AEROFLOW UROLOGY

REDEFINING CONTINENCE CARE



Intermittent Self-Catheterization Guide

FOR FEMALES

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1. Aeroflow Urology

At Aeroflow Urology, we help you receive catheters and other urological supplies through your insurance at little to no cost. We offer a variety of catheter types from top manufacturers, and our Continence Care Specialists will work with you to find the best product to suit your specific needs. If you ever have any questions, we're here to help.

Reach out to us for discreet answers or visit our website at aeroflowurology.com for more information.

info@aeroflowurology.com

P: 844.276.5588

Connect with us on social media

2. Overview

INTERMITTENT CATHETERS

Intermittent catheters are single-use urinary catheters that allow you to empty your bladder throughout the day as prescribed by your doctor. By using intermittent catheters, you maintain a urination schedule while helping to control your urinary continence and prevent harmful bacteria growth. After each use, each catheter is disposed of to reduce the risk of urinary tract infections (UTIs).

Intermittent catheters require self-catheterization, which can seem daunting to a new catheter user, but Aeroflow is here to help. If you ever have any questions about your catheter or the catheterization process, give us a call at 844-276-5588, and one of our specialists will be happy to assist you.

We proudly carry catheters from leading manufacturers, including:

Hollister · Lofric · Cure · BARD · Coloplast



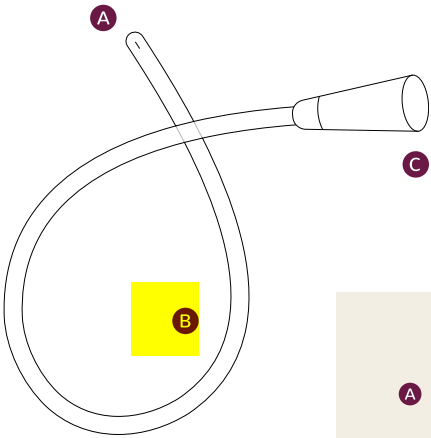
Don't settle for discomfort!

It's important to try different catheters or accessories if you're uncomfortable to find what works the best for you. If you have questions about the styles or features of urinary catheters or would like to try a different type of catheter, give us a call at 844-276-5588, and we can provide additional product samples.

3. Getting to Know Your Catheter

CATHETER PARTS

There are many different urinary catheters, each with various features and styles, but the basic design of most catheters is the same. We'll go over each part in more detail to help you understand the purpose and function of each.



A Tip

The tip of the catheter has small eyelets around is the part that is inserted into your body, through the urethra, into the bladder.

FRENCH SIZES

French size refers to the external diameter of the catheter tube. The higher the number, the greater the diameter. Your doctor will help select the right size, but if you ever feel any pain during insertion or experience leakage around your catheter, be sure to let your doctor know.

LENGTHS

Catheter lengths vary, but most female catheters are around 6-8 inches long. Some women prefer unisex catheters that are longer for easier handling. If you are cathing through a stoma rather than your urethra, or if a caregiver is helping you to catheterize, you may also prefer a longer length catheter.

B Tube

The tube can be of different widths and lengths and made up of various materials, but this part of the catheter allows the urine to travel from your bladder to the toilet or the drainage bag, depending on your supplies.

C Drainage Opening

The drainage opening is wider to allow urine to flow freely. In single use catheters, this is the end of the catheter system. In closed system catheters, this ends in an attached drainage bag.

4. Self- Catheterization

STEP 1

Gather your supplies. The first step in self-catheterization is to ensure that you have all of the supplies you will need. Depending on what type of catheter you have, this could include the catheter you intend to use, moist towelettes or soap and water, a dry towel, a water soluble lubricant, and a toilet or other drainage receptacle.

STEP 2

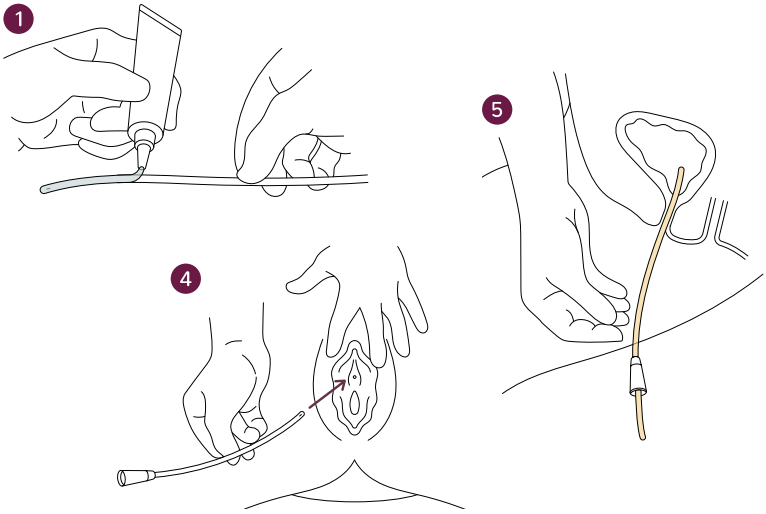
Wash your hands. It is very important to make sure your hands are clean by washing them with soap and water, or a moist towelette, before beginning self-catheterization.

