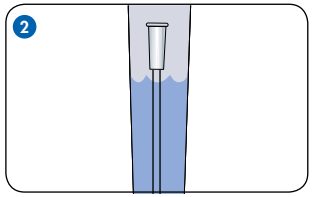
LoFric®

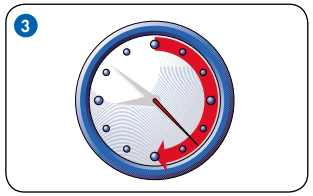
INSTRUCTIONS FOR MEN

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.

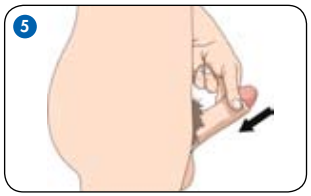


3. Wait for thirty seconds before you remove the catheter from the packaging. Insert the catheter as soon as possible.

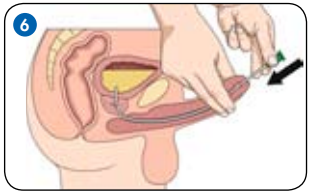


4. Chose a position that is most comfortable. Catheterise.

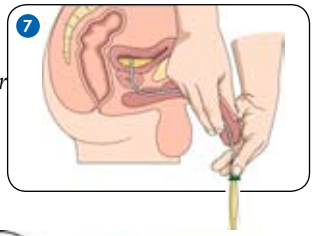
5. Gently pull your foreskin back (if you have one). Hold your penis up towards your stomach. In this position, yout urethra is extended and becomes U-shaped. This will make it easier to guide your catheter into your bladder.
Hint – do not squeeze your penis too hard, as this can block the opening of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



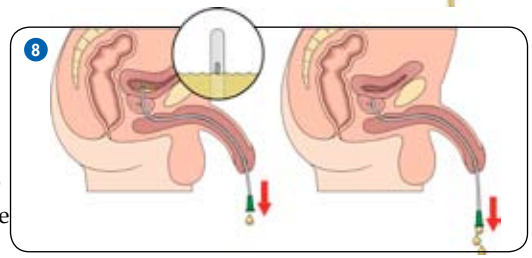
6. Slide your LoFric catheter slowly and smoothly into the opening of your urethra and into your bladder until the urine starts to flow.
Hint – to make it easier to insert the catheter, it may be helpful to cough or to try to pass urine.



7. Point your penis and the funnel end of the catheter down towards the toilet, jug or drainage bag.
Hint – once the urine has started to drain, try to keep the catheter as steady as possible as it may take some time for your bladder to drain.



8. Empty your bladder completely. Avoid urinary infections by making sure to completely empty the bladder each time. Once the urine flow stops, it could be because the eyes of the catheter are above the urine level in the bladder. To make sure you have emptied your bladder completely, remove the catheter slowly/stepwise and stop if more urine starts to flow.



9. When the bladder is empty, hold your penis up toward 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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