

Instructions

LoFric® Hydro-Kit™ catheters are Single Use Hydrophilic Urinary Catheters with a collection bag and Sterile Salt Solution Sachet.

Indications for use: Intermittent Urinary Catheterization

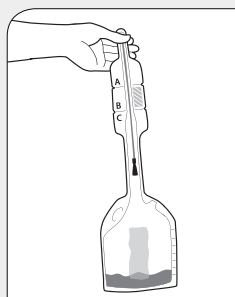
Important information: Ensure proper training on the catheterization procedure is provided to user.

This is a single use product. Once used, the surface coating will deteriorate and the catheter will no longer be sterile. Use only the salt solution included to wet the catheter.

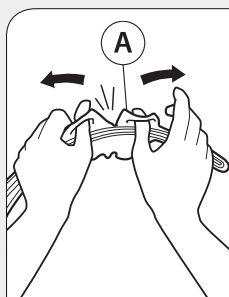
Start by washing your hands with soap and water.



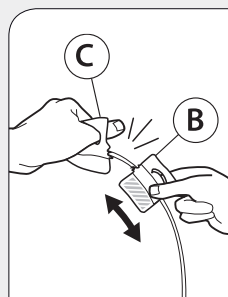
1. Hold the product upright. Fold the sachet and squeeze. Let the salt solution run down to the catheter.



2. Turn the product upside down to allow the salt solution to drain into the collection bag.



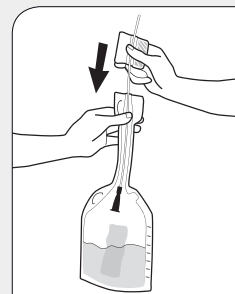
3. Use loops at indentation "A" to open and uncover the tip of the catheter.



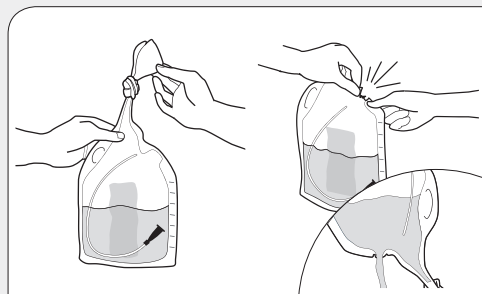
4. Use loops at indentation "B/C" to open. Use section "B" as handling aid.



5. Gently pull the catheter out of the package until the connector comes to a stop, to seal between the catheter and collection bag. Catheterize.



6. Push the catheter back into the collection bag.



7. Before disposal, empty the bag through the neck, or tie a knot to seal the bag and tear at the indentation.



The sachet contains a sterile salt solution that should only be used for soaking the catheter.

LoFric Hydro-Kit is single use only. LoFric Hydro-Kit must not be placed on paper or cloth as these materials can absorb the catheter's liquid coating. Once used, the unique surface coating will deteriorate and the catheter will no longer be sterile. After use, dispose of the catheter appropriately (state and local regulations may vary).

Not manufactured with PVC, phthalates and natural rubber latex.

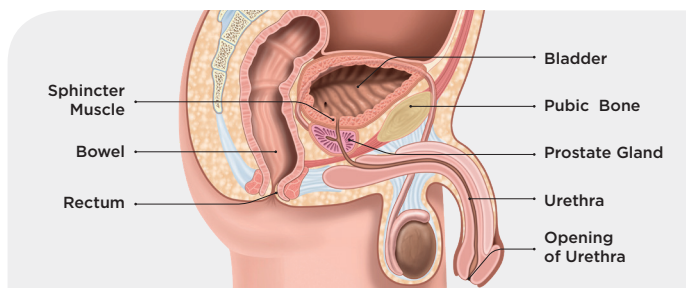
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LoFric® Hydro-Kit™

Instructions for Catheterizing

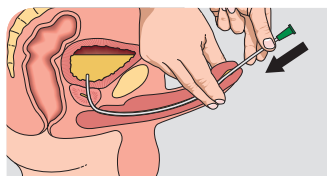
A Cross-Section of the Male Anatomy



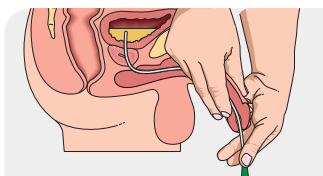
In men, the urethra is 6 to 8 inches long and shaped like the letter "S." Inserting the catheter becomes much easier if you lift your penis up towards the stomach – this way the S is straightened out.



