



GREAT BEAR®
HEALTHCARE



Female User Guidelines

cubCATH CASCADE

easy steps to a better quality of life

Introduction to Great Bear

Great Bear has been established since March 2007.

Great Bear manufactures a range of Urology products and has a Dispensing Appliance Contractors licence which is known as the Nightingale Home Delivery Service.

Great Bear is a member of the British Healthcare Trade Association, The Urology Trade Association and is a corporate member of the Association of Continence Advisors. All Great Bear products are listed on the Drug Tariff.

Great Bear has full accreditation for ISO 9001:2008 and ISO 13485:2003 and all products are CE marked in accordance with European Directive 93/42/EEC.

This User Guide is designed to give you information on:

- Intermittent Catheterisation
- Your Urinary System
- **cubCATH CASCADE**
- Instructions for Use **cubCATH CASCADE**
- Frequently Asked Questions
- Catheterisation Monitoring Chart
- Ordering Information

More information can be found on our website www.greatbearhealthcare.co.uk or you can contact us on Freephone 0800 055 6270.



What is Intermittent Self Catheterisation?

Intermittent self catheterisation (ISC) involves passing a thin, hollow tube (catheter) into the bladder to drain urine.

There are many reasons why you have been advised to perform ISC. However, the underlying concern is that if your bladder muscles do not work properly there will be a build up of urine in your bladder. If urine is left in the bladder it can overstretch the bladder and becomes stale.

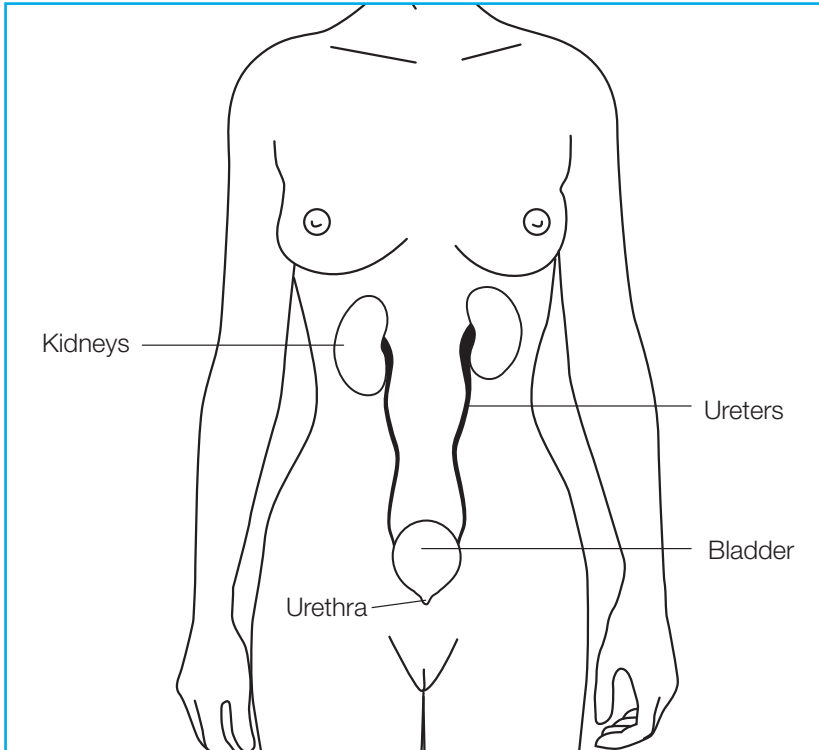
This can often lead to an infection and cause severe damage to your kidneys.

Using an intermittent catheter can help to eliminate the likelihood of an infection and will allow your bladder to empty.

Benefits of Intermittent Self Catheterisation

- Quality of life without the need to wear continence appliances
- Reduced risk of urinary infections
- Greater independence and control over your bladder's functions
- Less impact on how you feel and intimate relationships can be more spontaneous
- Prevention of long term damage to the bladder
- Help for maintenance of normal renal function

The Urinary System



cubCATH CASCADE

Designed specifically for ease of use and comfort the

cubCATH CASCADE is a sterile, hydrophilic and ready-for-use catheter. It is a single use product and must be discarded after use.

Supplied in an individual peel pouch with an integrated water sachet the **cubCATH CASCADE** can be used anywhere.

Once the water sachet has been activated the hydrophilic coating becomes lubricious making insertion and removal a pain free procedure.

The **cubCATH CASCADE** is packed in 30s and presented in a foil pack with clear instructions for use pre-printed.

Key Features

- Integrated water sachet with a simple 'snap open' spigot to allow the free flow of water in a controlled manner.
- Hydrophilic coating once activated by the water is smooth and silky for a comfortable insertion and removal.
- Drainage eyes are polished and rounded to help protect the urethra from injury.
- Ring-pull exposes the **cubCATH CASCADE** funnel and makes removing the **cubCATH CASCADE** a quick and simple procedure with no risk of water escaping. It is noiseless ensuring total discretion at all times.





