

## A Variety of Options

Available in 6" to 16" Lengths

Soft or Firm Tubing

Curved or Straight Packaging



**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, single-use intermittent catheter
- Latex-free
- Protective tip and sleeve supports no-touch insertion technique
- 2 Smooth catheter eyelets
- Color-coded funnel

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. Because catheterization frequency varies by person, the recommended frequency of your catheterization should be provided by your healthcare practitioner. For any other questions about your catheterization, please contact your healthcare practitioner.

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

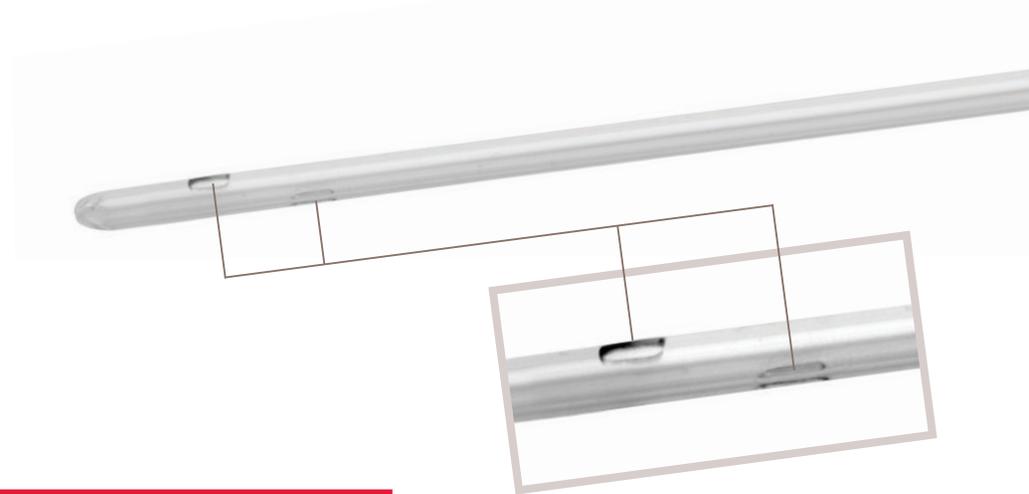
**Rx Only.** Federal (USA) Law restricts this device to sale by or on the order of a physician or other healthcare practitioner licensed under state law to order this product.



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## Apogee Intermittent Catheter

*Comfortable. Ready-to-Use.*



A Hollister Technology

For detailed  
clinical questions  
concerning  
our products:

1.888.740.8999

For orders only:

1.800.323.4060



The Apogee Intermittent catheter features smooth eyelets, designed to provide comfort upon insertion and removal. Non-lubricated and latex-free, Apogee intermittent catheters help you catheterize easily.

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[www.hollister.com](http://www.hollister.com)

**Portrait:**  
**Ria Bakker, The Netherlands**  
*"Strange things happen when you are disabled," she says. "You lose friends, your boss chooses not to understand, people stare, or pretend not to notice. But with that comes new friendships, a better job, and, well, when people stare, I stare back."*

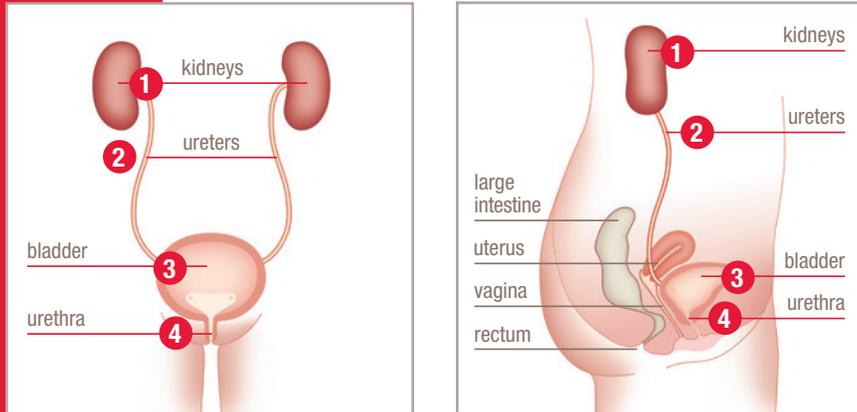


# Apogee

## 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. 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.

### Guide for Use



1 Wash hands with mild soap and water. Apply lubrication to catheter on the end with drainage eyelets (see below).



2 With one hand, spread the labia. Wash the area around the urethral opening above the vagina thoroughly with soap and water, or a towelette.



3 With your other hand ensure the catheter funnel, or open end, is directed into the toilet or collection receptacle. Insert the catheter into the urethral opening.



4 When urine drainage is complete, slowly remove the catheter and discard properly. Wash hands.

### How to Lubricate a Catheter

- Tear off top of lubricant packet (or open tube of lubricant) and apply lubricant to the tip and along the length of the catheter. Take care not to touch tip of catheter

OR

- Tear off each end of the lubricant packet, insert catheter through the packet, and slide back and forth

