


GentleCath™ Glide
that's a relief

Designed for fast* and convenient cathing

* No additional waiting time once the catheter has been wetted

Getting started

For some women, starting intermittent catheterisation – or ‘cathing’ – can be a time of anxiety. You may be facing physical difficulties or entering a completely new phase of your life.

We're here, along with your healthcare team, to make sure your adjustment to cathing is as smooth as possible.



GentleCath™ Glide

You've been given GentleCath™ Glide, an intermittent catheter designed to maximise ease of use and convenience.

This booklet explains what cathing is and contains all the information you need to get started with GentleCath™ Glide.

You'll find clear instructions, diagrams and answers to frequently asked questions.

What is cathing?

Cathing refers to the regular insertion of a hollow plastic tube (a catheter) into the bladder to drain urine. You may also hear it referred to as intermittent catheterisation (IC) or intermittent self-catheterisation (ISC).

Cathing is done when your bladder is full, if you are unable to pass urine, or to drain any remaining urine if your bladder has not emptied completely.

Your bladder needs to be emptied four to six times a day, depending on how much liquid you drink.¹

Urethral opening

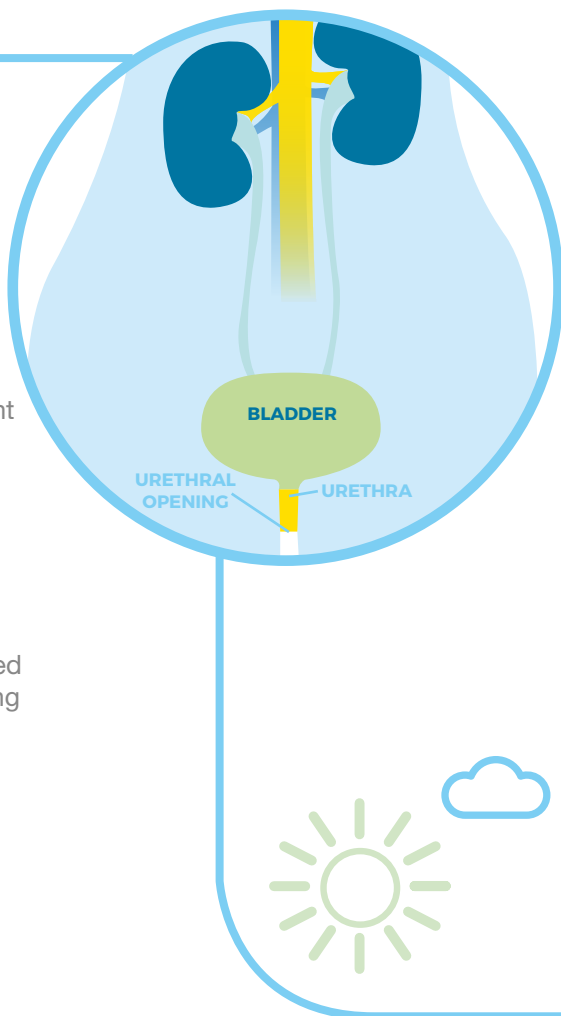
The catheter is inserted into the opening of the urethra (the little hole where urine comes out).

Urethra

The catheter travels through the urethra to the bladder.

Bladder

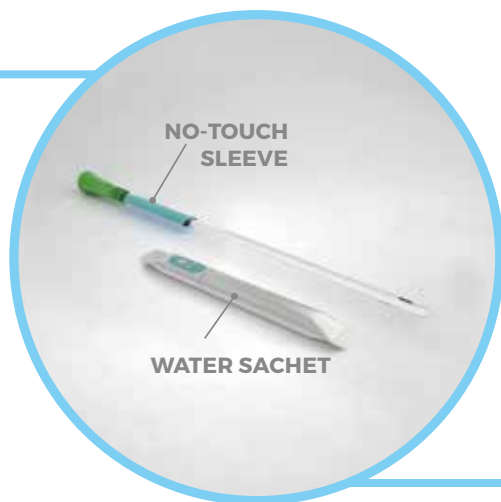
Once the catheter is in the bladder, it can drain the urine.



Introducing GentleCath™ Glide

GentleCath™ Glide is designed to make cathing as convenient as possible.

How do I use GentleCath™ Glide?

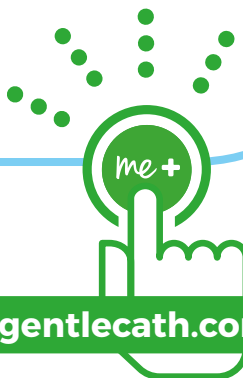


GentleCath™ me+™

GentleCath™ me+™ is a service designed to provide you with everything you need to gain relief from the worries associated with cathing.

www.gentlecath.com

Personalised instructions:
you can find customised instructions on how to use GentleCath™ Glide on the GentleCath™ me+™ website.





