with the Cure Dextra™, sterile catheterization is performed without the need for gloves. The catheter is enclosed in a sterile bag and protected from the bacteria on the urethral opening by the Cure Dextra™ introducer tip. It is inserted into the body without contact. Then the catheter is advanced into the body by sliding the double ended Gripper Arrow forward and back using full strokes. This allows the user to perform sterile self-intermittent catheterization without touching the catheter.

## How Often Should I Catheterize?

Your healthcare provider will let you know how often you will need to perform sterile self-intermittent catheterization and the size of the catheter you will need. Normally, sterile self-intermittent catheterization is performed every four hours starting when you wake up in the morning and continues every four hours until bedtime. Some people catheterize on a more frequent schedule. Most people who catheterize do not need catheterization at night. Your healthcare provider will let you know if you need catheterization at night.

## Where Do I Get Catheters?

You will be taught sterile self-intermittent catheterization by your healthcare provider who will decide the size and style of catheter that you will need. Your healthcare provider will provide a prescription for the catheter supplies. The prescription will be sent to a medical supply company that will provide you with the supplies.

## Sterile Self-Intermittent Catheterization Instructions for Women

Most women who perform sterile self-intermittent catheterization sit on the toilet, a chair or wheelchair when they insert the catheter into the urethra. Other women may perform it lying down with pillows behind their backs. Do what is most comfortable for you. Initially you may want to use a mirror to help visualize the urethral opening where the catheter is inserted. The mirror can be placed on a low stool in front of the toilet seat. It may take time for you to locate the proper opening. Eventually most women learn to catheterize by touch and feel.

1. Inspect the Cure Dextra™ Closed System before use. If the catheter or package are damaged do not use.

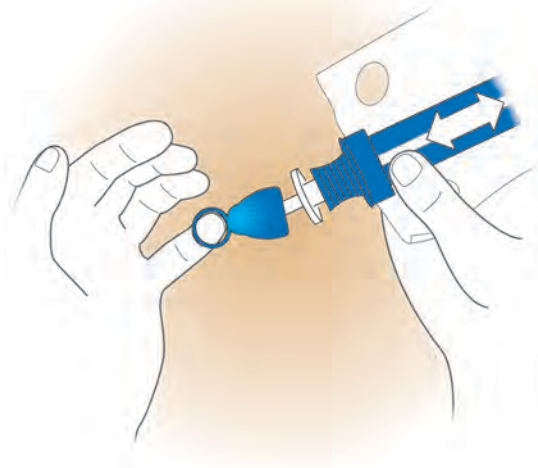
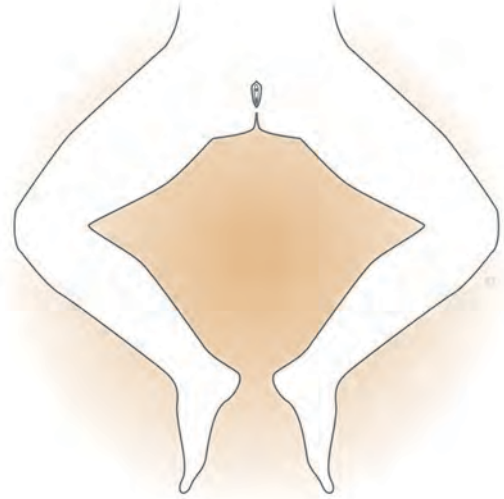


The sterile, unisex Cure Dextra™ Closed System is not made with DEHP/DINP, BPA, or natural rubber latex. It features polished eyelets on a straight, pre-lubricated catheter tip with integrated 1000 ml collection bag.

2. Wash hands thoroughly with soap and water or, if not available, an antibacterial hand cleaner.
3. Open the Cure Dextra™ Closed System.

