

# Apogee HC

Hydrophilic Intermittent Catheter



## Guide for Use



A simple to use catheter designed to provide smooth insertion for those seeking a more comfortable catheterization experience. This catheter is designed to be well lubricated and easy to use and offers added control with a sliding sleeve to help avoid touching the catheter.



**People First:**

**Jana Greifswald**

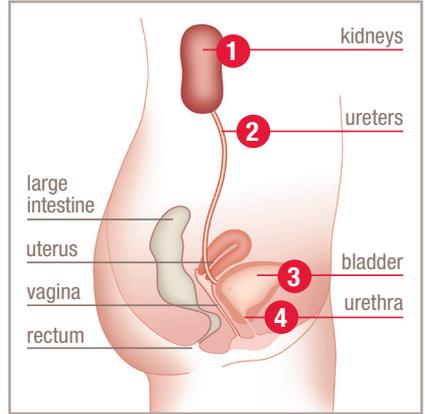
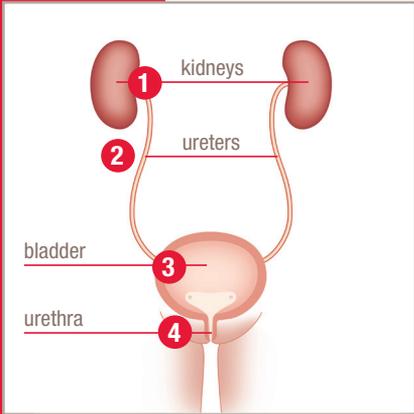
*"You should simply indulge yourself now and then – and do things you would otherwise never think of doing!"*





## Apogee HC Hydrophilic Intermittent Catheter

### How the Urinary System Works

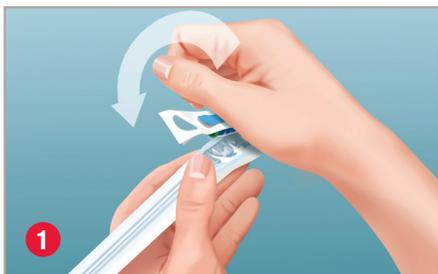


- 1 Urine is produced by the kidneys, which filter out the waste products of your body.
- 2 The liquid waste is passed via tubes called ureters to your bladder, the organ that stores urine.
- 3 When the bladder becomes full, a signal is sent to the brain to tell the urethral sphincter muscle to relax 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 product instructions. 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.

The Apogee HC hydrophilic intermittent catheter from Hollister becomes slippery when activated with water. For added convenience, the catheter package includes a pack of sterile water. Release the water from the pack as indicated below.



Release the water: Without opening the package, fold the water pack in half. Apply pressure to the water pack to release the water (burst pack) either by squeezing the folded pack between your thumb and forefinger or pressing it down against a firm surface



Wet the catheter: Holding the package, use a seesaw motion to tip the package up and down 6 times to wet the catheter. Wait at least 30 seconds from when you wet the catheter to use it.



Wash your hands with mild soap and water.



Open the package: using the finger holes on the package, peel the package about halfway open. If necessary, use adhesive tab on the package, to affix package to a surface while preparing to catheterize.



Spread the labia and cleanse around opening of urethra with mild, unscented soap or a non-alcohol wet wipe.



Remove the catheter from the package gripping the funnel and/or the sliding sleeve.



Hold the inner labia apart and insert the catheter tip into the urethral opening. Direct funnel end of catheter into appropriate receptacle. Holding only the sliding sleeve, advance the catheter forward until the urine starts to flow, moving the sliding sleeve towards the funnel as needed.



When the urine has stopped flowing, slowly withdraw the catheter to ensure bladder is completely empty. Then gently remove catheter completely. Dispose of catheter and package. Do not flush down the toilet.



Wash your hands.

## Notes

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This intermittent catheter, which your clinician has recommended, has the features to help you catheterize with ease and comfort.