How does GentleCath™ Glide help make cathing easier?

Smooth, slippery surface

Feature: a low friction hydrophilic catheter

The smooth, slippery surface is designed to make cathing easier.

Less mess and residue

Feature: FeelClean™ technology

The catheter is made with our unique technology designed to reduce the residuals and mess left behind by cathing, so you can worry less about getting residue on your clothes, hands and body.

Catheter contamination prevention

Feature: a no-touch sleeve

GentleCath™ Glide has a no-touch handling sleeve to help prevent contamination of the catheter with bacteria from the hands.^{2,3}



Speed and discretion

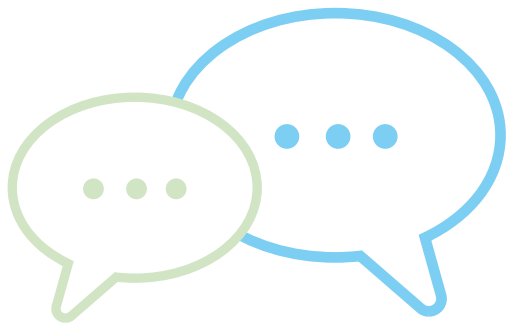
Feature: quick lubrication

GentleCath™ Glide is ready to use with no unnecessary delay. You can start cathing as soon as you break the water sachet and wet the length of the catheter – so it can be used quickly and discretely.

Not made with DEHP

The GentleCath™ Glide catheter is made without the use of DEHP.*

*DEHP (di(2-ethylhexyl)phthalate) is used to soften PVC plastic and is suspected to reduce fertility.



Frequently asked questions

We have answered some of the most common questions women ask about cathing.

You can access more information through our GentleCath™ me+™ website via the URL and QR code below. Alternatively, you may wish to contact a member of your healthcare team.



www.gentlecath.com

Professional advice:
our online video FAQ may
help to answer some of your
questions and concerns.





How often should I empty my bladder?

- Many women cath first thing in the morning, last thing at night and about 2–3 times during the day¹
- Cath when you have the urge to urinate or your bladder contains 300–500 mL of urine¹
- Check the amount when you empty to see that your bladder is not holding more than 500 mL. If it is, you need to catheterise more often¹
- You should cath as your doctor recommends

What about sex or intimate situations?

- You should be able to have sexual intimacy as before
- You may wish to cath before you engage in sexual activity. This will ensure your own comfort and help to avoid the possibility of leaks
- Remember to wash your genital area after sexual activity to help prevent infection

How do I obtain supplies?

There are many who will deliver supplies right to your door. Call us for more information on

1800 339 412 (AUS)

0800 441 763 (NZ)

Urinary tract infections (UTIs)

The urinary tract includes all the organs our bodies use to make and get rid of urine, including the kidneys, ureters, bladder, and urethra.



Urine is normally sterile and its natural flow usually prevents bacteria from growing in the urinary tract.

However, when urine stays in the bladder, bacteria have a chance to grow and cause infection.¹

How can I avoid UTIs?

You can help reduce your risk of UTIs in a number of ways

- **Wash your hands thoroughly**

Hand washing and personal hygiene before and after you use the catheter are very important

- **Drink enough fluids**

Try to drink at least 8-10 cups of fluids daily¹

- **Use a catheter regularly**

Regular emptying of urine is important to help reduce the risk of infection¹

- **Avoid touching the sterile catheter**

No-touch sleeves, as found on GentleCath™ Glide, can help prevent contamination of the catheter

How do I tell if I may have a UTI?

The following symptoms indicate that you may have a UTI

- Fever
- Pain or a burning when passing the catheter or urine
- The need to empty your bladder more often than usual
- Leakage between cathing
- Kidney pain

Contact a doctor if you experience any of these symptoms.

Hand washing guide

Proper hand washing is important for everyone, as it is one of the best ways to help prevent illness and spread of germs.

For people who cath, proper hand washing is essential as it can help prevent the spread of bacteria.

Here is our quick guide to proper hand washing:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap
2. Lather and scrub your hands by rubbing them together with the soap. Cover every part of your hand including the back, between your fingers, and under your nails. This should be for at least 20 seconds
3. Rinse your hands well under clean, running water, until all the lather has gone
4. Dry your hands using a clean towel or air-dry them



Support networks

You may be interested in joining now, or in the future once you are settled back into a routine.





National support groups

Continence Foundation of Australia

www.continence.org.au

Continence NZ

www.continence.org.nz

Contact your healthcare provider for local information

Toilet Maps

Australia

toiletmap.gov.au

New Zealand

www.continence.org.nz/pages/New-Zealand-Toilet-Map/204/

Call us on

1800 339 412 (AUS)

0800 441 763 (NZ)

www.gentlecath.com

Professional advice:
our online video FAQ may
help to answer some of your
questions and concerns.



