

Precautions

- Self-catheterisation or catheterisation by an inexperienced person can only be performed under the direct supervision of a Healthcare Professional.
- Never clamp the Catheter. If necessary, use a Catheter Valve or Catheter Stopper.
- Never puncture the Catheter with a needle to obtain urine samples. There is a risk of personal injury or other damage that may arise due to unsuitable handling or use of Cubcath.
- Do not resterilise or reuse. If the Cubcath is reused there is the risk of infection and inflammation. Sterility is only guaranteed for unopened and intact packaging.
- Single Use Only. After use dispose of the product in accordance to the instructions issued. Great Bear shall not be held responsible for any injury or damage that may arise from unsuitable handling or use of Cubcath.

Storage

Product must be stored in original packaging in a dry place at a temperature between 5-40°C. Product must be protected from extensive heat or direct sunlight. Sterility assured for 5 years unless package is opened or damaged.

Graphic Symbols Explained

Sterile using ethylene oxide	Batch code
Single use	Catalogue number
Use by	Date of manufacture
Quantity	Keep dry
Do not use if package is damaged	Temperature limit
Caution	Latex free
Do not resterilise	DEHP free
Manufacturer	Length
Diameter	Keep away from sunlight
Dispose of this carefully and thoughtfully	

Order Codes

Re-Order Code	Size
AVF08	Female 08ch
AVF10	Female 10ch
AVF12	Female 12ch
AVF14	Female 14ch
AVM10	Male 10ch
AVM12	Male 12ch
AVM14	Male 14ch
AVM16	Male 16ch
AVP06	Paediatric 06ch
AVP08	Paediatric 08ch
AVP10	Paediatric 10ch



Cubcath

Coated Intermittent Catheter

Instructions For Use

Female

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Great Bear® Healthcare Ltd

Indications

Cubcath Catheter is suitable for short term self catheterisation.

Contraindications

It must not be used on patients who are sensitive to materials used.

Materials Used

Cubcath Catheter is made from medical PVC which doesn't contain Phthalates (DEHP Free). Coat contains PVP and Polyurethane.

Possible Side Effects

Before performing self-catheterisation please consult with your Healthcare Professional to determine suitable Catheter size in order to avoid damaging the urethra. Contact your Healthcare Professional in cases of Urinary Tract Infections (UTIs), pain, infections and allergic reaction.

Instructions For Use

Please note, procedure should be performed in places with suitable hygiene.

Before Use

1. Wash hands before use with a mild soap and water (Diagram 1)
2. For hygienic reasons, cleaning of the intimate area should be performed prior to touching the packaging or the Catheter. Washing of the area should be performed from the urethral opening outwards (Diagram 2)

3. Peel pack should be opened using aseptic technique; **do not** touch peeled area and discard if packaging is not intact. Once tabs have been peeled back about 10cm, stop (Diagram 3)
4. Fill the pouch with tap water, or bottled water if outside of the UK, until the water level is in line with the bottom of the funnel (Diagram 4). On the back of the pouch is a sticky label – peel this back to stick the pouch to a convenient surface
5. The Cubcath is not lubricated during the activation process. Leaving the Catheter to soak for 30 seconds will allow for activation of the pre-applied hydrophilic coating (Diagram 5)

Usage

1. Remove Cubcath from the pack using aseptic technique and visually inspect the Catheter for damage. If there is any damage, dispose and use a new one. Take care to not touch the Catheter tip and do not place the Catheter down onto any surface. Ensure the funnel end of the Cubcath is positioned over the toilet or other receptacle
2. Insert the lubricated Cubcath until urine starts to flow (Diagram 6). If you feel any resistance during insertion do not force it – try coughing as this can help
3. When urine stops flowing, withdraw the Cubcath about 2-3cm. If urine flow resumes, wait for it to stop before withdrawing the Catheter again for a further 1-2cm. Once bladder is totally empty, remove the Cubcath and dispose of it in its peel pack (Diagram 7)
4. Finish by washing your hands (Diagram 8)

