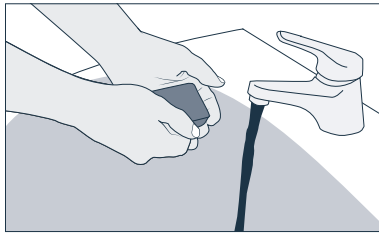


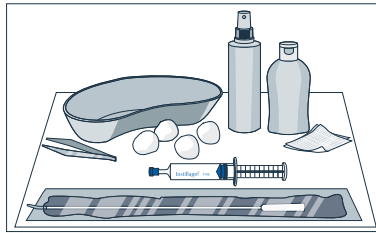
Self-catheterisation

Instructions for men



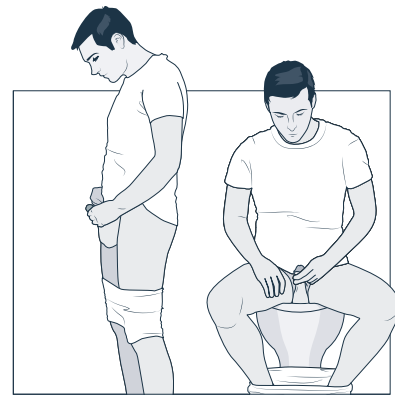
1. Take hygienic precautions

- Wash your hands thoroughly
- Prepare an area that is as clean as possible



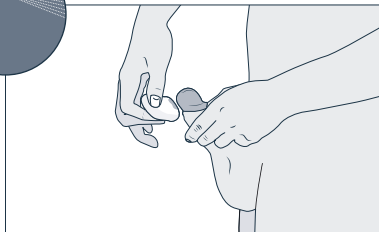
2. Place the materials within easy reach

- Disinfectant for your hands
- Sterile compresses/pads
- Skin disinfecting spray
- Catheter or catheter set
- Sterile lubricant, such as Instillagel® or Endosgel®



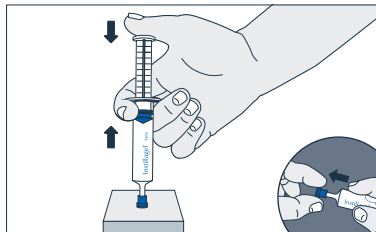
3. Get into position

- Choose a comfortable position, e.g. standing or sitting



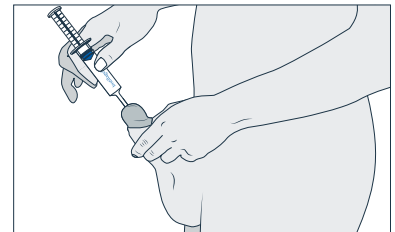
4. Perform disinfection

- Disinfect your hands
- Disinfect the penis head, foreskin and urethral opening using separate pads or compresses for each



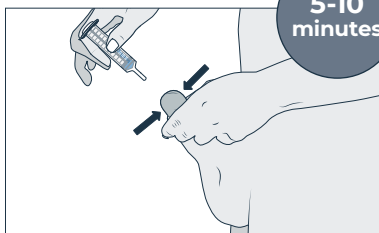
5. Prepare the syringe

- Push the syringe against firm resistance (e.g. a tabletop) while gently pressing on the piston rod to release the pressure in the syringe
- Remove the cap without touching the tip of the syringe



6. Instil the lubricant

- Apply a drop of the lubricant to the urethral opening
- Hold the penis behind the penis head between your thumb and index finger
- Carefully insert the cone of the syringe into the urethra
- Slowly instil the lubricant



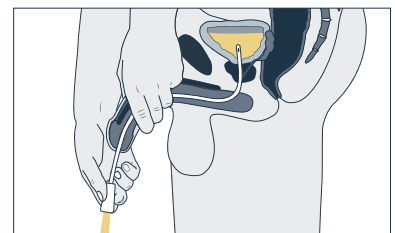
7. Exposure time

- Hold the penis upwards between your thumb and index finger or use a penis clamp
- Wait 5 to 10 minutes for the lubricant to take effect