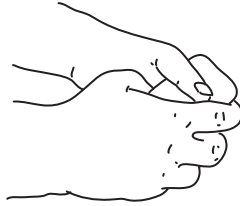
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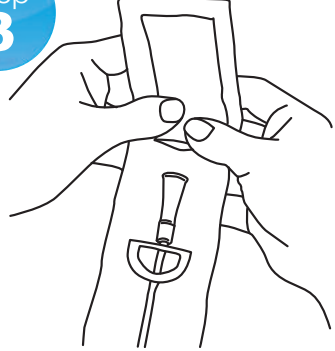
How to use **cubCATH CASCADE**

Step 1

- Wash hands before use with a mild soap and water.



Step 3

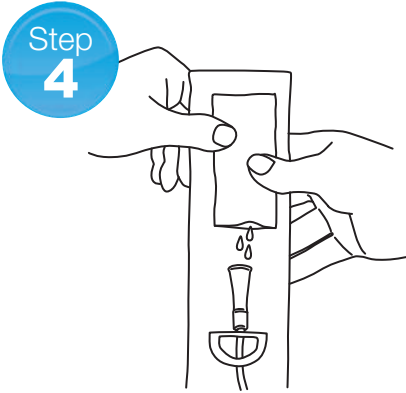


Step 2

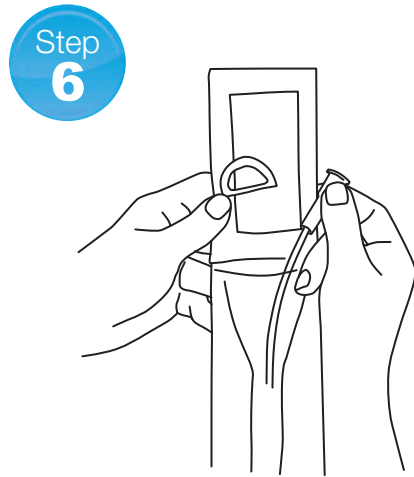
- Adopt a comfortable sitting position and clean the opening to urethra



- Take one peel pack from silver foil pack
- Locate the water sachet.
- Place one thumb on the bottom dotted line and place the other thumb on the top dotted line.
- Hold upright and snap the spigot towards you.



- Squeeze the sachet until empty



- Hold the peel pouch with the funnel pointing upwards and if necessary use the blue sticky tab on the back to secure to a dry surface.
- Pull blue ring-pull upwards



- Turn the peel pouch upside down once or twice and shake.

How to use **cuBCATH CASCADE**

Step
7



- Remove **cuBCATH CASCADE** from the peel pack and ensure the funnel end is positioned over the toilet or other collection object.

Step
8

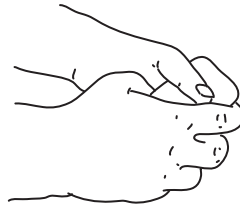


- Gently insert the lubricated **cuBCATH CASCADE** until urine starts to flow. If you feel any resistance during insertion do not force the **cuBCATH CASCADE** – try coughing as this can help.

Step
9



Step
10



- Once the bladder is totally empty and urine has stopped flowing remove **cubCATH CASCADE** and dispose of it in its original peel pouch.

• Finish by washing your hands.

Frequently Asked Questions



How frequently should I catheterise?

This very much depends on you and what your fluid intake is and if you are on any medication. Most people catheterise every 4 – 6 hours; however, your Healthcare Professional will advise you on how often you need to perform intermittent catheterisation. You may also find it helpful to use the Catheterisation Monitoring Chart on Page 16



How do I activate **cubCATH CASCADE**?

cubCATH CASCADE is activated by snapping the spigot on the water sachet. The spigot is the hard, rigid piece of plastic fitted inside the water sachet and is just visible at the bottom of the water sachet.

To assist you in successfully snapping the spigot there are two dotted lines clearly printed on the water sachet.

You must place one thumb on the bottom dotted line and the other thumb on the top dotted line. Snap the spigot towards you and this will instantly release the sterile water. Squeeze the water sachet thoroughly to release all the water.

Q

How do I ensure the **cubCATH CASCADE** coating is activated?

Once the water has been released, ensure you turn the packaging upside down a few times for approximately 30 seconds – this will allow the water to release the active ingredients in the hydrophiic coating to make it lubricious and ready-for-use.

Q

How do I remove the **cubCATH CASCADE**?

Simply pull the blue ring-pull upwards and remove the **cubCATH CASCADE**. There is a non-coated grip zone for ease of handling.

Q

How will I know if the **cubCATH CASCADE** has entered my bladder?

Urine will start to flow and once started you will not be able to stop until your bladder is completely empty.

