

Make Health Easy

SpiritCare
Hydrophilic Intermittent
Catheter User Guide

Part of the SpiritCare Continence Range

spirit
health

SpiritCare Hydrophilic Intermittent Catheter

Secure | Discreet | Simple

SpiritCare Hydrophilic Intermittent Catheters are designed to provide you with peace of mind, using high quality materials to promote security, comfort and ease of use. We aim to keep things simple and discreet, giving you the confidence to live your life without complications.

Putting Your Needs First

Secure	Discreet	Simple
Sterile tube with hydrophilic coating to aid insertion	Everything in a compact discreet pack	Easy to use packaging with easy-tear thumb grip
Gentle rounded tip with smooth eyes	Can be hung and/or attached to a surface using the adhesive tab	Suitable for people with limited manual dexterity
Protective sleeve for hygienic touch-free insertion	Integral, easy-open water sachet to lubricate catheter	Available in male and female length with easy to hold hand grippers

Key Features

Thumb grip

Allows the package to be easily opened even if manual dexterity is limited. It can also be used to hang the catheter packaging.

Adhesive tab

For reliable attachment to any dry and clean surface, allowing both hands to remain free.

Tube

Flexible tube with smooth tip and eyes.

Easy-open water sachet

Gently squeeze to break open the sachet. Water comes out in the direction of the arrow to lubricate the catheter for use.

Hydrophilic coating

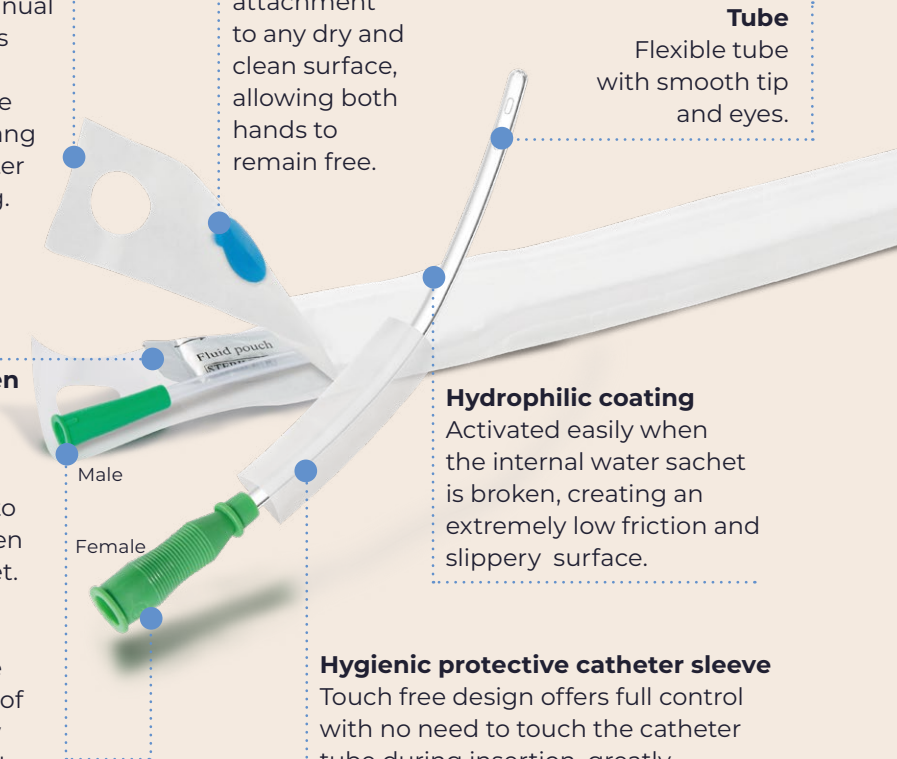
Activated easily when the internal water sachet is broken, creating an extremely low friction and slippery surface.

Hygienic protective catheter sleeve

Touch free design offers full control with no need to touch the catheter tube during insertion, greatly minimising the risk of infection.

Protective hand grip

Different design for male and female use. Special ergonomic grip design is easy to control and is tailor made for women's needs.



5 Steps To Using Your SpiritCare Hydrophilic Intermittent Catheter

1. Getting started

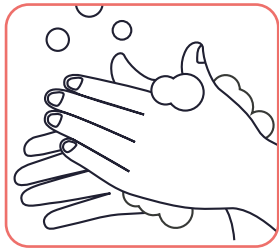
Always wash your hands before starting.

When cleaning the urethral opening:

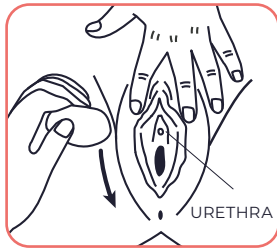
Females - wash from the urethra towards the anus to prevent infection.

Males - retract foreskin to clean the glans. Hold penis in an upright position to extend the urethra and make catheter insertion easier.

Note: Self-catheterisation should only be carried out under medical advice and in accordance with the instructions provided to you by your healthcare professional.



