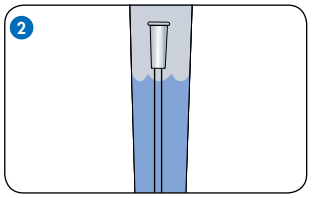
LoFric®

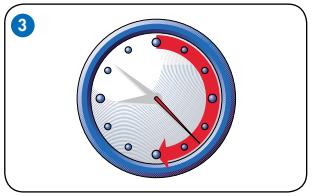
# INSTRUCTIONS FOR BOYS

1. Wash your hands thoroughly with soap and water. Sometimes it could be worthwhile to try to wee on your own before CIC (Clean Intermittent Catheterisation).

2. Activate Lofric catheter.

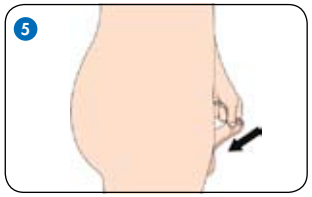



3. Wait for thirty seconds before you remove the catheter from the packaging. Insert the catheter as soon as possible.

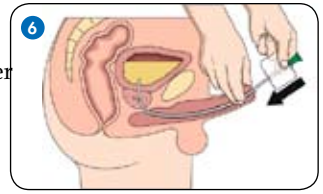



4. Chose a position that is most comfortable. Catheterise.

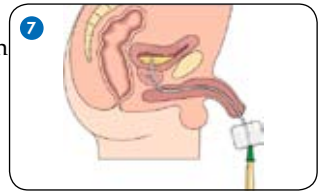
5. Gently pull your foreskin back (if you have one). Hold your penis up towards your stomach. In this position, your urethra is extended and becomes U-shaped. This will make it easier to guide your catheter into your bladder.
*Hint – do not squeeze your penis too hard as this can block the opening of the urethra.*



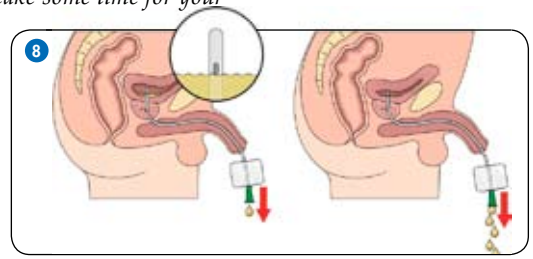

6. Slide your LoFric catheter slowly and smoothly into the opening of your urethra and up into your bladder until the urine starts to flow.
*Hint – when you get to the sphincter, some resistance may be felt. Use gentle but firm pressure until the muscle relaxes. It may also be helpful to cough or try to pass urine as this can relax the sphincter muscle.*



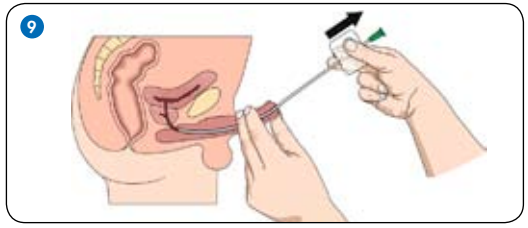

7. Point your penis and the funnel end of the catheter down towards the toilet, a bowl or drainage bag. When the urine starts to flow, push the catheter further in one or two cm to make sure than the drainage holes are well into the bladder.
*Hint – once the urine has started to drain, try to keep the catheter assteady as possible as it may take some time for your bladder to drain.*




8. To ensure complete emptying of the bladder – remove the catheter gradually and slowly, so that all urine is emptied.
*Insertion tip – do not insert the catheter past the point where the slippery coating ends.*




9. When the bladder is empty, hold your penis up towards your stomach again and withdraw the catheter slowly.
*Hint – pinch or fold the catheter so that the last few drops remains in the catheter.*




10. End the procedure by washing your hands once more.

*Before use, LoFric® may not be put on paper or cloth as these materials absorb water in the surface layer.*

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