



# Comfort, wherever you go

Your guide to comfortable cathing  
with GentleCath Air™ for Men

  
**GentleCath Air™**  
with FeelClean™ Technology



**convatec**  
— forever caring —



## Getting comfortable with your GentleCath Air™ for Men

You've just been given GentleCath Air™ for Men. You probably have lots of questions and some concerns. Don't worry – this booklet will take you on a journey towards comfortable cathing.

It's packed with all the information and tips that you could need to use GentleCath Air™ for Men with FeelClean™ Technology. And we're always on hand to help, as are your healthcare team.

It's bound to be a little tricky and stressful at first, but soon enough, GentleCath Air™ for Men will slot seamlessly into your daily routine.



## Your journey to comfort starts here...

- 1 Cathing explained
- 2 How cathing works
- 3 About GentleCath Air™ for Men
- 4 How to use GentleCath Air™ for Men
- 5 Find comfort through support

## Cathing explained

Cathing (or catheterising) means the insertion of a specifically designed hollow plastic tube – called a catheter – to empty the bladder of urine. It's usually performed if someone is unable to pass urine when the bladder is full or to drain urine that is left behind if your bladder has not emptied completely.

Cathing is a fairly quick process that typically needs to be done four to six times throughout the day, depending on how much liquid you drink and what your healthcare provider has instructed.



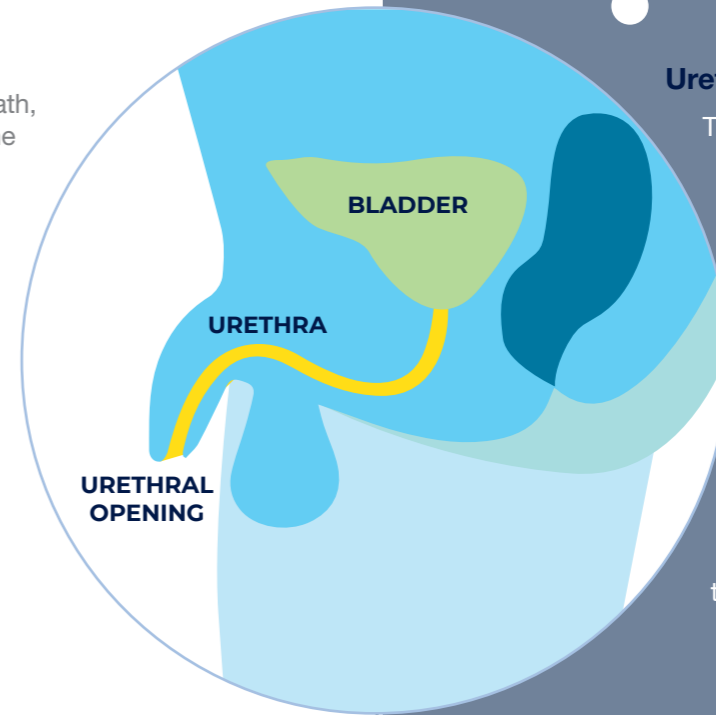
Cathing can also be called:

- intermittent catheterisation (IC)
- clean intermittent catheterisation (CIC)
- or intermittent self catheterisation (ISC)



## How cathing works

To understand how to cath, it helps to understand the structure of the urethra and bladder.



### Urethral opening

The catheter is inserted into the urethral opening.

### Urethra

It travels through the length of the urethra until it reaches the bladder.

### Bladder

Once inserted into the bladder, the urine then drains through the catheter.



## So what is FeelClean™ Technology?

Our unique FeelClean™ Technology brings you game-changing relief.

FeelClean™ Technology is totally different. It integrates water-loving, hydrophilic properties within the catheter itself – so you can enjoy no sticking and relief wherever you go and **comfort wherever you cath.**

**90% of users rated GentleCath™ with FeelClean™ Technology better than their usual catheter for comfort during use.<sup>1</sup>**



### PVP-free<sup>2</sup>

Unlike the others brands of catheter you might have been prescribed, ours isn't made with a substance called PVP (it's used in glue and can cause sticking and residue when it dries).