STEP 3

Stop and look at your catheter. Before you use your catheter, make sure that none of the packaging has been previously opened or damaged.

STEP 4

Self-catheterization. Put yourself in a comfortable position with your thighs spread apart. Some women prefer to sit on the toilet or a chair across from the toilet. Clean yourself by separating the labia (the lips or folds at the opening of your vagina) and wipe with a moist towelette. If you have an uncoated catheter, apply a water soluble lubricant from the catheter's tip to about 2-4...



STEP 4 CONTINUED

...inches down the tube. Use a mirror or your index finger to find the urethra (urinary tract opening) and slowly insert the catheter into the urethra until urine begins to flow freely. If you encounter any resistance, take a few deep breaths and try again. Insertion may be slightly uncomfortable but should never be painful.

STEP 5

Make sure your bladder is empty. When urine stops flowing, slowly begin to pull the catheter out. Rotate the catheter as you remove it and stop each time more urine begins to flow again. Pausing will help make sure your bladder drains completely.

STEP 6

Clean up. Once you have finished, dispose of your used catheter and supplies in a proper waste bin and thoroughly wash your hands with soap and water or a moist towelette.

Contact your doctor immediately if you experience:

- Cloudy or bloody urine
- Urine leakage around the catheter
- Pressure, pain, or discomfort while inserting the catheter or in the lower back or stomach
- Fever or chills
- Nausea or vomiting
- Burning in the urinary tract

Need additional help?

Check out our video resources! Search for Aeroflow Urology on YouTube or scan the QR code below.

5. How to Order Supplies



If your doctor submitted an order for you, one of our Continence Care Specialists will reach out to you to ensure that you are satisfied with your catheter samples. If you have any questions or would like to start receiving supplies from Aeroflow, please give us a call at 844-276-5588, and we'll be happy to assist you.



We'll verify your insurance coverage and take care of all the necessary paperwork, including contacting your doctor.



That's it! Your supplies will ship free, straight to your door. When it's time to reorder, we'll send you email and/or text reminders, so you don't have to worry about running out of supplies, and with our easy to use online portal, reordering your supplies takes only a few minutes.

6. Frequently Asked Questions

What if I forget to catheterize?

Catheterize immediately and continue at regular intervals as instructed by your doctor.

What are catheter associated urinary tract infections (CAUTIs)?

CAUTIs occur when bacteria enter the urinary tract via the catheter and grow, causing an infection. You can prevent CAUTIs by only using each catheter once, leaving catheters inserted for only a short time, and making sure that the catheter is sterile before inserting it into your urethra. To maintain sterilization, make sure your catheter does not touch anything after it is opened.

How much do catheter supplies cost?

The cost of your catheters will depend on your insurance plan. We'll reach out to your insurance company to verify your coverage and work with your doctor to take care of all the paperwork. If you ever have questions about your policy, give us a call or send us an email, and we'll be happy to assist you.

Catheterization is painful. What should I do?

If you experience any pain using your catheter, stop and contact your doctor immediately.



What types of catheters does Aeroflow Urology offer?

- **Intermittent** - uncoated catheter that requires lubrication to be applied before use.
- **Coude tip** - curved tip catheter
- **Pre-lubricated** - catheters that come pre-lubricated
- **Closed System** - pre-lubricated intermittent catheter that drains into a collection bag.
- **Indwelling/Foley** - closed sterile system catheter with a retention balloon inserted to keep the catheter in the bladder.

7. Catheterization Log

Your healthcare provider may have asked you to document each catheter use, as well as your fluid intake and output. Your doctor may have provided you with a tool, but if not, we've included one in this guide to help get you started. If you prefer to go digital, be sure to check out your app store for helpful fluid tracking apps!

Date	Time	Amount Voided	Leakage (Y/N)	Liquid Intake	Notes