

**UroStill® – Assistive Device for Intravesical Self-Instillation for Female Patients**  
**Including UroDapter® Syringe Adapter for Catheterless Self-Instillation**

**User Guide**

Thank you for purchasing UroStill® Assistive Device for Intravesical Self-Instillation.

Using UroDapter® syringe adapter it enables to have the bladder instilled with any sort of medicine prescribed by the therapist. UroDapter® replaces catheter, which means an entirely painfree, more comfortable, hygienic and safer way of instillation.

With UroStill® instillation can be performed at home, on your own, so you need not visit the therapist for every treatment, which saves you valuable time and money.

**Read this manual carefully, since it contains vital information.**

1. UroStill® must be used in accordance with your therapist, only for bladder instillation, only with the prescribed drug solution or solutions.
2. The parts delivered in sterile packaging are disposables. Do not use these elements more than once. Do not try to re-sterilize them.
3. UroStill® is designed for female patients. (Male patients can use the UroDapter® syringe adapter, on its own.)
4. Usage of UroStill® is not recommended for people under 16.

**The composition of UroStill®**

5. UroStill® consists of the following elements. Be sure that all of them are included in the packaging.

**Standards**

- UroDapter® urological syringe adapter, sterile packaging, 1 pc (disposable)
- Extension part, sterile packaging, 1 pc (disposable)
- Three-way tap, sterile packaging, 1 pc (disposable)
- Plastic holder for the syringe and the displaying device, 1 pc
- Plastic constrictor ring for 20ml syringes, 1 pc (inside of the plastic holder)
- User Manual, 1 pc
- Pouch, for holding all the elements described, 1 pc

**Options**

- Endoscopic camera with LED lights, 1 pc (connectable to the tablet via micro USB port)
- Huawei tablet, OTG compatible 1 pc
- Charger, for the tablet, 1 EA
- Tablet stand, 1 EA

### **Syringes (not included)**

- UroStill® can be used with 20ml or 50 ml syringes, too, as well as with pre-filled syringes. All syringes should be Luer-lock type with silicone sealing piston.

All of the items described above can be held in the pouch safely.

### **Before Starting Self-Instillation**

6. Empty your bladder fully.
7. Turn on the tablet and put it onto its stand. (It is recommended that the battery of the tablet should be fully charged.)
8. Mount the camera into the corresponding (small) slot of the plastic holder for the syringe and the displaying device. Fix it with the screw.
9. Remove the disposables – the UroDapter®, the extension and the tap – from their sterile packaging. Try to keep them sterile. You can use the inner part of their coverage for doing so.
10. Assemble the disposables to each other (by screwing them together) in the following order: tap, extension part, UroDapter® adapter.
11. Remove the syringe from its packaging. Push it into the hole of the holder (for 50ml syringes the inner plastic constrictor ring must be removed). Fix the syringe with the lock. Remove the safety cap of the syringe in case of prefilled syringes.
12. Attach the tap (with the other disposables on) to the syringe. The outlet perpendicular to the other outlets has to be used.
13. Connect the camera to the microUSB port of the tablet.
14. The pre-installed OTGView application should launch itself instantly. If it is not happening, start the application manually.
15. If needed, open the lock of the holder and rotate the syringe until the image of the UroDapter® appears on the display. Close the lock again.
16. If the angle of the image on the display seems to be inappropriate (eg. it is upside down), by using the screw loosen the camera rotate it until the tip of the UroDapter® adapter gets into 6 hour position, then fix the position of the camera again.
17. To facilitate the targeting of the adapter tip into the urethral orifice, a horizontal mirroring of the screen can be advantageous. This function is available on the main screen of OTGView: press the top middle icon once, the second icon from the left among the appearing icons next, and the top middle icon once again.

### **Performing the Instillation**

18. Find the position which is most comfortable and suitable for you for self-instillation. For most women, it is the best to lay down and pull the legs up a little bit. It may take some time to find the best position for self-instillation.
19. You can use one of your hands to open the labias to get urethral orifice clearly visible.
20. With your other hand disinfect the affected areas, including the orifice of the urethra, the inner surface of the labia, and the surrounding area around the orifice (about in 3cm width). Use any antiseptic solution. It is worth disinfecting the intruding part of the UroDapter®, too.
21. While keeping labias apart, you should take the prepared syringe with UroStill® into the right hand (if you are dexterous), and approach the orifice with the UroDapter®.
22. You should follow the events on the display and steer your movement accordingly.

23. Penetrate the urethra with the tip of the UroDapter<sup>®</sup>. It should enter the urethra approximately 6 mm long. Apply some pressure so the sealing collar can fit over the nearby surface totally. This way the leakage of the medicine can be avoided.
24. Slowly instill the drug solution or a mixture of drug solutions (“cocktail”) through the urethra into the bladder by pushing the plunger of the syringe. Make it sure that the remedy is being instilled into the urethra, not into the vagina.
25. Should any leakage occur, pause the instillation and check it whether the position of the UroDapter<sup>®</sup> is correct.
26. Too low and too high pressure can cause leakage, too. The optimal pressure can be observed by pushing the plunger: you should be able to move it effortlessly while there is no leakage experienced.
27. After you have finished the self-treatment, try to hold your urine back for 3 hours so that the medicine can affect your bladder and the urethra for an ample amount of time.

### **Cleaning and Maintenance**

28. Disassemble the UroStill<sup>®</sup> device.
  - The disposables (elements with sterile packaging, including the syringe) have to be thrown away, alongside with their packaging.
  - The holder and the camera can be cleaned with an antiseptic solution.
  - The display and the charger can be cleaned with any material suitable for cleaning electric devices.
  - The non-sterile elements do not need extra measures of maintaining. However, before using them always check whether they are intact. In case of any damage, do not use them.
29. After cleaning and making them dry put the non-sterile parts back into the pouch.

Should you have any questions or suggestions, contact us via the following email address: [mail@urosystem.com](mailto:mail@urosystem.com). We appreciate all reviews so that using UroStill<sup>®</sup> can be even more comfortable in the near future.

For further information and a video demonstration of using the UroStill<sup>®</sup> visit our webpage: [www.urosystem.com](http://www.urosystem.com)