

**ADULT MALE CLEAN INTERMITTENT CATHETERIZATION USING THE ULTRA****INDICATIONS FOR USE:**

- The Ultra catheter allows clean intermittent catheterization with the use of a sterile pre-lubricated straight catheter that comes in flexible easy open packaging. The package uses a notched opening system that allows for one piece opening. The catheter is inserted into the urethra and into the bladder. Urine then passes out of the bladder through the catheter. Your doctor will prescribe the correct size for you. The Ultra contains:
  - A 16 inch pre-lubricated catheter
  - The Ultra catheter comes in sizes 8-16 French

Clinical setting: To be used by professionals only

Target Population: Adult Male (18 years and older)

**WARNINGS:**

Not made with natural rubber latex.

**PRECAUTIONS:**

- Intended for one-time use.
- Sterile if the package is unopened or undamaged. Do not use if package is broken.
- Caution: Federal law restricts this device to sale by or on the order of a physician.

**CONTRAINDICATIONS:**

No known contraindications.

**Male Sterile Intermittent Catheterization Instructions**

1. Gather all supplies needed. (Ultra catheter)
2. Wash hands with soap and water.
3. Urinate if you can.
4. If catheterizing lying down, place underpad on bed.
5. Open up the flexible easy open package but do not touch catheter.

6. Hold penis up with one hand and retract the foreskin if the penis is uncircumcised. Wash the glans penis from the urethral opening (tip) to the base of the glans as you were instructed by your medical provider.
7. Remove the lubricated catheter from the package and slide the blue protective plastic sheath down the catheter to within 4-6 inches of the insertion tip. The sheath will protect the sterility of the catheter during insertion.
8. Holding the penis upward, slowly and gently insert the catheter into the urethra.
9. Once the catheter has passed one half length of the urethra, lower the penis and slide the catheter the rest of the way into the bladder until urine flows, sliding the blue plastic protective sheath up the catheter as the catheter is advanced into the penis.
10. Allow the bladder to empty completely.
11. To remove the catheter, slowly rotate it as it is withdrawn. Stop each time more urine drains.
12. To completely remove the catheter, pinch off the end and pull it out. This will prevent urine from flowing back into the bladder.
13. If uncircumcised, bring the foreskin back over the glans penis when finished.

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