Q

What happens if I can't insert the **cubCATH CASCADE**?

Remain calm and relaxed at all times. If you are finding insertion difficult refrain from trying for a while. If after a number of attempts you cannot insert the **cubCATH CASCADE**, contact your local Healthcare Professional who will provide the advice and support that you will need.

Frequently Asked Questions



What happens if I can't remove the **cubCATH CASCADE** ?

Remember to stay calm and try not to panic. Take 10 minutes to relax and try again. You may find coughing helps in removing the **cubCATH CASCADE** . If this does not work, contact your local Healthcare Professional who will provide the advice and support that you will need.



How should I store my **cubCATH CASCADE** ?

Your **cubCATH CASCADE** should be stored in its original packaging at room temperature. Do not bend or coil the **cubCATH CASCADE** . If the peel pack is damaged please do not use the **cubCATH CASCADE** .



How much fluid should I intake daily?

You should aim to drink between 1.5 litres to 2 litres a day. This may depend on your lifestyle and the weather conditions! For children advice should be sought from their Healthcare Professional.



Do I need to follow a special diet?

You should try to eat and drink normally unless your Healthcare Professional has advised otherwise. Try to change your drinks during the day and avoid caffeine. Caffeine can make you feel the need to void more often.

Q

What warning signs should I look out for?

If you experience a burning sensation, pain, unpleasant smell, cloudy/dark coloured urine or persistent bleeding, you must seek advice from your Healthcare Professional immediately.

Detecting blood in your urine is not unusual. However, if you have any concerns please contact your Healthcare Professional.

Q

How can I obtain my **cubCATH CASCADE** supplies?

Your **cubCATH CASCADE** can be ordered via our Nightingale Home Delivery Service. They can be contacted on Freephone 0800 318 559 or via our website www.greatbearhealthcare.co.uk The service is nationwide and is supported by a team of independent Nurses.

You can also order the **cubCATH CASCADE** via your local chemist.

Q

How should I dispose of my **cubCATH CASCADE** ?

The **cubCATH CASCADE** should be disposed of according to your local guidelines. For further advice contact your local Continence Advisory Service.



denotes the use of phthalates

Re-order Codes	Type	Charrière Size	Length	Pack Size
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cubeCATH CASCADE

CCP06	Paediatric	06Ch	30cm	30
CCP08	Paediatric	08Ch	30cm	30
CCP10	Paediatric	10Ch	30cm	30
CCF08	Female	08Ch	20.5cm	30
CCF10	Female	10Ch	20.5cm	30
CCF12	Female	12Ch	20.5cm	30
CCF14	Female	14Ch	20.5cm	30
CCM10	Male	10Ch	40cm	30
CCM12	Male	12Ch	40cm	30
CCM14	Male	14Ch	40cm	30
CCM16	Male	16Ch	40cm	30

cubeCATH

AVP06	Paediatric	06Ch	30cm	30
AVP08	Paediatric	08Ch	30cm	30
AVP10	Paediatric	10Ch	30cm	30
AVF08	Female	08Ch	18cm	30
AVF10	Female	10Ch	18cm	30
AVF12	Female	12Ch	18cm	30
AVF14	Female	14Ch	18cm	30
AVM10	Male	10Ch	40cm	30
AVM12	Male	12Ch	40cm	30
AVM14	Male	14Ch	40cm	30
AVM16	Male	16Ch	40cm	30

For complimentary samples of the above products please call Great Bear on Freephone 0800 055 6270.

Nightingale Home Delivery Service

Nightingale can deliver your prescription continence and stoma products direct to your front door free of charge. We can also collect your prescription for you which frees up your valuable time.

Our customer services team will process your order and arrange for it to be delivered on time and in discreet packaging.

We can also assist you with any queries and put you in contact with one of our dedicated Nightingale Nurses who can

- Assess your individual needs and offer the right products for you
- Supply and fit your appliances
- Offer you confidential and unbiased advice

We can also supply complimentary accessories and a convenient sampling service.

Nightingale can be contacted on Freephone number 0800 318 559, via our website www.greatbearhealthcare.co.uk or email mail@gbhl.co.uk

We look forward to hearing from you.





GREAT BEAR
HEALTHCARE



Nightingale

Home Delivery Services

Contacting us is easy:

Great Bear Healthcare Ltd
FREEPOST RRKC-BRRB-AZCG
1 Lambourne Crescent
Cardiff Business Park
Cardiff
CF14 5GF
www.greatbearhealthcare.co.uk

Freephone Great Bear **0800 055 6270**
Freephone Nightingale **0800 318 559**

The information line is open between
8.30am - 5.00pm Monday to Thursday
and 8.30am - 4.00pm Friday.

There is an answerphone at all times.

Fax: 029 2074 7018
Email: mail@gbhl.co.uk