### No sticking

On top of this, GentleCath Air™ with FeelClean™ Technology took **39% less force** to start removing than the leading coated catheter in testing, because it doesn't stick.<sup>2</sup>



### Minimal mess and residue

Designed to reduce the mess and residue associated with hydrophilic coated catheters, so that you don't need to worry about residue on your clothes, hands and body.<sup>3</sup>

## Find comfort wherever you go

The GentleCath Air™ for Men is packed with innovative features that make it easier and more comfortable to use, whether you're at home or on-the-go.



### Discreet and portable

Designed to blend into everyday life, the pack fits neatly into your pocket or bag.



### Activated with pure<sup>4</sup> water

Just burst the water sachet when you're ready to activate FeelClean™ Technology with pure<sup>4</sup> water.



### Stress free disposal

After use, the catheter can be reinserted into the resealable pack securely, ready to be discreetly thrown away.



### Reduce risk of contamination

The easy-to-handle sleeve helps reduce the risk of accidentally contaminating your catheter during insertion.

# How to use your GentleCath Air™ for Men

We have designed GentleCath Air™ for Men to be as simple as possible for you to use. But, it might take a little practice before you get the hang of it.

To start, get familiar with your kit with these instructions. However, please refer to the Instructions For Use supplied with GentleCath Air™ for Men before using the product.



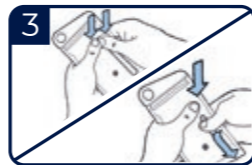
## Instructions for use



1 Before you start, wash your hands thoroughly to help reduce infections.



2 Gently pull back your foreskin (if applicable) and clean the area around your penis, especially around the urethral opening, with soap and water or an antiseptic wipe.



3 Activate your catheter by either pressing the bright blue dot to break the sterile water sachet or fold along the dotted line.



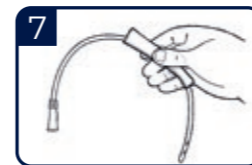
4 Let the water run down to the tip end of the pack. Use the catheter in the next 1-2 minutes.



5 Find the seal at the top of the packet. Tear the packet above the seal, then squeeze each side of the packet in opposite directions to pull apart.



6 Remove the catheter using the blue strip, so you never touch the catheter directly.



7 Slide the sleeve towards the catheter tip.



8 Hold the end of your penis and pull slightly to help straighten the urethra. Then, point your penis upwards, so the urethra is a u-bend shape. Remember not to squeeze it as this will narrow the urethral opening.



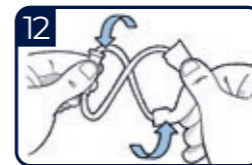
9 Holding the sleeve, slowly and steadily insert the catheter into your urethra until you feel a slight resistance. Now point your penis down and take a moment to relax. Then press slowly but firmly until the urine starts to flow.



10 Once urine stops flowing, slowly remove the catheter. You may find it helpful to point your penis upwards as you remove it.



11 Fold your catheter into a circular shape.



12 Now twist it into a figure eight so that it is small enough to fit back into the pack.



13 Insert back into the pack and seal it. You can dispose of the catheter at a time that is convenient to you.



Create an instructional video guide that's personalised to your needs.

Just go to [gentlecath.com](http://gentlecath.com) and use the GentleCath™ Trainer.

# High-comfort hacks

We've compiled some useful tips and tricks that can help you with easily preparing, opening and disposing of your GentleCath Air™ for Men, at home or on the go.



## 1. Start with a pop

We find the best way to burst the water sachet is to squeeze it with your thumbs. Or you can also apply pressure from the top of the packet and slide your thumbs down it.

### Limited dexterity?

Simply press the pack against a flat surface or your thighs, then use your knuckles or the heel of your hand to apply pressure to the water sachet.

### Has it burst?

Slide your thumb over the small window – it should feel flat. You should be able to see water inside the package.

