

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.