

# Cathejell Mono

Sterile lubricant gel

*Cathejell Mono* is a sterile, water-soluble, visually clear gel, which is used as a lubricant for catheters, endoscopes, probes, tubes or other medical instruments.

*Cathejell Mono* is used

- for instillation into the urethra prior to catheterisation and the introduction of instruments
- as a lubricant when introducing probes or endoscopes and in tracheal intubation (use in procedures in the respiratory tract, in endoscopic procedures in the rectum and colon, as well as in endoscopic applications in the oro- and nasopharyngeal area and in gynaecological applications)

*Cathejell Mono* serves as a lubricant for use on mucous membranes and is intended to relieve pain during such procedures.

During urethral catheterisation, instillation with *Cathejell Mono* gently opens the urethra prior to inserting a catheter or other instruments and forms a lubricant film between the urethra mucosa and the instrument. Thus, the lubricant gel passes through the urethra ahead of the instrument and thereby makes it easier to insert instruments without pain.

During catheterisation, the patient relaxes the pelvic floor muscles, thereby allowing the instrument to pass more easily from the urethra through the external sphincter.

## Directions for use:

***Use in the urethra before inserting a catheter, endoscope or other medical instruments***

Important: Slowly apply (instil) into the urethra before inserting any instruments.

The accordion syringes contain 12.5 g or 8.5 g gel, of which approximately 10 g and 6 g, respectively, are inserted into the urethra during instillation.

Method of administration:

- Clean or disinfect, if appropriate, the external opening of the urethra
- Peel off the paper from the transparent cover up to the tapered end of the blister
- Snap off the tip with a short sharp jabbing action preferably into the blister pack
- Remove the tip completely so that it cannot be inserted accidentally into the urethra
- Squeeze out one drop of gel so that the application nozzle can be inserted more easily

- Slowly insert the gel by applying moderate pressure on the syringe.

## ***Use with endoscopes and probes***

The accordion syringes contain 12.5 g or 8.5 g gel, of which the designated amount of up to about 10 g and 6 g, respectively, is applied.

- Peel off the paper from the transparent cover up to the tapered end of the blister
- Snap off the tip with a short sharp jabbing action preferably into the blister pack
- Remove the tip completely so that it cannot be inserted by mistake
- Slowly apply the gel by exerting moderate pressure on the syringe.

Apply gel to the probe / endoscope / instrument depending on the intended use and spread evenly.

## ***Use in Airway management***

### ***Use in tracheal intubation***

The accordion syringes contain 12.5 g or 8.5 g gel, of which the designated amount of up to about 10 g and 6 g, respectively, is applied.

- Peel off the paper from the transparent cover up to the tapered end of the blister
- Snap off the tip with a short sharp jabbing action preferably into the blister pack
- Remove the tip completely so that it cannot be inserted by mistake
- Slowly apply the gel by exerting moderate pressure on the syringe.

Spread the gel (about 5 g) evenly over the lower third of the tube to pass smoothly into the trachea. To reduce the risk of microaspiration, lubricate the cuff prior to intubation. The gel can also be applied on the introducer to facilitate a better sliding into and out of the tube. To prevent drying out, the gel should not be applied to the instrument until immediately before use. Do not let any gel enter the lumen of the tube.

The syringes are intended for single use; discard any remaining gel.

### ***Use with laryngeal mask airway (LMA)***

The accordion syringes contain 12.5 g or 8.5 g gel, of which the designated amount of up to about 10 g and 6 g, respectively, is applied.

Method of administration:

- Peel off the paper from the transparent cover up to the tapered end of the blister
- Snap off the tip with a short sharp jabbing action preferably into the blister pack
- Remove the tip completely so that it cannot be inserted by mistake
- Slowly apply the gel by exerting moderate pressure on the syringe.

For correct application spread a thin layer of the gel on the posterior surface of the laryngeal mask. To reduce the risks of blockage of the aperture or inhalation of lubricant, avoid remaining globules of gel on the anterior surface of the cuff or in the bowl of the mask.

The syringes are intended for single use; discard any remaining gel.

**Dosage instructions:**

The syringes contain 12.5 g or 8.5 g gel, of which about 10 g and 6 g, respectively, can be removed.

The amount of gel to be used depends on the patient's anatomical characteristics and the type of endoscope, catheter, tube, probe or instrument inserted.

For catheterisation, never instil more than 1 syringe at any one time. The contents of one syringe are sufficient to fill the urethra.

**Do not use *Cathejell Mono***

if you are allergic (hypersensitive) to any of the ingredients of *Cathejell Mono*.

**Take special care with *Cathejell Mono***

Swallowing difficulties may occur when using *Cathejell Mono* in the mouth and throat region. There is a risk of inhaling the gel (aspiration).

**Interaction between *Cathejell Mono* and other medicines**

No interaction known.

**Pregnancy and breast-feeding:**

During pregnancy and breast-feeding, *Cathejell Mono* can be used.

**Driving and using machines**

Effects on the ability to drive and use machines are unlikely, but cannot be completely ruled out in cases of increased individual sensitivity.

**Side effects:**

As a local reaction, hoarseness can occur during use as a lubricant for the endotracheal tube.

**Special warnings for safe use:**

Only use packs with the sterile paper intact.

If reused or re-sterilised, sterility, functionality and product quality are no longer assured.

**Composition:**

Ingredients are: hydroxyethylcellulose, glycerol, water for injections, sodium chloride.

**Pack sizes:**

1 x 12.5 g, 5 x 12.5 g, 25 x 12.5 g  
1 x 8.5 g, 5 x 8.5 g, 25 x 8.5 g

**Shelf life:**

As printed on the pack.

**Storage instructions:**

Do not store above 25°C.

Keep the blister in the carton in order to protect from light.