People First:
Heinrich Köberle

The gift is knowing you are the possibility. You are the one to make it happen. Do the work and the rewards will follow.

**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.

1. **Hydrophilic coating**
   creates a slippery, smooth surface when activated with water

2. **Sliding sleeve**
   helps avoid touching the catheter

3. **Burstable sterile water pack**
   and other packaging features designed for convenience

**For detailed clinical questions concerning our products:**
1.888.740.8999

**For orders only:**
1.800.323.4060

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A Hollister Technology

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

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So, if the package is damaged,

**WARNING:** Single use. If fever, blood in urine, discoloration or odor of doubts occurs, immediately stop using & call healthcare practitioner.

**Precaution:** Use only after being trained by a qualified healthcare practitioner in proper preparation, insertion, & 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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Libertyville, IL, USA

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The gift is knowing you are the possibility. You are the one to make it happen. Do the work and the rewards will follow.
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.

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.

Wash your hands with mild soap and water.

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.

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.

Hold the penis. Pull back foreskin (if present) and cleanse the opening of the urethra and glans with mild, unscented soap or non-alcohol wet wipe.

Hold the penis in an upright position and insert the catheter tip in to the urethral opening. Direct the funnel end of the catheter into an appropriate receptacle. Holding only the sliding sleeve, advance the catheter until urine starts to flow, moving the sliding sleeve towards the funnel as needed.

Wash your hands with mild soap and water.

Notes
How the Urinary System Works

1. Urine is produced by the kidneys, which filter the waste products out 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.
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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.

Wash your hands with mild soap and water.

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

Hold the penis. Pull back foreskin (if present) and cleanse the opening of the urethra and glans with mild, unscented soap or non-alcohol wet wipe.

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.

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