

**ADULT FEMALE CLEAN INTERMITTENT CATHETERIZATION USING THE ULTRA CATHETER****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. The Ultra contains:
  - A short five inch pre-lubricated catheter
  - The Ultra catheter comes in sizes 8-16 French

**WARNINGS:**

Not made with natural rubber latex.

**PRECAUTIONS:**

- For single use only. Do not re-sterilize.
- Sterile unless the package is damaged or opened. Do not use if package is broken.
- Caution: Federal law restricts this device to sale by or on the order of a physician.
- Avoid prolonged exposure to temperature extremes and ultraviolet light.

**CONTRAINDICATIONS:**

No known contraindications.

**Female Clean 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. Using the non-dominant hand, separate the labia with the thumb and forefinger to locate the urethra.

7. With the labia separated, wash the urethral area as you were instructed from your medical provider.
8. Remove the catheter from the flexible easy open package, only touching the colored funnel end.
9. With the non-dominant hand hold inner labia apart, use the dominant hand to insert the catheter into the urethra. Continue to slide it through the urethra about 2 inches until the catheter reaches the bladder and urine begins to flow.
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 To remove the catheter, slowly rotate it as it is withdrawn.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.

Manufactured for and distributed by:  
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