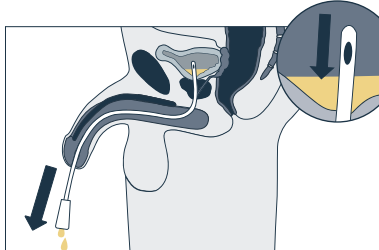
8. Perform catheterisation

- Handle the catheter using the protective sleeve
- Insert the catheter into the urethra



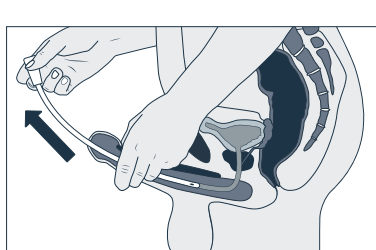
9. Urine flow

- Push the catheter into the urinary bladder in stages until the urine begins to flow
- When the urine starts to flow, continue to push the catheter about 1 cm more



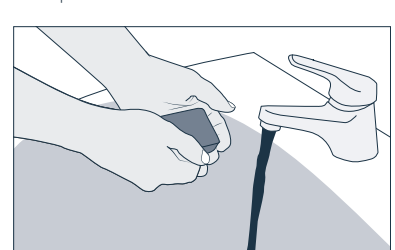
10. Residual urine flow

- Wait until urine flow stops
- Withdraw the catheter in stages until urine starts flowing again



11. Remove the catheter

- After urine flow stops, slowly withdraw the catheter



12. Wash your hands

- The catheter and auxiliary materials can be discarded in regular household waste

Instillagel® 6 ml/11 ml Active substance: Lidocaine hydrochloride 1H₂O, 314 mg Chlorhexidine digluconate, 376 mg Methyl 4-hydroxybenzoate (Ph.Eur.), 157 mg Propyl 4-hydroxybenzoate (Ph.Eur.), 11 ml gel contains 230.00 mg Lidocaine hydrochloride 1H₂O, 575 mg Chlorhexidine digluconate, 690 mg Methyl 4-hydroxybenzoate (Ph.Eur.), 287 mg Propyl 4-hydroxybenzoate (Ph.Eur.). **Other ingredients:** hyaluronate, propylene glycol, sodium hydroxide, purified water. **Areas of application:** As a gel for mucous membrane disinfection and for local anesthesia, e.g. during catheterization, probe insertion, including intra-operatively, all forms of endoscopy, fistula catheter replacement, intubation, including for the prevention of iatrogenic damage to the rectum and colon. **Instillagel® 6 ml/11 ml** is suitable for use in adults and children aged 2 years and above. **Contraindications:** Do not use Instillagel® 6 ml/11 ml in the presence of known hypersensitivity to lidocaine and other local anesthetics of the amide type, in patients with significant disorders of the cardiac conduction system, if the patient has a hypersensitivity (allergy) to lidocaine hydrochloride 1H₂O, chlorhexidine digluconate, methyl 4-hydroxybenzoate, propyl 4-hydroxybenzoate, or one of the other ingredients of this medicinal product, in children under 2 years. **Use in pregnancy and lactation:** Lidocaine should not be used during the first three months of pregnancy, unless absolutely necessary. It is unknown whether lidocaine is secreted in breast milk, for which reason breastfeeding should not take place for up to about 12 hours after administration. **Side effects:** Not known in spite of the proven wide safety range of Instillagel® 6 ml/11 ml, systemic adverse effects of the local anesthetic lidocaine, such as anaphylactic shock, a fall in blood pressure, bradycardia or seizures, are possible in the case of severe urethral damage. In very rare cases, allergic reactions (in the most serious cases, anaphylactic shock) to a local anesthetic of the amide type and/or to chlorhexidine may occur. Very rare allergic reactions, including late reactions, due to chlorhexidine and/or methyl- or propyl-4-hydroxybenzoate. **Use in children:** The systemic absorption of lidocaine may be increased in children and caution is therefore required. In general, the maximum dose should not exceed 2.9 mg of lidocaine hydrochloride per kg of body weight in children between 2 and 12 years of age. This is equivalent to 1.5 ml of Instillagel 6 ml/11 ml per 10 kg of body weight. **Warning:** Methyl 4-hydroxybenzoate and propyl 4-hydroxybenzoate may trigger hypersensitivity reactions, including late reactions. Propylene glycol may cause skin irritation. **FARCO-PHARMA GmbH**, Köln, Germany

