

# Actreen® Mini Set



**EN** Instructions for use  
**DE** Gebrauchsanweisung  
**ES** Instrucciones de uso  
**FR** Mode d'emploi  
**IT** Istruzioni per l'uso  
**NL** Gebruiksaanwijzing

**CS** Návod k použití  
**DA** Brugsanvisning  
**EL** Οδηγίες χρήσης  
**FI** Käyttöohje  
**HU** Használati útmutató  
**PL** Instrukcja użycia

**PT** Instruções de Uso  
**RU** Инструкция  
по применению  
**SK** Pokyny na použitie  
**SV** Bruksanvisning  
**TR** Kullanma talimatları

**B | BRAUN**

# EN Instructions for use



Actreem® Mini Set is a sterile, pre-lubricated, ready-to-use set, specifically designed for female intermittent catheterisation.

Unfold the set by removing the white sticker on the back. **A**



## Preparation:

- 1 - Carefully wash hands before and after catheterisation, and clean the area surrounding the urethral opening.
- 2 - Before opening the catheter, check that the pouch is intact and inspect it (visually and by touch), also check the catheter to ensure the lubricant is spread evenly.
- 3 - Open the catheter by tearing and removing the pre-cut protective sheath. **B**
- 4 - Hold the catheter by the connector without touching the catheter.



## Catheterisation:

- 5 - With one hand, separate the labia and with the other, gently insert the catheter through the urethral opening into the urethra **C** and up into the bladder, until urine starts to flow into the bag.
- 6 - Manual pressure on the lower abdomen towards the end of catheterisation will ensure that the bladder is completely emptied.
- 7 - When the bladder is completely empty, gently withdraw the catheter.



## Emptying:

- 8 - To empty the bag, tear off along the dotted line located on the top. **D**  
To discreetly dispose of Actreem® Mini Set, refold the set and reposition the sticker to close it. **E**  
Then discard the catheter according to the current local regulations.



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