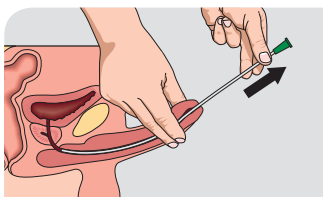
1. Wash your hands and prepare the catheter.
2. Sit or stand as relaxed as possible. Hold the penis up and clean in a circular motion with a moist towelette or soap and water. Start at urethral opening and work your way outward.



3. Hold the penis up towards your stomach. If you are not circumcised, pull the foreskin back and then hold the penis up toward your stomach. Do not squeeze too hard. With the other hand, insert the catheter slowly until urine starts to flow, then insert slightly more (about 1/2 - 1 inch) to ensure both eyelets are in the bladder.



4. As the urine starts to flow through the catheter, lower your penis back to your normal position.

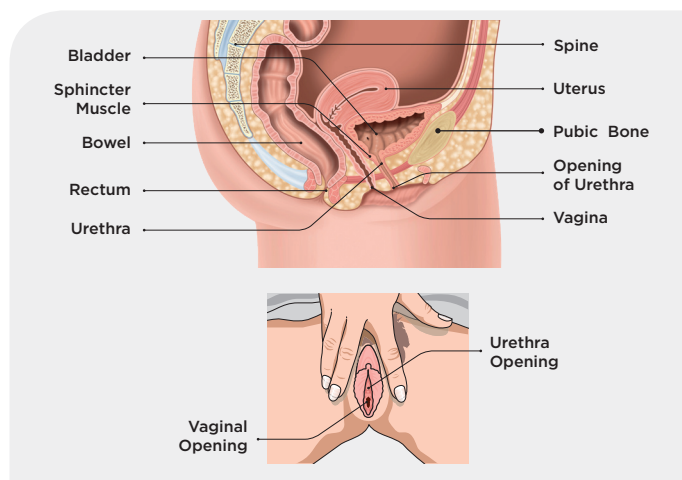


5. When the flow stops, hold the penis up towards the stomach and withdraw the catheter. If urine starts to flow again, stop the withdrawal process and wait until the urine flow stops to ensure complete bladder emptying.

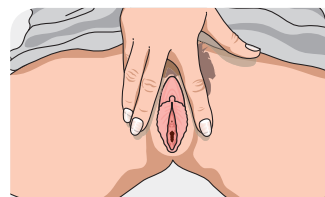
6. Dispose of the catheter.

****If using a coude (curved) tip catheter, keep curved tip upwards. Notice position of raised line indicator on funnel with coude tip pointing upwards. Keep indicator in this same position throughout catheterization.**

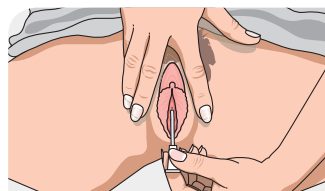
A Cross-Section of the Female Anatomy



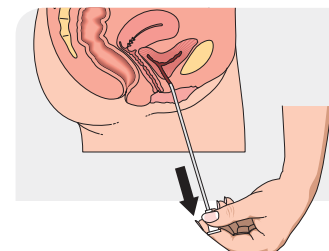
1. Wash your hands and prepare the catheter.



2. Tilt your pelvis forward, spread the labia and wash from front to back. Pull gently upwards and the urethra is located just above the vaginal opening.



3. With the other hand, insert the catheter slowly until urine starts to flow, then insert slightly more (about 1/2 - 1 inch) to ensure both eyelets are in the bladder.



4. When the urine flow slows to a drip, withdraw the catheter slowly. If urine starts to flow again, stop the withdrawal process and wait until the urine flow stops to ensure complete bladder emptying.

5. Dispose of the catheter.



The use of a mirror can help you find the urethra. Contact us for a free LoFric Mirror.