

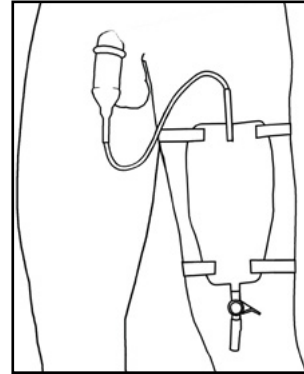
Usage Guide

Paralogic Male External Catheter

A male external catheter is a sheath that covers the penis, at the end of which is a tube connecting to a drainage bag for the collection of urine. Male external catheters are an excellent alternative to absorbent products for urinary incontinence in men. These catheters are sometimes called Uridomes or condom catheters.

For information on how to measure and choose the correct size for you, please see the Paralogic Male External Size Guide (<https://www.paralogic.com.au/assets/mecsize.pdf>)

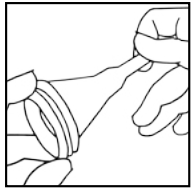
It is essential that you are wearing the correct size of male external catheter, so we suggest you measure carefully and contact Paralogic to order a sample pack to ensure correct fit.



A male external catheter is part of a complete system.

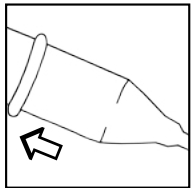
You will need to purchase a bag for the urine to drain into. It is also possible to wear a valve or tap for short periods of time when doing things like swimming, but only if leakage is minimal.

At Paralogic we stock a range of leg bags and overnight bags which may suit. It is best to try a variety of bags to assess which volume and format suits your lifestyle. Urine collection bags are a generic fit across all brands and models - the connectors on any bags should work with our Paralogic male external catheters.

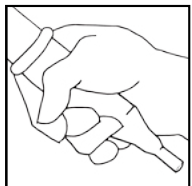


FITTING A MALE EXTERNAL CATHETER

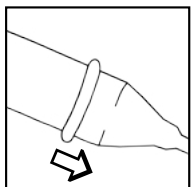
Prepare by trimming any hair and ensuring your hands and penis are clean and dry. Make sure you have all your supplies handy. Open external packaging, remove catheter from internal bag and place catheter on tip of penis.



Roll catheter down slowly ensuring entire casing is completely unrolled. The catheter should fit snugly without excess room and should not be uncomfortably tight.



Grasp the catheter and squeeze firmly for 10 seconds to ensure a tight seal.



CATHETER REMOVAL

Remove any bags and beginning at the base, slowly roll the catheter back up before removing and disposing.

USEFUL TIPS

- Trim (shaving may cause irritation) any hair before applying the catheter.
- Shrinkage of the penis can occur at any time of day. If in doubt, try a smaller size of catheter – the catheters are made of silicone and have some stretch, but always ensure catheter is not uncomfortably tight.
- If you have sensitive skin, you can apply a barrier cream to the skin first to form a protective layer (or second skin). Beware of using standard oils and creams which may reduce the effectiveness of the adhesive.
- Leave the foreskin down, over the glans penis, in its natural position when applying the catheter.
- Always practice good hygiene. Catheters are made to be worn for 24 hours. We suggest washing the skin with plain soap and water and patting dry then applying a new catheter as part of your daily hygiene routine.
- If you have difficulty removing the catheter, try soaking the penis with a warm washcloth for approximately 30 seconds. If you still have difficulty you can find medical adhesive remover at most pharmacies.



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