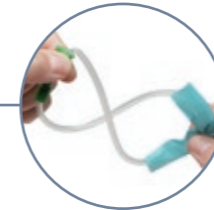


## 2. Easy opening

Use your finger or thumb to tear open the top. Pull along the dotted line, marked by a small arrow, and stop just before the small hole on the other end.

### Break the seal

To open the seal, simply peel the front and back edges apart. **Or, hold under the seal with thumbs on one side and index fingers on the other, and push your thumbs one way and fingers the other to open the seal.**



## 3. Let's twist

Hold the catheter through the blue sleeve in one hand and the funnel in the other, place the catheter tip into the funnel creating a closed loop. Pinch the top of the funnel slightly to keep it in place.

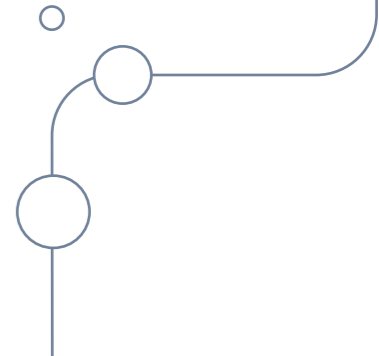
Then with the sleeve in the middle of the loop, twist the sleeve upwards to create a 'figure of eight' shape.

Fold the 'figure of eight' in half again to create a doubled up smaller loop and place it back in the pack.



## 4. Reseal

If you want to reseal the package before disposing of it, you can re-close the pack using the seal at the top.



# The big questions

## How often should I empty my bladder?

It all depends on why you've been prescribed the GentleCath Air™ for Men and how much liquid you drink – it's best to speak to your doctor to get a better idea of what normal will look like for you.

Most men cath first thing in the morning, last thing at night, and 2-3 times per day. If when you cath you produce more than 500ml, consider cathing more often.

## How much should I drink?

Staying hydrated is so important for the health of your bladder. Don't be tempted to drink less than usual so you don't have to cath as much!

Aim to drink enough so that your urine is a pale straw colour.

## Do I need to be at home to self cath?

Absolutely not. In fact, we've specifically designed GentleCath Air™ for Men and its resealable pack to be quiet to use and fit into pockets.

We have a guide to cathing in public bathrooms on our website.

## What about sex or intimate situations?

There's no reason your sex life needs to change or become any less fulfilling now that you're cathing. Our only advice is you might want to cath before getting intimate so your mind is at rest about any leaks.

## How can I avoid UTIs?

We have a whole guide online dedicated to preventing UTIs. But in short:

- Wash your hands thoroughly with soap and dry with a clean towel or air-dry
- Cleanse your genital area with a wipe before using a catheter
- Try to touch the catheter as little as possible by using the handy sleeve
- Stay hydrated to prevent a bacterial build up in your bladder.

## Are catheters reusable?

No, they're not. To prevent infection it's important to use a new catheter each time. When you have about a week's supply left, ask your doctor for your next prescription. Or many retailers will supply directly to you, call us for more information on **0800 587 7560**.



Still have questions?  
Turn over to access more support.



## Find comfort through support

We know that adjusting to cathing can be tough, both physically and emotionally. We are here to help make the transition as comfortable and easy as possible.

### me+™

Our me+™ support platform is always available to you, with lots of helpful information, guides, myth-busting and more. For more direct support, our me+™ team are only a phone call away.

Call them on **0800 587 7560**.

### GentleCath™ Trainer

Once you've had a good look at the instructions on page 7, follow the QR code to get step-by-step video instructions with hints and tips, tailored to you.

Go to [gentlecath.com/uk/trainer-video](https://gentlecath.com/uk/trainer-video)



## The cathing community

It can be easy to feel alone when you first start cathing. But you aren't, there are many people across the country in your position. If you are interested in joining any support groups to meet others who really get it, we've compiled a handy list:

### Local support groups

Call us and we'll give you info on your local support groups – the number is **0800 587 7560**.

