

Gepan[®] instill

The favoured¹ GAG-layer replenishment therapy for chronic forms of cystitis



Self-instillation guide for women



For chronic forms of cystitis

- ✓ Interstitial cystitis
- ✓ Overactive bladder syndrome
- ✓ Radiation cystitis
- ✓ Chronically recurring cystitis

For significant improvement in quality of life

Gepan[®] instill: 40 ml sterile sodium chondroitin sulphate solution (0.2%) for instillation into the bladder. Medical device for temporary GAG-replenishment.

G. Pohl-Boskamp GmbH & Co. KG, Kieler Strasse 11, 25551 Hohenlockstedt, Germany.

1. Madersbacher, H., van Ophoven, A. and van Kerrebroeck, P. E.V.A., GAG layer replenishment therapy for chronic forms of cystitis with intravesical glycosaminoglycans - A review. *NeuroUrol. Urodyn.* 2013;32: 9-18.

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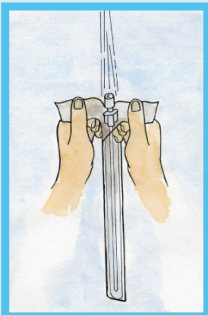
 **PURPLE ORCHID**
THE WOMEN'S SELF-CARE COMPANY

Self-instillation with **Gepan® instill** can be done when you have been shown the method by a health care professional. This leaflet is meant to support the information and instruction of your doctor or nurse and to guide you through the steps of self-catheterisation. The course of treatment follows a specific plan which your doctor will tell you about.

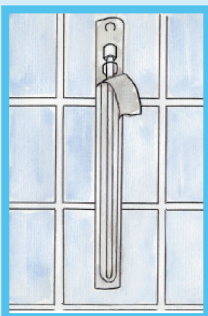
1 Preparation of the catheter

Wash your hands and make sure you have the Gepan® and catheter packages within reach.

Follow the manufacturer's instructions to activate the catheter package. You need to release water into the pack to lubricate the catheter, making it ready for use. If it asks you to add water, make sure it's from the cold tap as hot water tanks can contain bacteria.



a) Open the pack with the catheter about 2cm and stick the catheter bag with the catheter inside onto a flat surface such as a wall or sink, using the small sticker on the back of the pack.

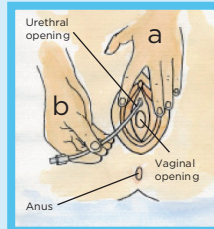


b) Let the catheter stay in the catheter bag with water for at least 30 seconds.

3 Draining of the bladder

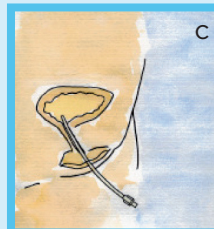
1. Pass urine as you would normally do. Avoid pressing with your abdominal muscles.
2. Wash with water around the urethral opening.
3. Wash your hands.

Remove the protection cap of the catheter. Sit on the toilet. Push your pelvis forward so you can get a better view.



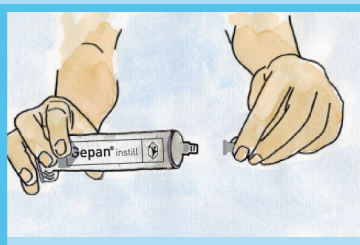
a) Separate the labia using 2 fingers and lift slightly upwards. You will see the urethral opening between the clitoris and the vagina.

b) Insert the catheter into the urethra and up into the bladder. The urine will run through the catheter into the toilet if you have not emptied your bladder completely.



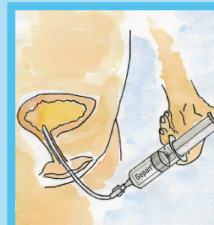
c) You are now ready for the instillation of **Gepan® instill**.

2 Take your time

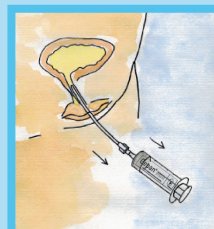


Unwrap the Gepan® syringe. Its innovative tip connects directly to most catheters but if you need an adapter, call or email us (details below).

4 How to use Gepan® instill



Connect the other end of the catheter to the syringe. Push the plunger slowly to instill the fluid into the bladder. It should flow easily as the liquid is non-viscous.



When all of the liquid has been instilled in the bladder, gently remove the catheter. Throw it and the syringe away. Keep the liquid in your bladder for at least 30 minutes.



NOTE: KEEP GEPAN® INSTILL IN YOUR BLADDER AS LONG AS POSSIBLE. AT LEAST 30 MINUTES



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