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**1 Hydrophilic coating**

creates a slippery, smooth surface when activated with water

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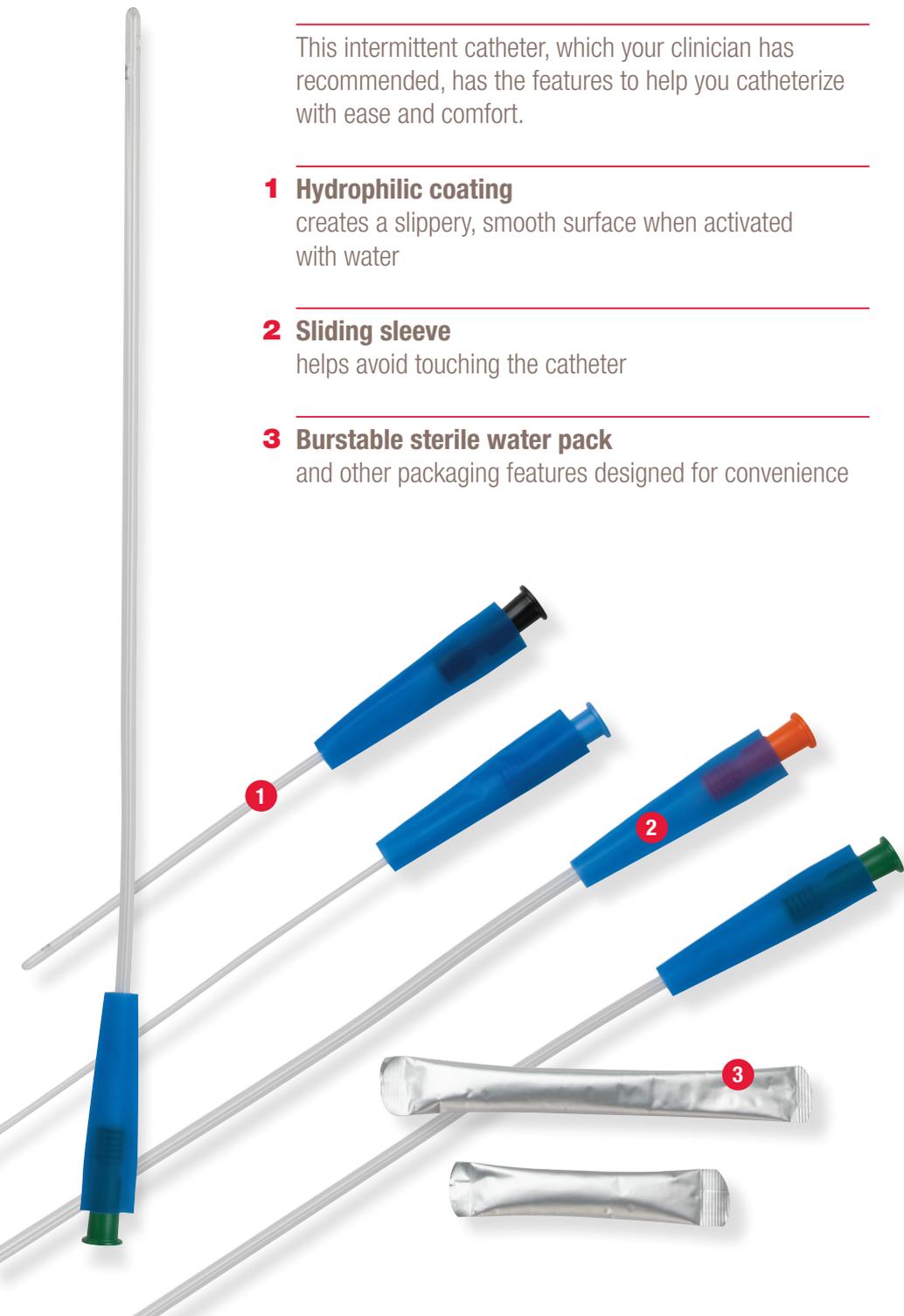
**2 Sliding sleeve**

helps avoid touching the catheter

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**3 Burstable sterile water pack**

and other packaging features designed for convenience



Do not use if package is damaged.

**WARNING:** Single use. If fever, blood in urine, discomfort or sign of trauma occurs, immediately stop using & call healthcare practitioner.

**Precaution:** Use only after being trained by a qualified healthcare practitioner in proper preparation, insertion, and removal of this product.

**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.

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