Wash Hands



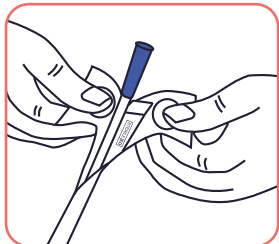
Wash Genital Area
- Female



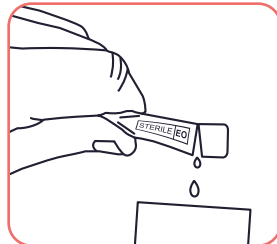
Wash Genital Area
- Male

2. Preparing the catheter

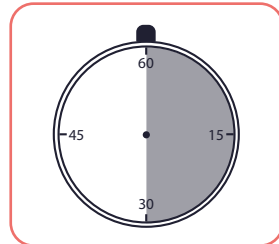
Pull back the packaging on the catheter using the thumb grip to expose the catheter. Before catheterisation you need to activate the hydrophilic coating of the catheter by squeezing the sterile water from the sachet provided directly into the catheter packaging. The catheter should be kept in the water for at least 30 seconds before insertion.



Open Packaging



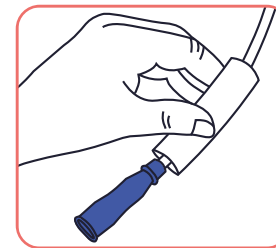
Activate Hydrophilic
Coating



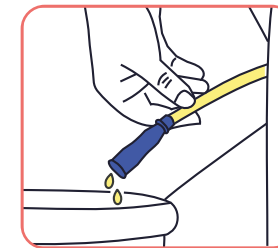
Wait 30 Seconds

3. Inserting the catheter

Hold the touch-free sleeve or the connector of the catheter with the dominant hand and insert the catheter slowly and gently into the urethra until the urine begins to flow freely. Direct the catheter to a suitable container or toilet to drain the urine.



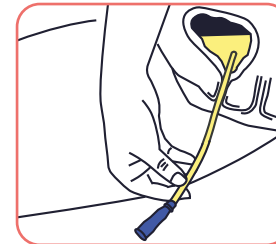
Touch-free Insertion



Urine Drainage

4. Catheter removal

When the urine stops flowing, slowly start removing the catheter. If urine starts to flow again, stop and allow the bladder to finish emptying. Continue removing the catheter once the urine stops flowing again.



Remove Slowly

5. Disposal

Put the used catheter back in the packaging and into a small disposal bag, and place it in your household waste bin.



Household Waste

Prescription Order Codes

SpiritCare Hydrophilic Intermittent Catheters are available on prescription using the PIP Codes below.

	Product Code	Size (Ch)	Length	Colour	PIP Code
SpiritCare Male Hydrophilic Intermittent Catheter	SH-CC023	8	370mm	Blue	418-6029
	SH-CC024	10	370mm	Black	418-6037
	SH-CC025	12	370mm	White	418-6060
	SH-CC026	14	370mm	Green	418-6078
	SH-CC027	16	370mm	Orange	418-6102
SpiritCare Female Hydrophilic Intermittent Catheter	SH-CC028	18	370mm	Red	418-6110
	SH-CC029	8	130mm	Blue	418-6086
	SH-CC030	10	130mm	Black	418-6045
	SH-CC031	12	130mm	White	418-6052
	SH-CC032	14	130mm	Green	418-6128
	SH-CC033	16	130mm	Orange	418-6094



Support Groups and Information

Supporting people with bladder and bowel problems

Bladder and Bowel UK - Free National Confidential Helpline

A national confidential helpline, staffed by a team of specialist nurses and a product information adviser. They can give specialist advice on bladder and bowel health issues, as well as signposting to local services.

<https://www.bbuk.org.uk/>

Helpline: 0161 214 4591

Email: bbuk@disabledliving.co.uk

The Bladder & Bowel Foundation (B&BF)

www.bladderandbowelfoundation.org

Tel: 01536 533255

Helpline: Tel: 0845 345 0165

General Enquiries: Tel: 01536 533255

Email: [info@](mailto:info@bladderandbowelfoundation.org)

bladderandbowelfoundation.org

Supporting people with multiple sclerosis

MS-UK

www.ms-uk.org

Free Information and Advice Line:

0800 783 0518

Multiple Sclerosis Trust

<https://mstrust.org.uk/>

Freephone Information Service:

0800 032 3839

Email: info@mstrust.org.uk

Supporting people with motor neurone disease

Motor Neurone Disease Association

www.mndassociation.org

Helpline: 0808 802 6262

Email: [mndconnect@](mailto:mndconnect@mndassociation.org)

mndassociation.org

Supporting people who have had a stroke

Stroke Association

www.stroke.org.uk

Helpline: 0303 3033 100*

(Monday – Friday, 9am – 5pm)

Email: helpline@stroke.org.uk

Supporting people with spinal injuries

Spinal Injuries Association

www.spinal.co.uk

SIA Freephone Advice Line:

0800 980 0501

Email: advice@spinal.co.uk

Shine Charity

www.shinecharity.org.uk

Tel: 01733 555988

ASPIRE

www.aspire.org.uk

Tel: 020 8954 5759

Email: info@aspire.org.uk

Back up Trust

www.backuptrust.org.uk

Tel: 020 8875 1805

Email: admin@backuptrust.org.uk

A Helping Hand

Clinical Support

Your healthcare professional is best placed to give you clinical support.

My healthcare professional

Name

Telephone number

Record your healthcare professional contact details here.

Product Details

SpiritCare Product

Product PIP Code

Description

Record your GP prescription product details here.

SpiritCare Product Support

If you have any technical problems with your products, call our 24/7 Customer Services Team on 0800 881 5423

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