

## Instructions

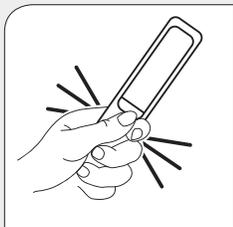
LoFric® Sense™ catheters are Urinary Catheters with a Sterile Salt Solution. Designed for females.

**Indications for use:** Intermittent Urinary Catheterization

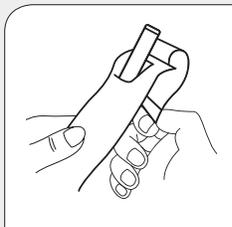
**Important information:** Ensure proper training on the catheterization procedure is provided to user.

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.

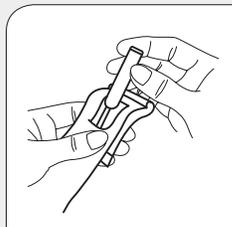
Start by washing your hands with soap and water.



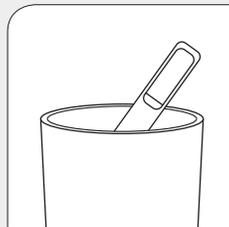
**1.** Squeeze and break the water packet to soak the catheter before use.



**2a.** Peel open.



**2b.** Hold flap in place and remove catheter.



**3.** The outer packaging doubles as a hygienic and discreet disposal pouch.

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

LoFric Sense is single use only. LoFric Sense 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.*

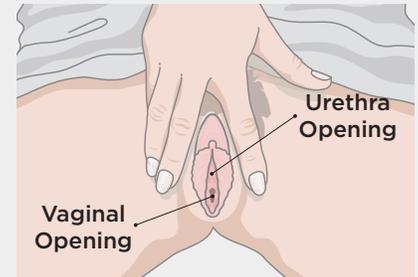
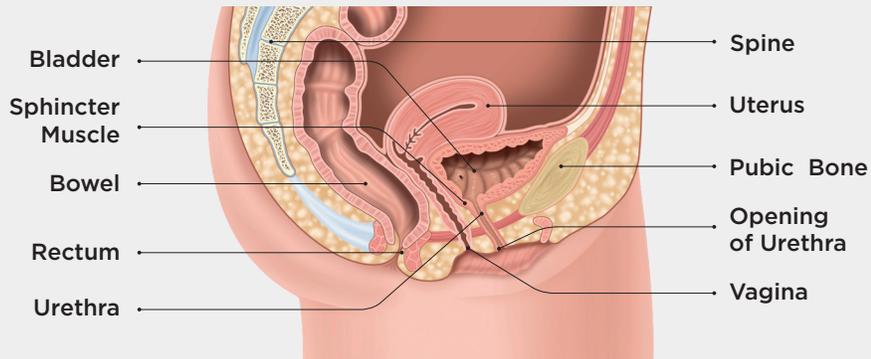


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**LoFric® Sense™**

## A Cross-Section of the Female Anatomy



## Instructions for Catheterizing



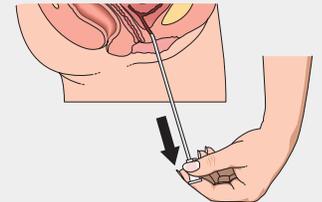
1. Wash your hands and prepare the catheter.



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.

Dispose of the catheter.

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

