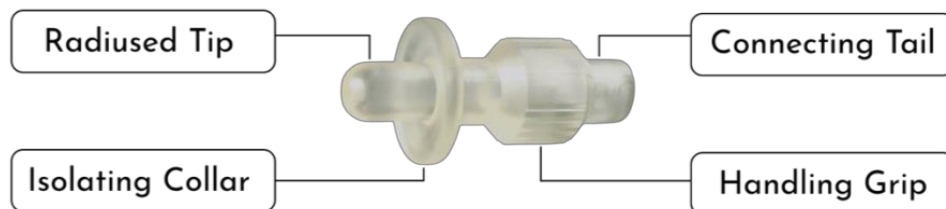




Instructions for self-instillation

Female Patients



Precautions

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. Before the instillation, empty your bladder completely.
2. Unpack the UroDapter by opening its packaging at the end of the connecting tail. Attach the UroDapter to the syringe while the other end of the UroDapter remains in its packaging. This way the sterility of the device can be maintained until it is being used.
3. Make sure that you know where your urethral orifice is. In case of doubt, use a mirror or a cell-phone to identify it properly.
4. Disinfect the urethral orifice with a piece of gauze and antiseptic solution and its surrounding 3cm area, along with the inner labia, if needed part the labia minora to properly expose the urethral orifice.
5. Insert the UroDapter into the urethral orifice and gently push the orifice under the symphysis toward the rectum, then gently drive the syringe with a "spooning" motion under the symphysis (This is crucial, as it allows for the liquid to flow from the syringe through the urethra).
6. Adjust the angle of the syringe so that it is parallel with the urethra. You can now start to instill the liquid and adjust the angle as needed - the most optimal angle will cause the least resistance while pressing the plunger of the syringe.
7. Before starting the instillation, make sure you stay relaxed.
8. Perform the instillation at a low speed, which usually takes around one minute, though it can vary from patient to patient.
9. The instillation works as the liquid instilled increases intra-urethral pressure and opens the sphincter. Anxiety and fear can cause the sphincter to constrict and make the



instillation painful. Slow down or pause the instillation while the sphincter is constricted; take a few deep breaths, and resume when there is no pain.

10. Some leakage may occur after the instillation. Usually, it is insignificant - only a few drops - and is harmless.
 - If there is any leakage during the instillation, it can be caused by too little or too much pressure. If there is not enough pressure, the sphincter may remain closed. Apply more pressure until the leakage stops.
 - Make sure that the sealing collar of the UroDapter properly covers the orifice and the nearby tissues. If not, leakage can occur.
 - If the pressure against the orifice exceeds a certain level, the urethra can bulge (also called kinking) and as the drug solution cannot flow into the bladder, this can cause leakage. The solution is to gradually decrease pressure until the leaking abates.
11. After the drug solution 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.

Remember the extra instructions given by your therapist, too. In special cases - e.g., too narrow urethral orifice - there are certain things you have to pay attention to while performing the self-instillation. If needed, any possible leakage can be monitored by placing paper tissue under your pelvic area. Using a mirror or a cell phone it is possible to watch whether the tissue gets wet.