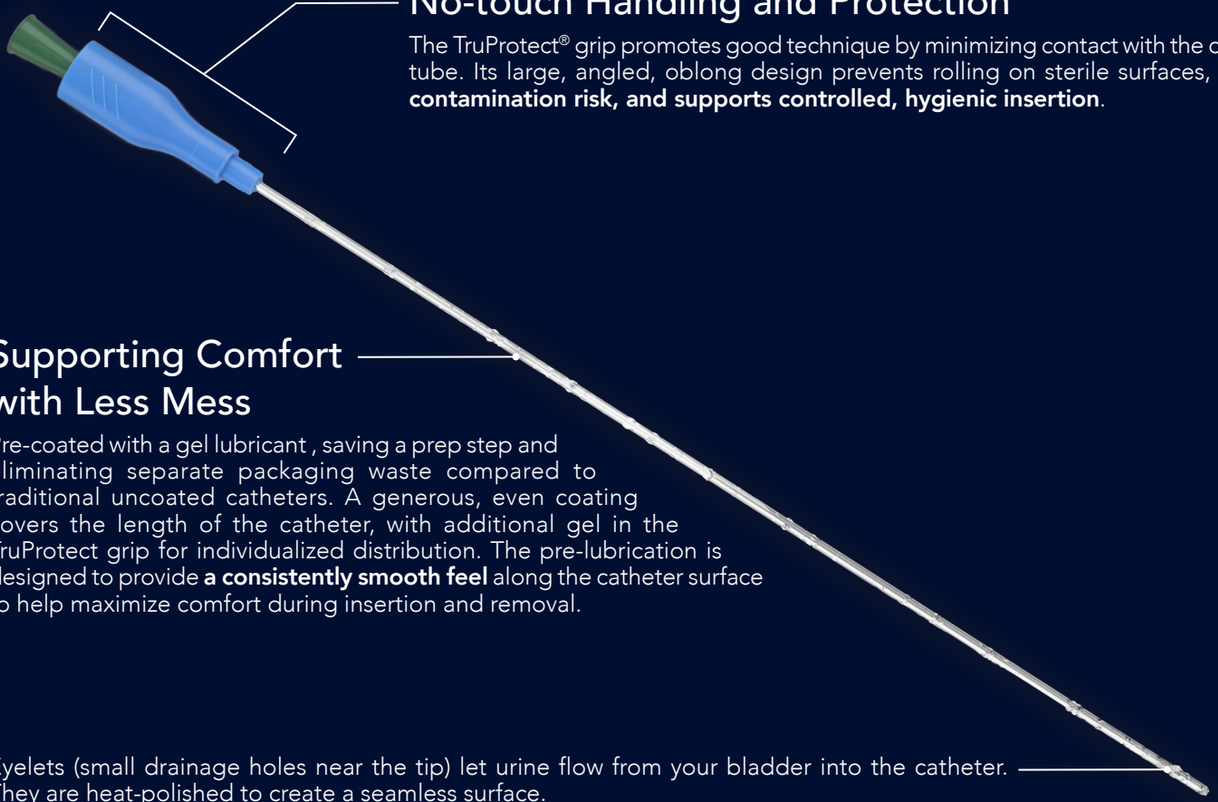
Materials Chosen With Your Safety in Mind

All TruCath Swift catheters are **not made with natural rubber latex, DEHP, BPA, or other phthalates**—reducing allergy risks and chemical exposure.



No-touch Handling and Protection

The TruProtect® grip promotes good technique by minimizing contact with the catheter tube. Its large, angled, oblong design prevents rolling on sterile surfaces, **lowers contamination risk, and supports controlled, hygienic insertion**.

Supporting Comfort with Less Mess

Pre-coated with a gel lubricant , saving a prep step and eliminating separate packaging waste compared to traditional uncoated catheters. A generous, even coating covers the length of the catheter, with additional gel in the TruProtect grip for individualized distribution. The pre-lubrication is designed to provide **a consistently smooth feel** along the catheter surface to help maximize comfort during insertion and removal.

Eyelets (small drainage holes near the tip) let urine flow from your bladder into the catheter. They are heat-polished to create a seamless surface.

HOW-TO GUIDE

Self-Catheterization with TruCath Swift

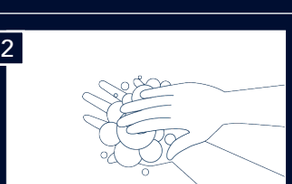
PREPARATION

1



Assemble equipment. Inspect packages. Discard and replace if any package is damaged.

2



Perform hand hygiene (wash hands or use an alcohol-based hand rub).

3



Identify a comfortable position.

4



Wash genitals with soap and water, antibacterial soap, or nonalcoholic wet wipes if first catheterization of the day or after a bowel movement.

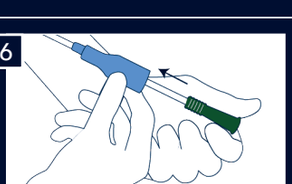
INSERTION

5



Open the package and expose the funnel.

6



Holding the funnel, slide the TruProtect Grip along the catheter towards the tip.

7



Carefully insert the catheter into the urethral orifice.* Advance the catheter towards the bladder. Stop advancing when urine starts to flow.

WITHDRAWAL

8



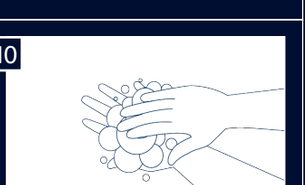
When urine stops flowing, begin to withdraw the catheter. Slowly rotate the catheter during withdrawal, stopping each time urine begins to flow until the bladder is empty. Remove the catheter from the urethra.

9



Dispose of used equipment and packaging.

10



Perform hand hygiene (wash hands or use an alcohol-based hand rub).

*Coudé Tip Catheters

Before insertion, ensure the curved tip angle is facing upwards. For guidance, use the raised line/ridge on the catheter funnel and blue line on the catheter tube to orient the catheter in an upward position. Always defer to the tip angle for positioning.

HRHealthCare

Ready-to-Use Convenience

TruCath Swift® Ready-to-Use Pre-Lubricated Catheters feature a **water-based, medical-grade lubricant coating** for intermittent catheterization. Ready to use out of the package—no water activation or separate lubricant application required.

HRHealthCare Patient Services

Getting Your Supplies to Your Door

HR HealthCare Patient Services brings together HR HealthCare products with supply services for a smoother, more personalized experience. We manage and guide the coverage process, provide product consultation, and handle supply management to support your intermittent catheterization needs.

Patient Services Support Includes:

- Supply coverage coordination with insurances and plans.
- Ordering, deliveries, tracking, and reorders to ensure you have products when needed.
- Product selection, intermittent catheterization education, routine use guidance, and urinary tract infection risk minimization.

Learn More

To learn more about TruCath Swift catheters or receive support with your supplies, contact HR HealthCare:

Customer Care: 800.985.9048 | customercare@hrhealthcare.com

Patient Services: 717.208.8689 | patientservices@hrhealthcare.com

The information provided is for informational and educational purposes only and should not be considered medical advice or a treatment recommendation. Always follow the guidance of your healthcare professional and the product Instructions for Use (IFU) to ensure safe use. Scan the QR code or visit the HR HealthCare website for additional information: **https://www.hrhealthcare.com/instructions-for-use-safety-data-sheets-resources/**

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