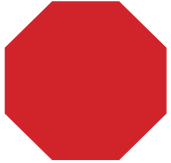


# Men's Liberty™

## Male External Catheter

Men's Liberty™ is a one-size-fits-most male external urinary incontinence device

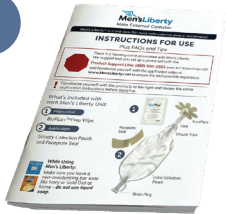
## INSTRUCTIONS FOR USE



For assistance with Men's Liberty™ application please call our **Medical Product Specialists: 888-920-9363**  
Hours: Monday–Friday, 9:00am–6:00pm ET.

## WHAT IS IN EVERY BOX

1



**Instructions For Use**  
Simple step-by-step guidance to help you get started with confidence.

2



**Men's Liberty™ External Catheters\***  
Packaged in convenient single bags. Use one unit every 24 hours.

3

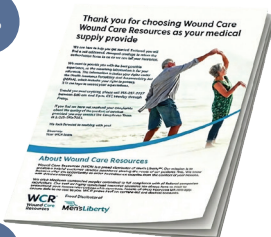


**FreeDerm® Adhesive Remover Spray**  
Makes removing Men's Liberty™ gentle, quick, and easy.

\*Men's Liberty™ unit quantity varies based on your order and insurance coverage.

## PRODUCTS INCLUDED ARE DETERMINED BY MEDICAL NECESSITY AND INSURANCE COVERAGE

4



**Welcome Packet**  
Your new patient packet to help you get the most out of Men's Liberty™ benefits.

5



**Overnight Bed Bags**  
May be included based on medical need.

6



**KindKlamp™**  
Helpful tool to aid in application.



Familiarize yourself with the product. Review the entire application instructions before applying.

# Getting Started – Your First Few Days

**Thank you for choosing Men's Liberty™.**

Getting used to a new medical product takes time. Most new users need **3–5 applications** to adjust. If you previously used absorbent products, your skin may still hold moisture, which can take a few days to normalize.

**During your first few days:**

- A full **24-hour seal** may not happen right away. This is normal. If Men's Liberty™ comes off, simply apply a new one. Call us if you have questions.
- Our **Medical Product Specialists** can guide you through your first application. You can schedule a full walk through to review the process in detail.
- Use **FreeDerm® Adhesive Spray** to take off Men's Liberty™ and clear any adhesive buildup.
- **Prep your skin properly:** wash with a non-moisturizing bar soap, then dry completely before applying.
- **Do not use Men's Liberty™ with diapers, pads, or pull ups.** These trap moisture and prevent a strong seal.

If you need help, our [are available Monday–Friday, 9:00 am–6:00 pm ET](tel:888-920-9363) at **888-920-9363**. We're happy to answer questions or walk you through an application step by step.

**Seven-Petal Faceplate** made of gentle hydrocolloid adheres directly to the skin of your anatomy, preventing leakage.

**Hydrocolloid Faceplate Seal** provides a second layer of leak protection

**Gravitational Vent** allows air, guiding urine away from skin to prevent pooling and skin breakdown

**Drain Plug** allows voiding without removing the product. Can connect to a standard bed bag or leg bag for more capacity.

**Urine Collection Pouch** is discrete and undetectable under clothing.



# INSTRUCTIONS FOR USE



If you have any questions, call the Medical Product Specialists and we will walk you through each step of your first application.

Medical Product Specialists: [888-920-9363](tel:888-920-9363) Hours: Monday–Friday, 9:00 am–6:00 pm ET

## 1. Wash & Dry

Begin by washing the head of the penis with a non-moisturizing bar soap such as Ivory® or Gold Bar Dial®, then dry the area thoroughly with a cotton or paper towel. If uncircumcised, keep the foreskin pulled back throughout the entire application. Apply the KindKlamp™ at this stage to gently stop urine flow and help hold the foreskin back, making the application easier.