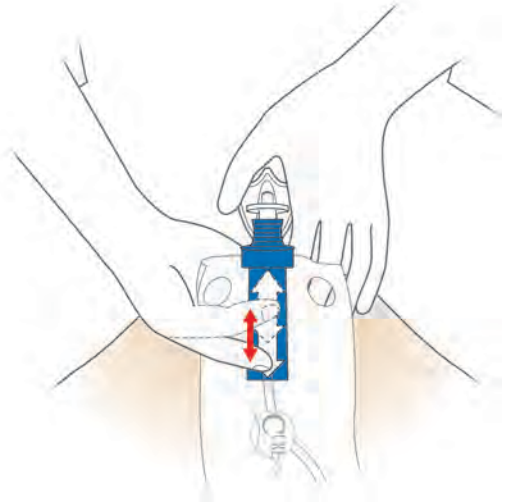
## Sterile Self-Intermittent Catheterization Instructions for Women continued

4. Position yourself comfortably. Arrange clothing out of the way. If sitting in a chair or wheelchair, spread your legs apart and place an underpad on the chair. If lying down, bend knees and place your heels together in a “frog-like” position.
5. Using the non-dominant hand, separate the labia with the thumb and forefinger, and locate the urethra.
6. With the dominant had, wash the urethral area with soap and water or baby wipe from front to back. Do not wash back and forth over the urethral opening. Repeat the washing two more times with two different areas of the cloth or wipe.
7. Remove the cap from the introducer tip. **DO NOT advance the catheter past the introducer tip yet.**
8. With the non-dominant hand hold the inner labia apart, use the dominant hand to insert the introducer into the urethra. A Support Band, on the bottom side of the collection bag, can give your dominant hand added control and stability. Secure the introducer tip in place with thumb and forefinger of the non-dominant hand.



## Sterile Self-Intermittent Catheterization Instructions for Women continued

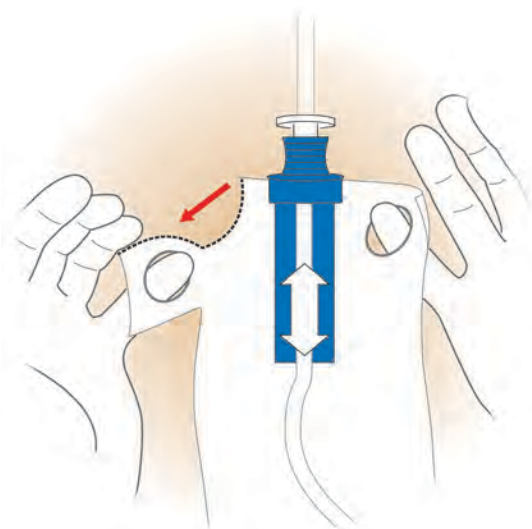
9. Once you have secured the introducer tip in place, use the dominant hand to hold the Cure Dextra™. Slide the Gripper Arrow toward your body with a **full stroke** so the catheter advances through the introducer tip into the urethra. Once the slider is **fully forward**, push the Gripper Arrow **fully back**. The catheter will not retract on the back stroke. Repeat **full** forward and back motions to advance the catheter.



10. Using **full strokes**, gently advance the catheter two inches. **Do not pull the catheter in and out when you meet resistance**; just apply gentle but firm continuous pressure until the catheter advances into the bladder. Continue to advance the catheter through the urethra until the catheter reaches the bladder and urine begins to flow. Keep the bottom of the urine bag down to help urine flow.

11. When urine stops flowing, slowly withdraw the catheter. If urine starts to flow again when withdrawing the catheter, stop each time it flows and let the urine drain. Then continue to slowly withdraw the catheter until the bladder is empty, and the catheter is removed.

12. To empty the bag, hold it upright and put your fingers in the openings provided at the top of the bag. Pull the finger openings apart to open the drain. Pour out the urine through the opening into the toilet. Dispose of the bag properly.





### Your Sterile Self-Intermittent Catheterization Specifications:

- Cure Dextra™ Closed System size:  
 12 FR    14 FR    16 FR
  
- Catheterize \_\_\_\_\_times a day or every\_\_\_\_\_hours.
  
- Catheterization required at night:  Yes or  No

### Healthcare provider contact information:

\_\_\_\_\_

Name

\_\_\_\_\_

Telephone Number

### Healthcare product supplier contact information:

\_\_\_\_\_

Name

\_\_\_\_\_

Telephone Number