

A Comprehensive Guide to Preventing Urinary Tract Infections (UTIs)

Be liberated
from UTIs



Making a difference in the journey of life.

UTIs are a constant risk for people using Intermittent Catheters (IC)

Infection prevention is the No.1 priority for people using intermittent catheters and Healthcare Professionals (HCPs).³

Understand the importance of infection prevention:

- Urinary tract infections (UTIs) account for more than 30% of infections reported by hospitals.¹
- UTIs are the most common type of health care associated infection.¹

UTIs are a very real risk for people using intermittent catheters.



60%

of IC users suffer from at least one UTI a year.²

Fear of infection can impact every part of daily life

Physically

From feeling unwell and uncomfortable to severe consequences:

- Kidney damage
- Septicemia
- Death **15% in SCI patients**⁴

“With my kidney infection, I was in terrible pain. The realisation of link to death in SCI was terrifying and a very real possibility. It was no longer something that only happened to other people. I felt immense fear.”

Michelle, Cauda Equina Syndrome

Emotionally

Living in fear of infection means living in a state of heightened:

- Awareness⁵
- Vigilance⁵
- Anxiety⁵

“The sheer anxiety, worry, terror of developing a UTI is not just an irrational fear. The harsh and stark reality of the potential outcome of this happening - it was too overwhelming to even contemplate.”

Wayne, Urinary Retention

Socially

Infections impact everyday behaviours:

- Restricting activities⁶
- Increasing isolation⁶
- Feelings of loneliness⁶

“I would isolate myself from others and from anywhere public I’d potentially need to use a bathroom as the fear of cleanliness and lack of facility elevated my worries of contracting a UTI.”

Ian, Spinal Cord Injury

The challenge of antimicrobial resistance

UTIs are becoming more complicated and harder to treat as a result of recurrent infections and overuse of antibiotics.¹⁰

Prevention is critical.

97% of people told us protection from infection was important.¹²

*Current exchange rate as of 1 March 2023.



A failure to address the challenge of antimicrobial resistance could result in:

10 million

Deaths estimated every year globally by 2050¹³

£66 trillion*

Cost in lost productivity to the global economy¹³

UTIs are caused by bacteria

The products you choose to use can influence the risk of bacterial transfer.

Using an intermittent catheter with a no touch technique can provide reassurance against infection, the No 1 most significant concern for people using intermittent catheters.³

*For the three microbial species evaluated

1

Catheters can introduce bacteria from the external environment into your urethra¹⁴

The VaPro™ range of intermittent catheters provide you superior protection in reducing microbial contamination* to effectively zero.¹⁶

2

Catheters can also transfer bacteria from the first 15mm of your distal urethra into your urinary tract and bladder¹⁵

Start right here with VaPro™ catheters to protect you from infection¹⁷

- ✓ Proven pathogen protection¹⁸
- ✓ Proven user satisfaction¹⁹

The only catheter range with 100% no touch Protection*¹⁷



* Based on availability on 1st March 2023

VaPro™ catheters are the only hydrophilic catheter range with a protective tip, sleeve and cap²⁸

Small details that make VaPro™ catheters the superior choice in infection prevention:



The protective tip

Helps shield the sterile catheter during insertion from bacteria located within the first 15mm of your distal urethra. This helps to reduce your risk of carrying bacteria into your urinary tract.²⁰