Personalised instructions:
you can find customised instructions on
how to use GentleCath™ Glide catheter
on the GentleCath™ me+™ website.



References: **1.** Newman D.K. & Willson M.M. (2011) Review of intermittent catheterisation and current best practices. *Urological Nursing* 2011 Jan-Feb. **2.** Hudson E. & Murahata R.I. The 'no-touch' method of intermittent urinary catheter insertion: can it reduce the risk of bacteria entering the bladder? *Spinal Cord* 2005;43(10):611-614 **3.** Charbonneau-Smith R. No-touch catheterisation and infection rates in a select spinal cord injured population. *Rehabilitation Nursing* 1993;18(5):296-299, 305.

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ConvaTec (Australia) Pty Limited. ABN 70 131 232 570. PO Box 63, Mulgrave,
VIC 3170. Phone: (03) 9239 2700 Facsimile: (03) 9239 2742.
Customer Support Freecall: 1800 339 412. www.convatec.com.au
ConvaTec (New Zealand) Limited, PO Box 62663, Greenlane 1546
New Zealand. Phone: 0800 441 763. www.convatec.co.nz

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Step-by-step instruction guide



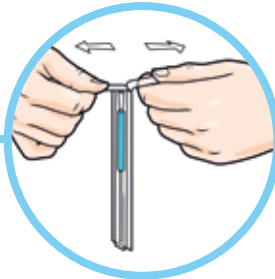
What you need...

Before you begin, gather the following:

- GentleCath™ Glide Hydrophilic Intermittent Catheter
- Washcloth or antiseptic wipe
- Also, review the cautions, precautions and observations in the **instructions for use** provided with the product



1. Ensure the water sachet is near the funnel end. Break the sterile water sachet by pressing the bright blue dot or folding the pack along the dotted line marked on the water sachet. Then, let the water run down to the tip end of the pack. The catheter should now be used within 1–2 minutes.



2a. Once the water sachet is broken, open the pack by peeling the tabs apart at the bright blue end.



2b. [Optional] If you are using a GentleCath™ Insertion Kit drainage bag, attach the bag to the funnel connector before removing the catheter from the peel pack.

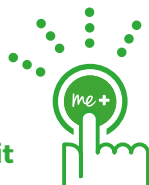


5. With the other hand, hold the catheter using the blue handling sleeve and slowly push the catheter into the urethra until the urine starts to flow. Make sure the funnel end is pointing into a container.

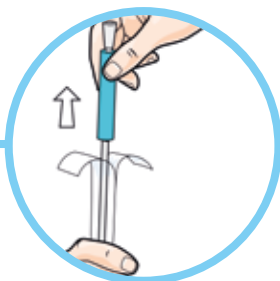


6. When urine starts to flow, push the catheter in a little (1–2 cm/half an inch) to make sure it is fully in the bladder.

You can also watch a user guide video, tailored to you. Scan the QR code or visit



www.gentlecath.com



- 3.** Remove the catheter using the blue handling sleeve. You can re-hang the empty pack with the sticky dot.



- 4.** With one hand, spread the labia (the tissue on either side of the urethra) apart and lift it gently upwards. The urethra opening should now be visible.



- 7.** Once urine stops flowing, slowly remove the catheter. Stop if more urine starts to flow, until no more comes through.



- 8.** If using a drainage bag, detach it from the catheter, then empty and discard it. Discard the catheter and pack, then wash your hands.

Having trouble? Try this...

I'm having trouble inserting or removing the catheter

- Never force the catheter, either when inserting or removing it
- You may feel some resistance when inserting the catheter. If this happens, wait for a moment: then take a few deep breaths until your sphincter muscle relaxes
- If you have trouble removing the catheter, don't worry. Stop, relax and take some deep breaths
- Some women find that wiggling their toes helps them to relax
- Unable to remove the catheter? Contact your healthcare professional immediately. They will assist you

No urine is draining

- Make sure the 'eyelets' at the tip of the catheter are not blocked
- Check that you've inserted the catheter far enough into your bladder
- Try pulling the catheter back a short distance
- Unable to drain your urine for over 6–8 hours? Contact your healthcare professional



Fluid tracker

To keep track of your fluid intake and output, you may find it helpful to make a chart like the one shown here:

	Monday		Tuesday		Wednesday		Thursday		Friday	
Time	Intake (mL)	Output (mL)	Intake (mL)	Output (mL)	Intake (mL)	Output (mL)	Intake (mL)	Output (mL)	Intake (mL)	Output (mL)



If you have any questions or to find out more about GentleCath™
Glide call the ConvaTec Customer Helpline:

Australia 1800 339 412

New Zealand 0800 441 763

www.convatec.com

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