

Rüsch®

# MMG™ Intermittent Catheter Closed System

## At Home Instructions

### For your information

**How often should the bladder be emptied?**

This varies from person to person, depending on:

- The amount of fluids you drink
- Medications you are taking
- Activity level
- General health and medical reasons for using a catheter

Normally, you will need to catheterize your bladder approximately every 4 to 6 hours; however, you should discuss with your doctor the optimal schedule for your situation. Once your routine is established, be aware you may still need to make small adjustments when your usual schedule is altered.

**Before emptying the bladder:**

- Wash your hands and the area to be catheterized
- Prepare supplies
- Relax
- Do not push down on your abdominal muscles as this may cause spasms in the urethra that will make it difficult to have the catheter pass into the bladder.

**After emptying the bladder:**

To assure all urine has been drained from the bladder, press gently on your lower abdomen or move a little. It is very important that all the urine comes out of the bladder as this reduces the risk of urinary tract infection.

**Bowel Habits:**

It is important that you establish a regular bowel routine. Constipation may make it more difficult to empty your bladder.



For product support please call our help line at 800-334-4475.

# Rüsch/MMG™ Intermittent Catheter Introducer At Home Instructions For Use

## FEMALE



FIGURE A.

1. Use soap and water and wash your hands and the area around your urethral opening (where the urine comes out). Antiseptic swabsticks or a towelette may be used.

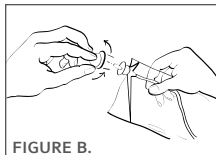


FIGURE B.

2. Remove the plastic cap from the silicone "introducer" as shown in **FIGURE B**, (a slight twisting motion makes this easier).

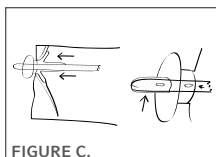


FIGURE C.

3. While holding the split introducer guide in one hand, feed the pre-lubricated catheter tip forward, until it is about to come out of the flexible introducer tip (see **FIGURE C**). This helps give the introducer sufficient firmness to enter the urethral opening. Be careful not to push the catheter completely out of this tip.

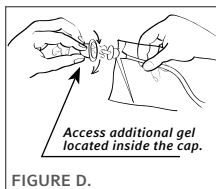


FIGURE D.

4. The catheter should now be loaded into the tip, so that the tip is firm. Next, access additional lubricant by swabbing the loaded tip with gel. Extra gel can be found inside the cap (see **FIGURE D**).

5. The instructions below are for right handed people. If you are left handed, reverse the procedure. Separate the labia with your left hand, using your index and middle fingers. Insert the soft silicone tip into the urethral opening, using your right hand to guide the tip in. Release the labia. Grasp the catheter guide below the base of the silicone introducer with your left hand, freeing your right hand. Using your right hand, feed the catheter into the bladder by pushing it gently at 1 to 2 inch intervals until the urine begins to flow. (see **FIGURE E**).

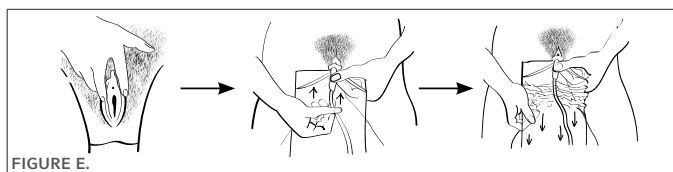


FIGURE E.

6. After the urine has completely stopped flowing, simply remove the catheter with the bag attached. Grasp the bag at the corner where it says "TEAR HERE TO EMPTY" and tear the bag gently down towards the middle of the bag. This will allow you to dispose of the contents without any mess.

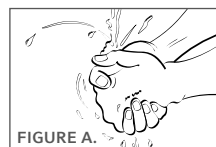


FIGURE A.

7. Wash your hands.

## MALE



FIGURE A.

1. Use soap and water and wash your hands and the area around your urethral opening (where the urine comes out). Antiseptic swabsticks or a towelette may be used.

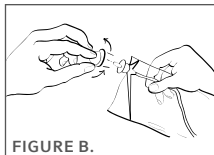


FIGURE B.

2. Remove the plastic cap from the silicone "introducer" as shown in **FIGURE B**, (a slight twisting motion makes this easier).

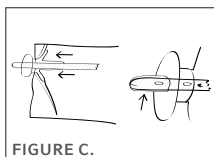


FIGURE C.

3. While holding the split introducer guide in one hand, feed the pre-lubricated catheter tip forward, until it is about to come out to the flexible introducer tip (see **FIGURE C**). This helps give the introducer sufficient firmness to enter the urethral opening. Be careful not to push the catheter completely out of this tip.

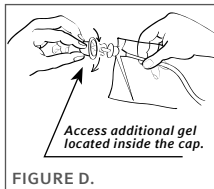


FIGURE D.

4. The catheter should now be loaded into the tip, so that the tip is firm. Next, access additional lubricant by swabbing the loaded tip with gel. Extra gel can be found inside the cap (see **FIGURE D**).

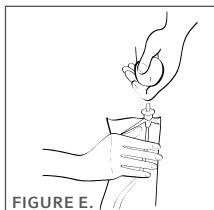


FIGURE E.

5. The instructions below are for right-handed people. If you are left-handed, reverse the procedure. Using your middle, ring and smallest fingers hold the penis with your left hand as shown in **FIGURE E**. Insert the soft silicone tip into the urethral opening, using your right hand to guide the tip in. Continue to apply the necessary pressure to ensure that the catheter and silicone introducer tip stay in the urethral opening.

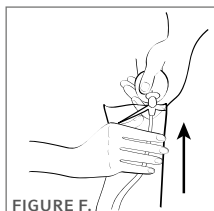


FIGURE F.

6. Using your right hand begin to advance the catheter into the urethra 1 to 2 inches at a time, as shown in **FIGURE F**. Each 1 to 2 inch push will slightly "crinkle" the bag. After each push, pinch the split catheter guide to hold the catheter in place while you straighten the bag with your right hand shown in **FIGURE G**.

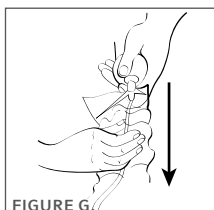


FIGURE G.

7. Continue this procedure until the catheter has entered the bladder and urine begins to flow.

8. After the urine has completely stopped flowing, simply remove the catheter with the bag attached. Grasp the bag at the corner where it says "TEAR HERE TO EMPTY" and tear the bag gently down towards the middle of the bag. This will allow you to dispose of the contents without any mess.



FIGURE A.

9. Wash your hands.

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