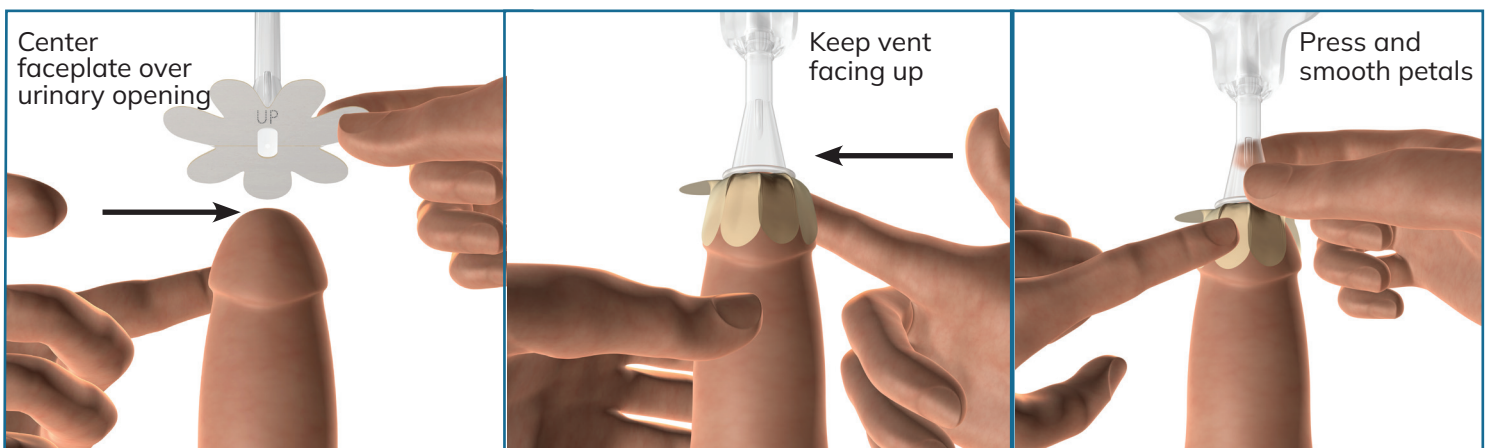
## 2. Wipe & Dry

Wipe the head of the penis with BioPlus+™ wipe. Allow 30 seconds to 1 minute for the area to dry completely. Ensure the skin is dry all around and no longer tacky.



## 3. Positioning & Application

Position Men's Liberty™ with the vent facing up, as indicated by the printed "UP" on the faceplate release paper. Align the center opening of the circular tube and petals with your urinary opening (meatus). Remove release papers around the petals and attach the faceplate to the tip of the penis with the center opening directly in line with the urinary opening. Smooth down petals.



