

Wash hands thoroughly with soap and water, or if not available, use an antibacterial hand cleaner.

Open the packet approximately 2-4 cm and add sufficient water to Lenty package (sterile water or saline can also be used). This will ensure the catheter is fully immersed in water and the coating has been fully activated.

Remove the paper which covers the adhesive area on Lenty catheter package and press the package adhesive area firmly to the wall. Then, open the package.

Hold the penis upright on the sides so that the urethra is not pinched.

Wash the tip of the penis as instructed by your medical professional. You may have been directed to retract the foreskin if the penis is uncircumcised. Wash the glans penis from the urethral opening (tip) to the base of the glans with soap, water and washcloth or unscented disposable wipe. Wash with a circular motion from the tip outward.

Remove the catheter from the package. A unique, non-touch device is provided to enable you to easily grip the catheter without touching it.

While holding the penis upright with one hand at a 45 to 60-degree angle from the body, slowly insert the lubricated catheter into the penis using your dominant hand.

Once you have passed half the length of the catheter through the urethra, lower the penis and slide the catheter until you meet resistance at the urethral sphincters. Do not pull the catheter in and out when you meet resistance, just apply gentle but firm continuous pressure until the catheter advances into the bladder.

Continue to insert the catheter until urine begins to flow. If you are standing in front of the toilet or sitting on it with legs spread apart, the urine can drain into the toilet. If you are lying down, place the funnel end of the catheter into a container to collect the urine. Hold it in place until urine stops flowing.

When urine stops flowing, slowly rotate the catheter between your fingers while withdrawing it. If urine starts to flow again, stop withdrawing the catheter and let the urine drain.

Continue the process until the bladder is empty and the catheter is removed. If you are uncircumcised, make sure you bring the foreskin back over the glans penis when you are finished.

Wash hands thoroughly with soap and water, or if not available, use an antibacterial hand cleaner. The Lenty is intended for single use.

This instruction guide is not a substitute for medical advice from your healthcare provider.

