

## Instructions

LoFric® Primo™ catheters are Single Use Hydrophilic Urinary Catheters with a Sterile Water Sachet.

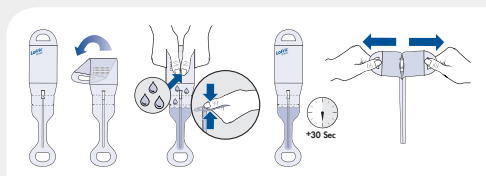
**Indications for use:** Intermittent Urinary Catheterization

**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 sterile water included to wet the catheter.

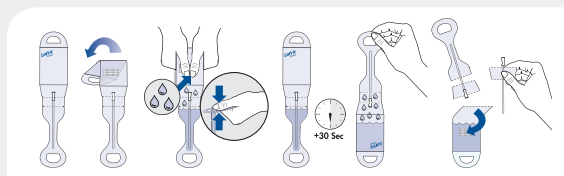
Start by washing your hands with soap and water.

### Opening 1 (sterile opening)



1. Unfold the package. Hold the product upright.
2. Fold the water pocket.
3. Squeeze the water pocket and let the water run down to the catheter.
4. Soak the catheter for 30 seconds while you are getting ready to catheterize.
5. Open the product. Catheterize.

### Opening 2 (using the insertion guide)



1. Unfold the package. Hold the product upright.
2. Fold the water pocket.
3. Squeeze the water pocket and let the water run down to the catheter.
4. Soak the catheter for 30 seconds while you are getting ready to catheterize.
5. Turn the package upside down so the water flows back into the pocket.
6. Remove the water pocket by tearing at indentation "A".  
  
Hint! Tear half-way first, turn the package and tear the other half. Tear at indentation "B", in the same manner as for indentation "A".
7. Use the remaining packaging part as a handling guide. This part will give you a firm and hygienic grip, allowing you to insert the catheter without touching it.

The sachet contains sterile water that should only be used for soaking the catheter.

LoFric Primo is single use only. LoFric Primo 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.*



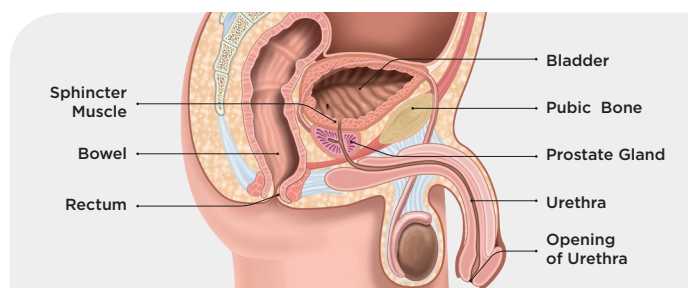
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**LoFric® Primo™**

# Instructions for Catheterizing

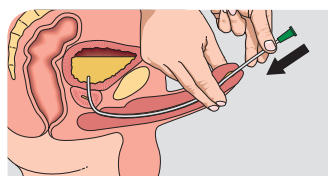
## A Cross-Section of the Male Anatomy



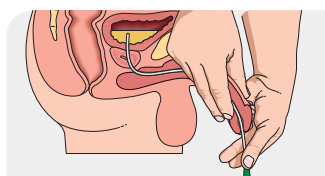
In men, the urethra is 6 to 8 inches long and shaped like the letter "S." Inserting the catheter becomes much easier if you lift your penis up towards the stomach – this way the S is straightened out.



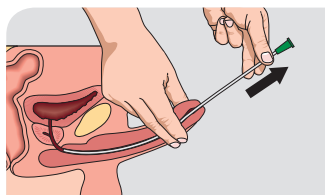
1. Wash your hands and prepare the catheter.
2. Sit or stand as relaxed as possible. Hold the penis up and clean in a circular motion with a moist towelette or soap and water. Start at urethral opening and work your way outward.



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.

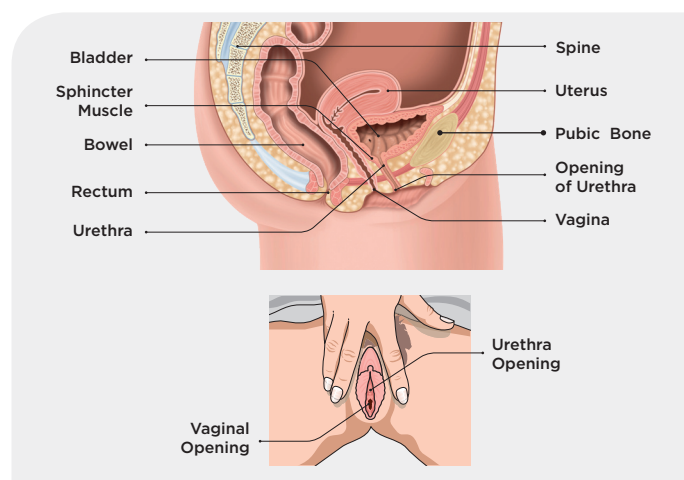


5. When the flow stops, hold the penis up towards the stomach and withdraw the catheter. If urine starts to flow again, stop the withdrawal process and wait until the urine flow stops to ensure complete bladder emptying.

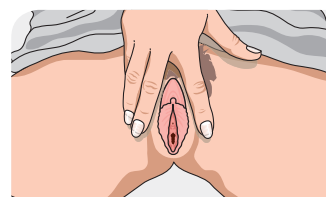
6. Dispose of the catheter.

**\*\*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



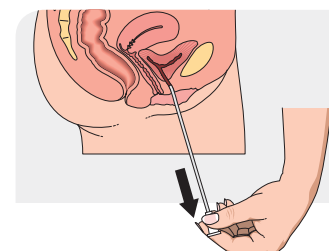
1. Wash your hands and prepare the catheter.



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.**