# INSTRUCTIONS FOR USE

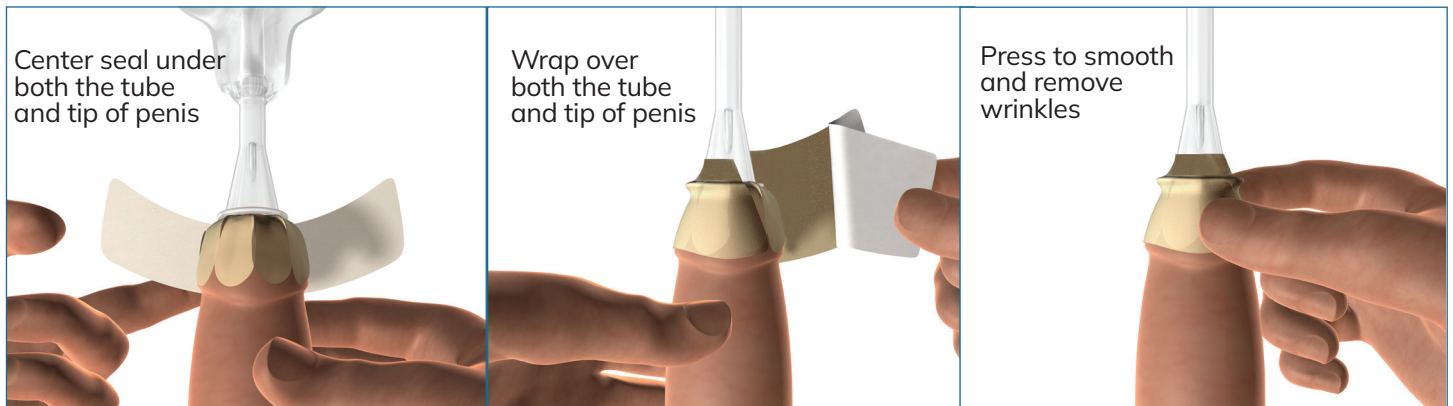


If you have any questions, call the Medical Product Specialists and we will walk you through each step of your first application.

Medical Product Specialists: **888-920-9363** Hours: Monday–Friday, 9:00 am–6:00 pm ET

## 4. Secure & Seal

Position the faceplate seal under the tip of the penis with the cut-out facing the body and center. Faceplate seal should cover the faceplate petals and the base of the circular tube. Wrap the seal around each side, making sure it is flat and wrinkle free. Use your fingers to push the ridges and grooves so there are no air pockets. Press and hold for 10-15 seconds to secure the seal. If you use KindKlamp™, remove it at this point. Allow the foreskin to fall back to its natural position.



## 5. Removal

Men's Liberty™ should be removed using FreeDerm® Adhesive Remover. Spray along the edge of the adhesive and gently lift it from the skin as you continue spraying underneath. Never pull or tear the device off. Use extra FreeDerm® Adhesive Remover to clear any leftover adhesive on the skin.

If FreeDerm® Adhesive Remover is not available, soak the adhesive seal with warm water or a wet washcloth until it turns milky white and can be gently rolled off the skin.



This product is **not reusable**. Reusing it may cause malfunction or increase the risk of infection. After removal, dispose of it in a trash can.



For sanitary reasons replace every 24 hours.

**Don't Run Out!** Call your distributor to place a re-order when you have 10 units or less.

# FREQUENTLY ASKED QUESTIONS

## **I received my Men's Liberty™ supplies today. When should I start using them?**

We recommend choosing a day when you will be at home. Men's Liberty™ has a learning curve, and it may take 3–5 applications before achieving a full 24-hour seal. Before you begin, carefully review the included instructions. Proper skin preparation is essential for a secure seal.

Clean the skin using a non-moisturizing bar soap, such as **Ivory®** or **Gold Bar Dial®**. Avoid liquid soaps. Then follow all application instructions step by step for the best results. Our Medical Product Specialists are ready to guide you through your first application with a personalized walkthrough. You can schedule this session at a time that works best for you.

## **Where does the Men's Liberty™ bag go?**

The Men's Liberty™ urine collection pouch should rest against the inner thigh. Because the system relies on gravity, be sure the pouch is positioned below the anatomy to allow proper urine flow.

## **How often should I empty the Men's Liberty™ bag?**

The Men's Liberty™ bag holds 8 oz and should be emptied when it's about two-thirds full. It can also connect to any standard leg bag or bedside urine collection bag for added capacity.

## **How do I remove Men's Liberty™?**

Men's Liberty™ should be removed using FreeDerm® Adhesive Remover. Spray along the edge of the adhesive and gently lift as you continue spraying underneath until it fully releases. Do not pull or tear the product from the skin. Use additional FreeDerm® Adhesive Remover to remove any remaining residue.

## **My Men's Liberty™ doesn't stay on as long as it should. What should I do?**

Always wash the area with a non-moisturizing bar soap such as **Ivory®** or **Gold Bar Dial®**. Avoid liquid soaps, as they contain moisturizers that can prevent Men's Liberty™ from sealing properly. Apply Men's Liberty™ only to clean, completely dry skin. It will not adhere if the skin is damp.

Allow the **BioPlus+™ Barrier Wipe** to fully dry before application. It will feel tacky at first; you'll know it's dry when the tackiness disappears.

Do not use other incontinence products—such as diapers or pads with Men's Liberty™. These trap moisture and can affect the seal, reducing wear time.

