

25 MM  
SMALL

29 MM  
MEDIUM

32 MM  
INTERMEDIATE

36 MM  
LARGE

41 MM  
X-LARGE

## The Rochester Medical Advantage

Comfortable, reliable and secure, Rochester Medical's male external catheters do more than control incontinence. They can improve your quality of life. Our catheters feature latex-free silicone construction and our patented adhesive placement for enhanced comfort and performance. Choose the products that fit your needs from our extensive line of all-silicone catheters and accessories.

### UltraFlex® CE

Standard length catheter that provides built-in adhesive band. Its clear, breathable silicone design works for a variety of catheter users.



Size		30/Box REF	100/box REF
Small	25mm	33301	33101
Medium	29mm	33302	33102
Intermediate	32mm	33303	33103
Large	36mm	33304	33104
X-Large	41mm	33305	33105

### Pop-On® CE

Maximum adhesive on shorter, 1.5-inch silicone sheath. It fits a wider range of patients including those with a retracted penis or those who would benefit from a different adhesive location.



Size		30/Box REF	100/box REF
Small	25mm	32301	32101
Medium	29mm	32302	32102
Intermediate	32mm	32303	32103
Large	36mm	32304	32104
X-Large	41mm	32305	32105

### WideBand® CE

A 3-inch wide adhesive area that is 70% wider than traditional self-adhering catheters. Also features patented forward placement of adhesive to help prevent premature catheter removal.



Size		30/Box REF	100/box REF
Small	25mm	36301	36101
Medium	29mm	36302	36102
Intermediate	32mm	36303	36103
Large	36mm	36304	36104
X-Large	41mm	36305	36105

### Leg Bag and Accessories

Rochester Medical also offers latex-free leg bags, leg bag straps and holders, and extension tubing as well as an all-silicone, non-adhesive male external catheter.

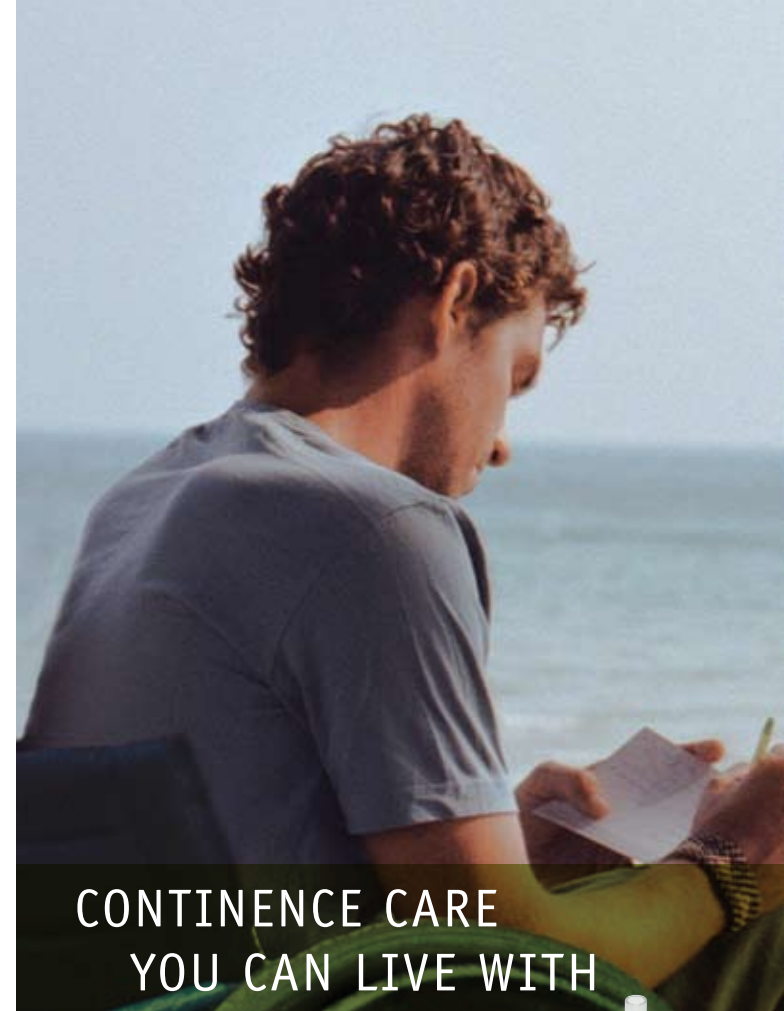


One Rochester Medical Drive  
Stewartville, MN 55976 USA  
www.rocm.com

### For a Free Sample, Contact

USA Toll Free 800 243 3315  
Phone 507 533 9309  
Email info@rocm.com

© 2008 Rochester Medical Corporation. All rights reserved. UltraFlex, Pop-On, WideBand, and Rochester Medical are registered trademarks of Rochester Medical Corporation. Patents: US 5,176,666; 5,376,085; 5,334,175; EP 0556325.



CONTINENCE CARE  
YOU CAN LIVE WITH



A Guide to Proper  
Use of Self-Adhering  
Male External Catheters

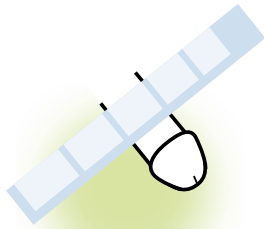


## FOLLOW THESE SIMPLE STEPS

for application and removal to assure safety, security, and comfort.

### Sizing

Select the proper size by using the attached Rochester Medical sizing guide. Place the sizing guide across the shaft of your penis to find the corresponding size. For comfort and effectiveness, choose the size closest to your penis width.



### Gather Your Supplies

You will need a catheter, a collection bag with connecting tube, non-pointed manicure scissors, soap (do not use soaps that leave a cream or residue on the skin), washcloth and towel.



### Trim Pubic Hair

Always wash your hands before beginning. Trim hairs on the shaft and base of your penis, and any other pubic hair that might interfere with the adhesive on the catheter.



### Cleanse Your Penis

In order for the catheter adhesive to perform properly, the skin must be clean and very dry. Wash your penis with mild soap and warm water. Be sure to allow the area to dry completely before proceeding.



### Application and Positioning

Place the rolled self-adhering catheter over the penile tip. Slowly and carefully unroll the catheter, leaving just enough space in the funnel end so the tip of your penis does not rub against the inside of the funnel. If uncircumcised, be sure to leave the foreskin in place over the head of the penis.



### Squeeze to Set

Smooth out any wrinkles in the catheter. Gently squeeze the catheter to properly seal it to the skin. Wear time may be significantly reduced if adhesive is not properly sealed.



Note: Too many wrinkles in the catheter may indicate that an inappropriate size has been selected. A smaller catheter may be more effective.

### Connect to Leg Bag

Strap the collection bag to your thigh or calf, depending on your activities and your clothing. Connect one end of the tubing to the catheter and cut the tubing to a comfortable length. Connect the cut end to the leg bag. Always empty your leg bag before it becomes uncomfortably full and pulls on the catheter.



### Wear Time

Wear time will vary from user to user. For proper hygiene it is recommended that a male external catheter be changed every 24 hours.



### Remove the Connections

Clamp the connecting tube closed before removing the leg bag. Release the leg straps and disconnect the tubing at the top of the bag.



### Remove the Catheter

Gently roll the external catheter forward and off the penis. To help loosen the adhesive prior to removal, apply a warm wet compress (such as a wet washcloth) around the catheter.

See Other Side for Catheter Sizes  
PLACE CATHETER SIZING GUIDE NEXT TO PENIS SHAFT AND SELECT CORRESPONDING CATHETER SIZE