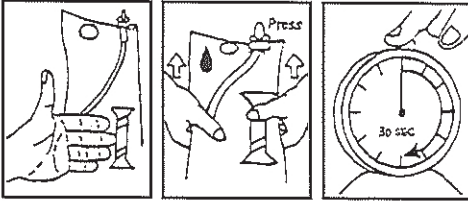
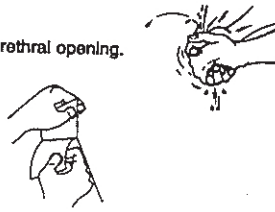


# MMG H<sub>2</sub>O™ Directions For Use – Male

1. Wash your hands with soap and water. Then clean the area around the urethral opening. Antiseptic swabsticks or a towelette may be used.

Note: If you wish to open the package using the convenient thumb holes, simply slip your thumbs into the holes and pull apart.



2. Burst the sterile saline pouch, coat catheter with solution, wait 30 seconds for activation.
3. Insert a finger in the ring on the cap and pull the cap off, exposing the introducer tip.

**The instructions below are for right handed people. If you are left handed reverse the procedure:**

4. Using your left hand, insert your thumb into the hole in the bag. Then use your thumb and index finger to grasp the guide grip inside the bag (see illustration).



5. Using your right hand, advance the catheter into the introducer tip. Be careful not to pass the catheter through the tip.



6. The catheter should now be loaded into the tip so that the tip is firm. Next, additional lubricant can be accessed by swabbing the loaded tip with gel. Extra gel can be found inside the cap.

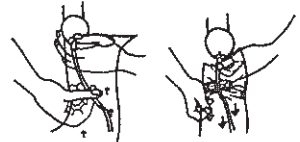


7. Hold the penis using your right hand. Advance the tip into the urethra using your left hand while holding the guide grip with your thumbs and index finger.



8. With the tip held inside the urethra use the middle and ring finger of your left hand to cup the penis.

9. Advance the catheter through the urethra at 1 to 2 inch intervals with your right hand. Each 1" to 2" push will slightly "crinkle" the bag. After each push, squeeze the guide and stabilize the catheter. Then, straighten the bag with your right hand.



10. Continue advancing the catheter until urine begins to flow.

11. After urine stops flowing, gently remove the catheter with the bag attached. Tear down into the bag at the perforation and pour the urine into the toilet.

12. Dispose the components using the refuse bag provided.

13. Wash your hands.



The process may take several attempts to master, but you will be surprised how easy it becomes. If you should experience any discomfort, please consult your physician.

If you experience any problems please call our help line at 1-800-334-4475. We are anxious to help.

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