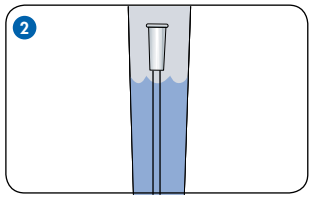
LoFric®

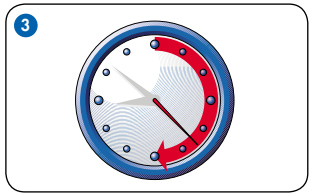
INSTRUCTIONS FOR GIRLS

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.

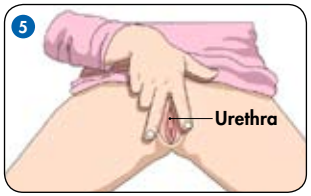


3. Wait for thirty seconds before you remove the catheter from the packaging. Insert the catheter as soon as possible.



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

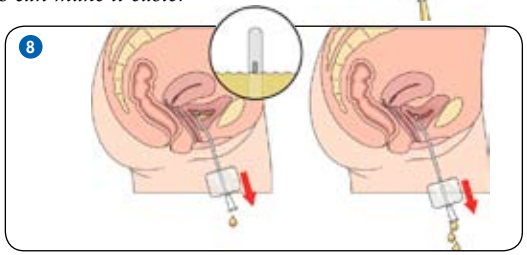
5. Take the LoFric catheter out from the package. With the index and middle finger of one hand, spread the labia (the fleshy bits on either side of your urethra) apart and lift it gently upwards. You should now be able to see the opening of the urethra.
Hint – do not worry if you can't find your urethra first time. Try to relax and take a break if you need to.



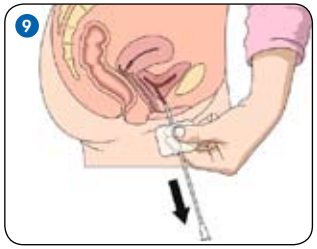
6. With your other hand, slowly push your LoFric catheter into your urethra until the urine starts to flow. Make sure the funnel end is pointing into a toilet, jug or drainage bag.

7. When the urine starts to flow, push the catheter further in one or two cm to make sure that the drainage holes are fully into the bladder. You can now let go of the labia to free up your other hand.

8. To ensure complete emptying of the bladder – remove the catheter gradually and slowly.
Hint – it can sometimes be easier to hold LoFric like you would a pen. This can make it easier to insert.
Once the urine has started to drain, try to keep the catheter as steady as possible as it may take some time for the bladder to drain.



9. When the bladder is empty 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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