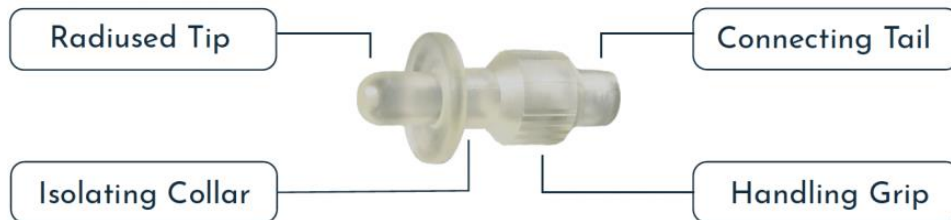


Instructions for self-instillation

Male Patients



Prior to using the URODAPTER®

1. Do not have sexual intercourse within 3 days prior to the treatment.
2. The UroDapter is sterile, wear gloves while using it.
3. Disinfect the urethral orifice and the nearby area with extra care.
4. Do not re-use the UroDapter.
5. The UroDapter is used for filling the bladder, through the urethra. Do not fill any other organs with the help of the UroDapter. Do not attempt to drain the urine with the UroDapter.
6. The UroDapter is used together with the solution prescribed by your therapist. Do not instill any other liquid into the bladder, including distilled water.
7. Read the User Manual of the UroDapter carefully before starting the self-instillation.
8. In case of any complication or issue, consult with your therapist as soon as possible.
9. It's worth keeping a file or diary about the dates of instillations, visits, and any issues or side effects experienced.

Instructions

1. After unpacking, attach the UroDapter to the syringe containing the drug cocktail to be instilled and disinfect it from the tip to the sealing collar. Retract the foreskin (if present) and disinfect the glans and external urethral orifice with a piece of gauze and antiseptic solution.
2. Wet the tip of the UroDapter with a few drops of the drug solution for easier insertion.
3. Hold the penis with one hand, making sure it is straight so the urethra is not kinked. Gently push the syringe with the sterile UroDapter with the other hand into the urethral opening. The isolating collar should fit on the surface of the glans.
4. Before starting the instillation, make sure to relax. Due to males' double sphincter, the intra-urethral pressure can rise to a high level, resulting in pain and/or urethral kinking. In such cases, the instillation may have to be paused. Take a few deep breaths, and relax completely. The speed of the instillation should be slow, usually around one minute, though it can vary from patient to patient.
5. Because of the length of the male urethra, approximately 15-18ml of the solution will stay inside the urethra once the instillation is finished. If this residual drug solution flows away, a significant proportion of solution will be lost, however it is easy to prevent this.



- Before taking away the adapter with the syringe, the urethral opening should be compressed with a gentle pinch performed with the thumb and the index finger, so that the solution cannot flow out.
 - After that, approximately 20ml of air should be sucked into the syringe.
 - Then, the syringe should be inserted back into the urethral orifice and the air should be injected into the urethra.
 - The air pushes the remaining drug solution into the bladder and a “buffing” sound will indicate that the air has entered the bladder and has pushed in the solution too.
6. After the liquid has been instilled, remove the adapter. It is recommended you hold the instilled solution back for at least 3 hours, but you are otherwise free to do any activity.



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