## **What is hydrocolloid build-up?**

Men's Liberty™ uses a gentle hydrocolloid adhesive that can leave a thin layer on the skin if not fully removed.

### **To clear buildup:**

- Apply **FreeDerm® Adhesive Remover** to the tip of the anatomy.
- Wrap a warm, wet washcloth around the area for a few minutes.

Use this if you notice leaks or shorter wear time. It helps restore a clean surface for better sealing.

## **I have leaking at the adhesive. What should I do?**

If you experience any leaking with Men's Liberty™, please contact our Medical Product Specialists. They are experts in troubleshooting and can help identify the cause and guide you through solutions.

## **The BioPlus+™ Barrier Wipe says “no sting” but it burns when I apply. Is something wrong?**

Some patients (or users) may feel a mild stinging when using BioPlus+™. This usually goes away once the wipe dries. To avoid irritation, do not wipe across the opening at the tip of the penis. Use the wipe only around the head of the penis, keeping it away from the opening.

## **I had some irritation after removing Men's Liberty™. What can I do?**

You may have placed the adhesive faceplate too tightly or the adhesive may be pulling when the pouch drains. Avoid stretching or pulling the adhesive tightly around the head of the penis during application. If this continues, please contact our Medical Product Specialists for help.

# Overnight Bed Bag Application

**Step 1.** Wash hands with soap and water.

**Step 2.** Remove protective cap from the drain bag. Check the drainage plug to make sure it is closed.

**Step 3.** With an alcohol-saturated pad or material, clean the connector end of the tubing, and the drain plug of the Men's Liberty™.

**Step 4.** Attach the bed bag to the Men's Liberty™ pouch by inserting the tubing with the tree-shaped connector to the drain plug.

**Step 5.** Wash your hands with soap and water.



# Overnight Bed Bag Cleaning

**Step 1.** Mix cleaning solution: 2 parts white vinegar and 3 parts water.

**Step 2.** Empty the bag of urine and then close the drain plug.

**Step 3.** Place tubing under the faucet, putting warm water into the bag. Swish it around for 10 seconds and then empty it through the drain plug. Close the drain.

**Step 4.** Pour cleaning solution into the bag. Put the protective cap on the connector. Swish solution around for 30 seconds and then let it sit in the bag for 20 minutes. Empty through the drain plug.

**Step 5.** Keep drain plug open and pointed down. Hang the bag to dry until next use. Remember to close the plug when attaching it to Men's Liberty™.

**Step 6.** Wash hands with soap and water.

**NOTE:** The bed bag should last for approximately **2 weeks**. Replace it sooner if it becomes discolored, brittle or develops an odor even after cleaning.

## Contraindications:

### Absolute

(When the product should not be used at all)

- Demonstrated sensitivity to hydrocolloid (rare)
- Anatomic abnormality (severe acquired hypospadias, urethral fistula, penile shaft erosions)
- Cannot retract foreskin to expose head

### Relative

(When the product can be used after healing)

- Unhealed wound at application site (wait to heal)
- Active rash at application site (wait to heal)
- Active inflammation or infection of the glans, prepuce or urethra (wait to heal)
- Purulent or bloody urethral discharge (wait to heal)

**Intended Purpose:** Men's Liberty™ External Catheters are hydrocolloid adhesive, single-use, non-sterile devices intended to provide a leak-free seal and collection of urine in a closed bag for incontinent men where an external catheter can be worn comfortably. Men's Liberty™ is indicated for external application to intact skin of the male glans penis, providing a leak-free seal and collection of urine in a closed bag to treat stress, urge, overflow, functional, and mixed incontinence in men where an external catheter could be applied and worn comfortably to help minimize risks that are associated with indwelling catheters and absorbent pad/diaper products.

**Target Population:** Men's Liberty™ is intended to be used by most male incontinence patients at home or on the go where the patient or caregiver can apply the device.

**Intended User:** Men's Liberty™ can be used by in-home, male patients and healthcare providers.



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NOT MADE WITH NATURAL RUBBER LATEX

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