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Call 800-422-8811 weekdays, 8:30 am – 7:00 pm to speak to a me+™ nurse or product specialist for further guidance on the use of GentleCath Air™ for Women with FeelClean Technology™.

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Step-by-Step Instruction Guide for Women

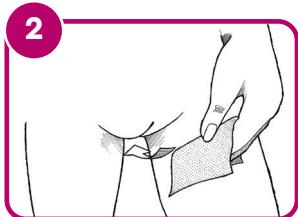


GentleCath Air™ Step-by-Step Instruction Guide for Women

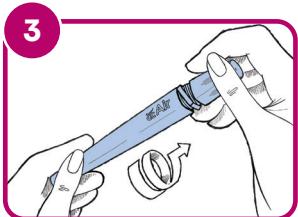
- Review the cautions, precautions and observations in the instructions for use provided with the product.
- This guide is not a substitute for medical advice from your healthcare professional.



1
Thoroughly wash and dry your hands



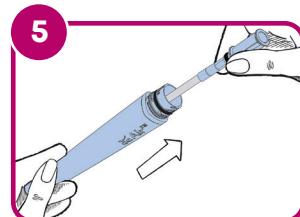
2
Clean your urethral opening with warm, soapy water or a wipe



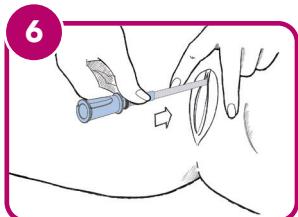
3
Twist off the cap of the case



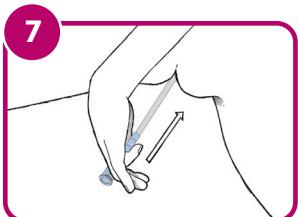
4
Secure the cap to the base for fewer loose pieces



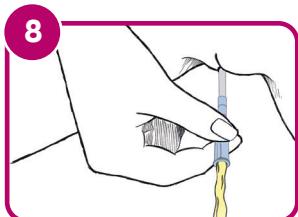
5
Remove the catheter



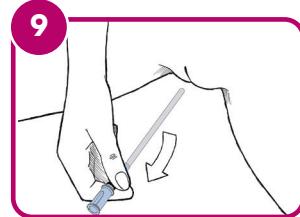
6
Gently start to insert the catheter into your urethral opening



7
Continue to carefully insert until urine starts to drain



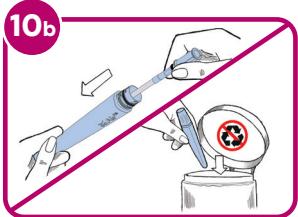
8
Allow urine to drain



9
Slowly remove the catheter — be ready for some urine to start draining again as you do, wait for it to stop before you continue



10a
Dispose of your used catheter — the case is fully recyclable, the catheter can be thrown away in your normal trash bin



10b
Store your catheter in its case for disposal later — the case can't be recycled if it still contains the catheter



11
Thoroughly wash and dry your hands

Is cathing new for you?

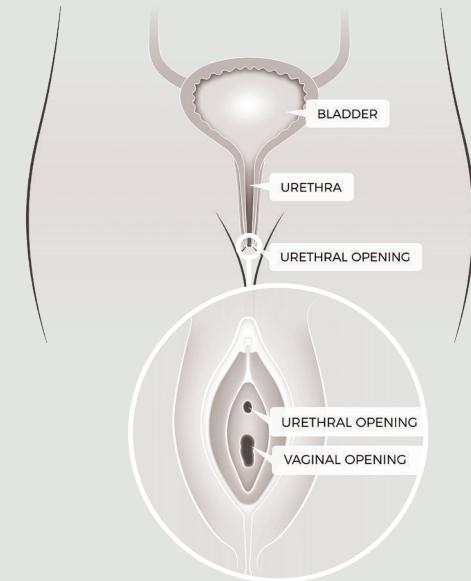
This explanation of terms and depiction of female anatomy may help increase your confidence.

Bladder

The bladder stores urine. Once the tip of the catheter is in the bladder, urine drains through the eyelets (little holes) in the catheter out of the body.

Urethra

The urethra is a hollow tubular shape. The catheter passes through it to reach the bladder.



Urethral opening

This is where the catheter is inserted to reach the bladder.

Questions? Contact your healthcare professional or call 800-422-8811 to speak to a Convatec me+™ nurse.