

## Apogee Plus

Touch Free Intermittent Catheter System



# Guide for Use



Touch free, sterile, and self-contained, Hollister Apogee Plus intermittent catheter empowers you to maintain your independence and live an active, mobile lifestyle.



**People First:**  
**Raquel Escudero Villaverde**  
*“Okay, I’m in a wheelchair.  
But when I travel and see the  
conditions in which many people  
live, I think, lucky me.”*





You can be assured this intermittent catheter, which your clinician has recommended, has the features to help you catheterize with confidence.

- 1 Touch Free protective tip**  
helps the catheter bypass environmental bacteria
- 2 Ultra-smooth catheter eyelets**  
helps provide comfort upon insertion and removal
- 3 Integrated 1500 mL collection bag**  
allows touch free catheterization

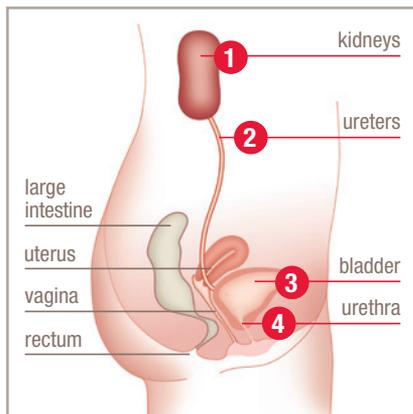
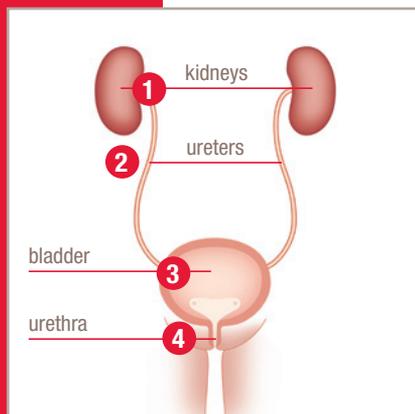




## Apogee Plus

### Touch Free Intermittent Catheter System

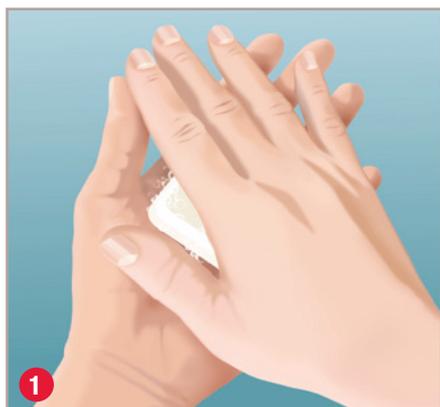
## How the Urinary System Works



- 1 Urine is produced by the kidneys, which filter out the waste products of your body.
- 2 The liquid waste is passed via tubes called ureters to your bladder, the organ that stores urine.
- 3 When the bladder becomes full, a signal is sent to the brain to tell the urethral sphincter muscle to relax and the bladder to contract.
- 4 Urine flows down the urethra, the natural tube through which urine exits the bladder, and out of the body.

## Self-Intermittent Catheterization (SIC)

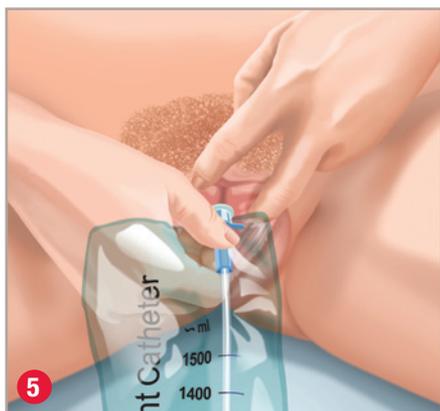
When the bladder does not empty on its own, SIC may be recommended. Self-catheterization should be carried out under medical advice and only in accordance with instructions provided. It involves using a catheter to drain urine from your bladder via the urethra. Urine should be expelled on a regular basis throughout the day to keep the body healthy.



Wash hands with mild soap and water.



Fully fold back the packaging by peeling down on the clear side of the package.



While holding labia apart, grasp the catheter just below the base of the protective tip and insert the protective tip into the urethral opening. Advance the catheter until urine starts to flow.



When the urine flow stops, slowly pull the catheter out to capture any urine remaining in the bladder.

# Guide for Use



Remove the blue cap from the protective tip of the catheter. Advance the catheter into the protective tip. Do not advance the catheter past the end of the protective tip.



Spread the inner labia apart and clean the urethral opening and surrounding area with mild, unscented soap or a non-alcoholic wet wipe. If you are using the Apogee Plus kit, use the PVP swabsticks provided for cleansing.



To empty before disposing the product, tear the bag at the perforation and pour urine into a toilet or other collection device.



The catheter may be disposed of in a waste bin. **DO NOT FLUSH DOWN TOILET.** Wash hands with mild soap and water.

**WARNING: To help reduce the potential for infection and/or other complications, do not reuse.**

**WARNING:** If discomfort or any sign of trauma occurs, discontinue use immediately and consult your healthcare practitioner.

- Ready-to-use, pre-lubricated, single-use intermittent catheter
- Latex-free
- Protective tip and collection bag supports no-touch insertion technique
- 2 Ultra-smooth catheter eyelets
- Color-coded funnel
- 1500 mL collection bag

This intermittent catheter is a flexible tubular device that is inserted through the urethra by male, female, and pediatric patients who need to drain urine from the bladder.

**PRECAUTION:**

Please consult your healthcare practitioner before using this product if any of the following conditions are present:

- Severed urethra
- Unexplained urethral bleeding
- Pronounced stricture
- False passage
- Urethritis – inflammation of the urethra
- Prostatitis – inflammation of the prostate gland
- Epididymitis – inflammation of the epididymis (testicle tube)

**PRECAUTION:**

Self-catheterization should follow the plan of care and advice given by your healthcare practitioner and be carried out only in accordance with the instructions for use provided. Generally, for urethral intermittent self-catheterization (ISC), it is typical to catheterize at least 4 times a day between 6-8 hour intervals. If you are unsure about your catheterization, please contact your healthcare practitioner.

**NOTE:** Store boxes in a flat position and at normal room temperature.

**Rx Only.** Federal (USA) Law restricts this device to sale by or on the order of a physician or other healthcare practitioner licensed under state law to order this product.

For detailed clinical  
questions concerning  
our products:  
1.888.740.8999

For orders only:  
1.800.323.4060



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