

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.

Using the non-dominant hand, separate the labia with the thumb and forefinger to locate the urethra. With the labia separated, wash the urethral area from front to back thoroughly with soap, water and washcloth or unscented disposable wipe – as instructed by your medical provider. Never go back and forth over the urethral opening. Repeat washing from front to back with the different areas of the washcloth or disposable wipe.

Remove the catheter from the package, being careful to only touch the colored funnel end.

Using the non-dominant hand, separate the labia while using the dominant hand,

to insert the lubricated catheter gently into the urethral opening. Continue to insert the catheter about 5 cm until urine begins to flow.

If sitting on the toilet the urine can drain into the toilet. If lying down, place the funnel end of the catheter into a container to collect the urine. Hold it in place until urine stops flowing.

Allow the bladder to empty completely.

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.

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.

