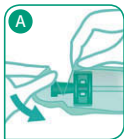


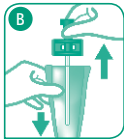
EN Instructions for use

Actreen® Mini Cath is a sterile, pre-lubricated, ready-to-use catheter, specifically designed for female intermittent catheterisation.



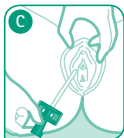
Preparation:

- 1- Before opening, check the product is intact and ensure the lubricant is evenly spread over the catheter (visual and tactile inspection).
- 2- Wash your hands very carefully before and after catheterisation, and wash the genitourinary area.
- 3- Remove the protective covering on the connector side of the catheter by tearing at mark $\blacktriangleleft\blacktriangleright$. **A**
- 4- Hold the catheter by the connector to remove it from the protective covering without touching the catheter. **B**



Catheterisation:

- 5- With one hand, separate the labia and with the other, delicately insert the catheter through the urethral opening into the urethra and up to the bladder, until urine starts to flow. **C**
- 6- Manual pressure on the lower abdomen towards the end of catheterisation will ensure that the bladder has been completely emptied.
- 7- When the bladder is completely empty, gently withdraw the catheter.
- 8- The catheter may then be discreetly replaced in the protective covering and be discarded according to the current local regulations. **D**



Actreen® Mini Cath can be attached to a urine collection bag such as Urimed® Bag from B. Braun.



Self-catheterization should only be carried out under medical advice and only in accordance with the instructions given.