### National support groups

#### NHS Choices

[nhs.uk](https://www.nhs.uk)

#### Cancer Research UK

[cancerresearchuk.org](https://www.cancerresearchuk.org)

#### Prostate Cancer UK

[prostatecanceruk.org](https://www.prostatecanceruk.org)

#### Bladder and Bowel UK

[bladderandboweluk.co.uk](https://www.bladderandboweluk.co.uk)

#### Macmillan Cancer Support

[macmillan.org.uk](https://www.macmillan.org.uk)

#### Incontinence Support

[bladderandbowel.org](https://www.bladderandbowel.org)

#### British Association of Urological Surgeons

[baus.org.uk](https://www.baus.org.uk)

#### Multiple Sclerosis Trust

[mstrust.org.uk](https://www.mstrust.org.uk)

#### Bladder Health UK

[bladderhealthuk.org](https://www.bladderhealthuk.org)





# Introducing our homecare service

As dedicated providers of support services to the continence and stoma community for over 30 years, we understand the impact that living with these types of conditions can have on your life.

That's why we want to reassure you that we're always by your side. Whether you're ordering for yourself or a family member, if you need help with your prescription, specialist advice, want to try different products, or just someone to talk to, we're here for you. Because amazing people deserve amazing care. Amcare™.


## Why choose the Amcare™ Group?

- Full prescription delivery service
- Close liaison with specialist nurses
- Confidential telephone support
- Discreet delivery
- Flexible delivery options
- Delivery reminders via text or email
- Fast track service for urgent supplies

## Taking care of you and your prescription

Managed correctly, your condition shouldn't get in the way of your lifestyle. And neither should your product deliveries. So let us take all the stress and effort out of managing your prescription.



 Getting on with my life means getting my products on time, every time.

*Glen, Durham*



### ✓ Prescription

In most cases, your nurse will arrange an initial delivery for you and send us your prescription details. If you'd like to discuss additional or alternative products, simply speak to one of our product specialist team.

### ✓ Care Plan

Our welcome team and dedicated customer service team take care of all your needs, they will take care of your personalised care plan.

### ✓ Ordering

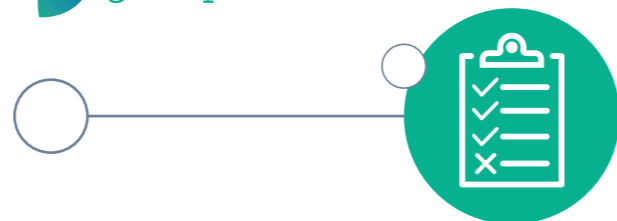
Sign up to our Order Management Service and one of our customer care agents will call you to take your order on a date that's convenient for you.

### ✓ Supplies

If you register for the NHS Electronic Prescription Service (EPS), we can automatically process and deliver your products on a designated date - just ask our customer care agents for more details.

### ✓ Delivery

Many customers value our discreet, convenient deliveries at a time and place to suit. Once your order is ready, we can notify you of a one-hour timeslot window, via text or email, so that you know exactly when it's going to be delivered.



To refer a patient to  
**Amcare™ Group**

**0800 88 50 50**

Care centre opening times  
Monday – Friday 8:00am – 8:00pm  
and Saturday 9:00am – 1:00pm

Email:

**forevercaring@amcaregroup.co.uk**

**www.amcaregroup.co.uk**

Text: 'Referral' and your name to  
**0191 580 0439** and we'll call you back

## Comfort is a call away

We have produced over 150 million GentleCath™ products in over 20 countries. Join us today and together we can give IC users comfort and relief no matter where they are.

For tailored advice and video tutorials, visit



Call us on

**0800 587 7560**

Monday–Friday  
9:00am–5:00pm

Email us:

**GentleCath@convatec.com**

[www.gentlecath.com](http://www.gentlecath.com)

# GentleCath Air™

It's time to embrace  
comfort, wherever  
you go.

  
**FeelClean™**  
Technology



#### Reference

1. Study U378 GentleCath™ Glide Final Report (n=39).
2. *In vitro* data on file.
3. WHRI4930 TA565 GentleCath™ Glide Residuals. Data on file.
4. RPT-006447 Biological Evaluation Process. Data on file.

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