The protective sleeve

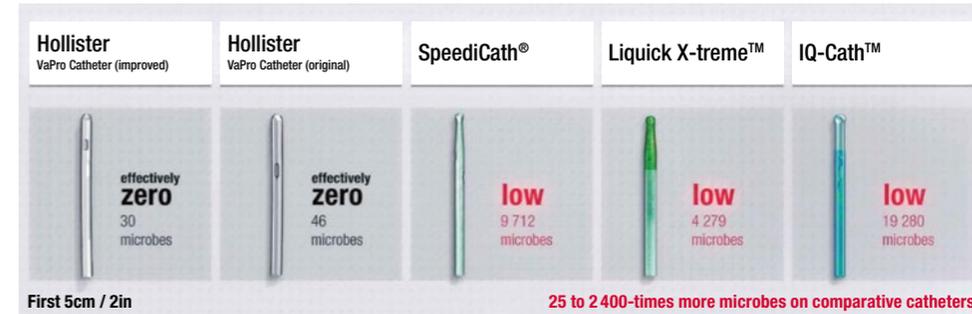
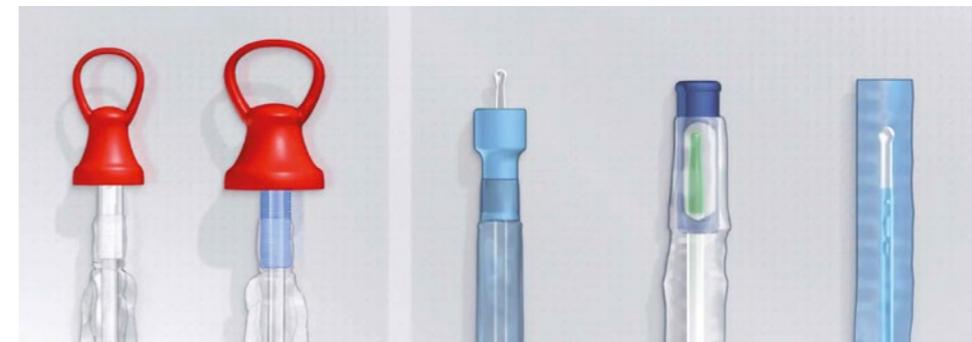
Allows you to grip the catheter anywhere, providing a barrier to the catheter to help keep germs away.²⁰

Be empowered to make the right choice

- Change to VaPro™ catheters are the only range of catheters to reduce microbial contamination* to **effectively zero**¹⁶
- Comparative catheters resulted in **25x to 2,400x** more microbes than on VaPro™ catheters (p-value of <0.05)²⁰

Choose VaPro™ catheters to protect yourself from infection and be liberated to live life on your own terms.

* For the three microbial species evaluated.



Be liberated
from UTIs

50%

of IC users reported less frequent
UTIs after changing to VaPro™
catheters¹⁹

Why settle for anything
less than 100% no
touch protection¹⁷



“If I didn’t have VaPro Plus, then
I wouldn’t have dreamed about
the adventures I have done. It’s
completely changed my life.”

Shaun Gash,
T5/6 Complete SCI
VaPro Plus Pocket™ Catheter user



It’s all in
the detail

The VaPro™ range of
catheters are designed
with you in mind.

Small details can add
up to a big deal.



Ultrasonically rounded eyelets for a smoother experience

VaPro™ catheters:

- Are designed with smooth, rounded eyelets to **enhance your comfort** on insertion and withdrawal to support your ISC schedule.²¹
- Are designed not only to facilitate **complete emptying of your bladder**, they also aid in **drainage of mucous and sediment**, which may be associated with bladder stones and urinary tract infections.²²

The VaPro™ catheter portfolio is designed to meet your needs

You can rely on the VaPro™ range of intermittent catheters as your needs and lifestyle change over time.

If you are new to catheterising, travelling or need discretion there is an option for you.

93% of VaPro™ catheter users feel protected against infections²³



Integral bag

- ✓ VVaPro Plus™ catheters and VaPro Plus Pocket™ catheters
- ✓ Integrated 1,000ml collection bag, with anti-reflux valve to prevent backflow of urine

Discretion

- ✓ VaPro Pocket™ catheters and VaPro Plus Pocket™ catheters
- ✓ Pocket-size packaging for easy transportation and discreet out of home usage

Portfolio features across the range

- ✓ Firm catheters with VaPro™ F-Style
- ✓ Tiemann tip for navigating obstructions
- ✓ Male and female options



All with 100% No Touch Protection*¹⁷

Your choice in one portfolio

Start right here with VaPro™ catheters

	Hollister VaPro™ Catheter ²⁴	Coloplast SpeediCath® Flex Catheter ²⁵	Teleflex Liquick X-treme™ Catheter ²⁶	Manfred Sauer IQ-Cath™ (sleeved) Catheter ²⁷
Protective sleeve	✓	✓	✓	✓
Protective tip	✓	✗	✗	✗
1,000ml integrated bag with anti-reflux valve option	✓	✓	✗	✗
Hydrophilic coating	✓	✓	✓	✓
Discreet packaging option	✓	✓	✗	✗
Ready to use straight out of the packaging	✓	✗	✓	✓
Effectively zero microbial transfer from catheter*	✓	✗	✗	✗

*Based on results from the IMPACT study²⁰.

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- VaPro™ catheters are still the only hydrophilic intermittent catheter with sleeve, protective tip, and protective cap*; 100% no touch protection**.

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Prior to use of VaPro catheters, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions. Not all products are CE marked. Rx Only.

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