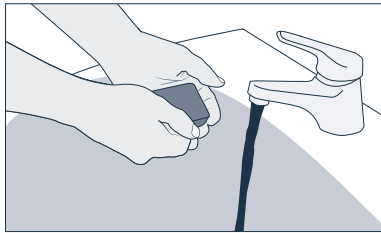


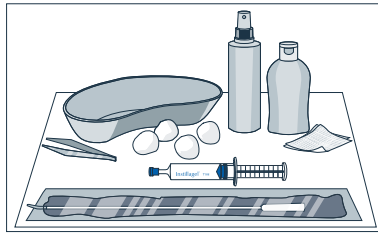
Self-catheterisation

Instructions for women



1. Take hygienic precautions

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



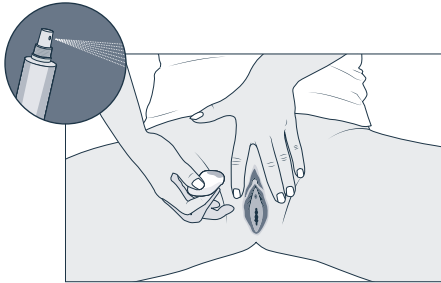
2. Place the materials within easy reach

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



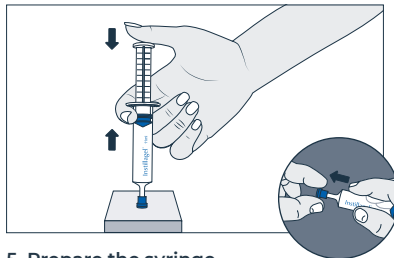
3. Get into position

- Choose a comfortable position, e.g. standing or sitting
- If necessary, place a mirror between the thighs



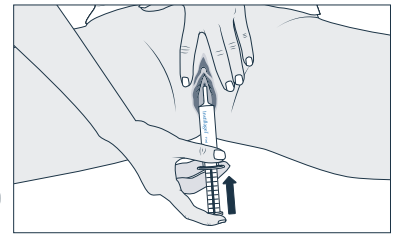
4. Perform disinfection

- Disinfect your hands
- Use your fingers to spread the labia
- Disinfect the large and small labia from the pubic symphysis to the anus using separate pads/compresses for the large and small labia
- Disinfect the urethral opening with a pad; a separate pad can be placed in front of the vaginal opening



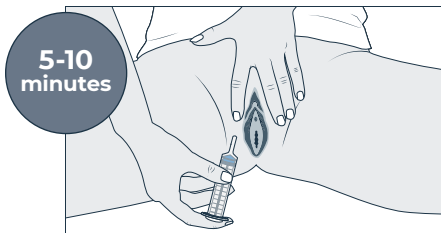
5. Prepare the syringe

- 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



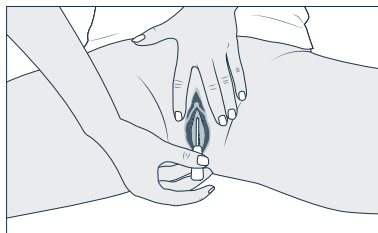
6. Instil the lubricant

- Apply a drop of the lubricant to the urethral opening
- Carefully insert the tip of the syringe into the urethra
- Slowly instil the lubricant by evenly pushing down on the piston rod



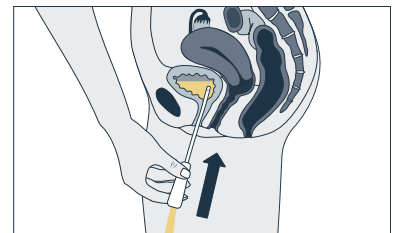
7. Exposure time

- Wait 5 to 10 minutes for the lubricant to take effect



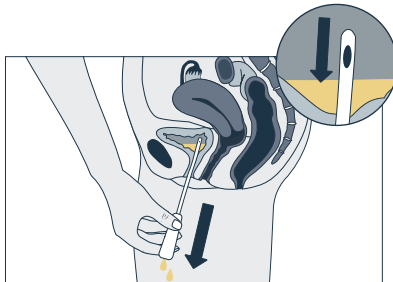
8. Perform catheterisation

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



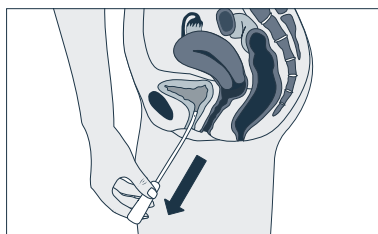
9. Urine flow

- 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



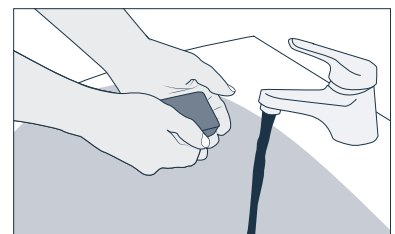
10. Residual urine flow

- 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, Methyl-4-hydroxybenzoate, Propyl-4-hydroxybenzoate, Propyl-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, 6.90 mg Methyl-4-hydroxybenzoate (Ph.Eur.), 2.87 mg Propyl-4-hydroxybenzoate (Ph.Eur.) Other ingredients: Hydroxyethylcellulose, 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 atrophic changes 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, 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 excreted 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 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

