

## Instructions for Preparing the LoFric Catheter for Use

### INDICATIONS FOR USE: Intermittent catheterization of the urethra.

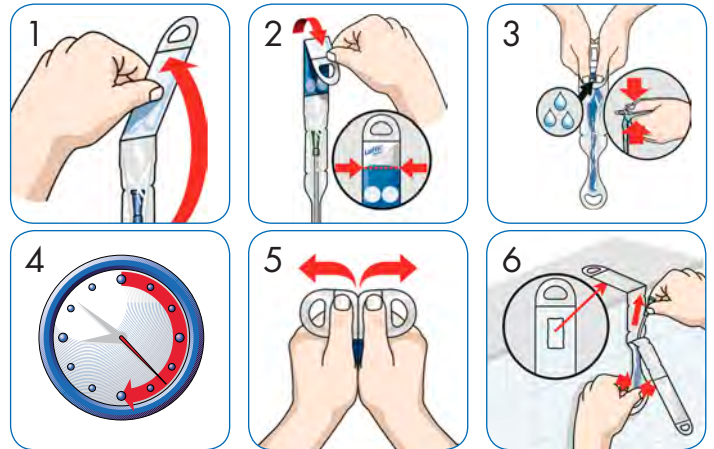
LoFric® catheters are single-use hydrophilic urinary catheters. Once used, the unique surface coating will deteriorate and the catheter will no longer be sterile. The hydrophilic coating on the catheter consists of PVP (polyvinylpyrrolidone) and sodium chloride, which reduce urethral friction. They are used to empty the bladder of urine, occasionally and intermittently, at home or in a hospital. Not made with natural rubber latex.

**NOTE: Do not place LoFric on paper or cloth, as these materials can absorb the catheter's liquid coating. Be sure to follow your healthcare provider's instructions when using these products.**

Wash your hands with soap and water before preparing the catheter as instructed below.

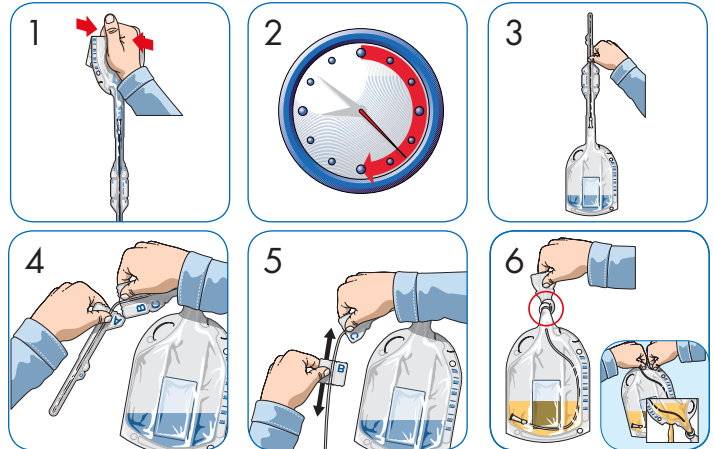
### LoFric® Primo™

1. Unfold LoFric Primo.
2. Hold catheter with the picture facing away from you. Fold the sachet forward on the blue-white border.
3. Apply pressure to both sides and press to release the water down onto the catheter.
4. Let the catheter soak for at least 30 seconds.
5. Carefully peel open the top until you reach the funnel end of the catheter.
6. Remove the catheter and use.



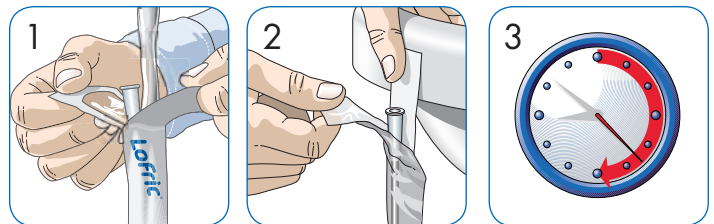
### LoFric® Hydro-Kit™

1. Hold the bag upright, then fold and squeeze the water sachet.
2. Let the catheter soak for at least 30 seconds.
3. Invert the bag.
4. Tear off where shown, at piece "A".
5. Tear and separate "B" from "C", but don't remove it. Use "B" as your handling aid and pull the catheter down to make a tight seal at the bottom of "C" (around the neck).
6. After catheterizing, separate and discard the catheter by tearing at "C". Tie a knot to seal the bag, or use our LoFric clip. Discard the bag with its contents or tear at slit (as shown) to empty before disposal.



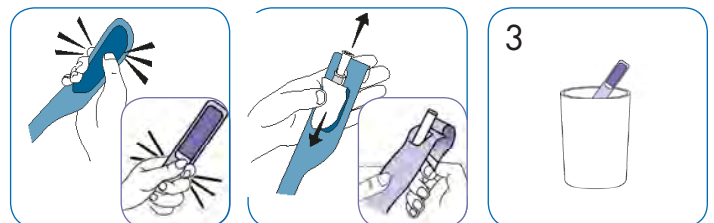
### LoFric® / LoFric Plus® / LoFric Dila-Cath®

1. Open the pack carefully. Pull the tabs open about 2 inches. Pour water directly into the pack. Use sterile water only as directed by your healthcare provider.
2. Remove the blue tab on the back and attach the packaging to a sink or other convenient, dry surface.
3. Let the catheter soak for 30 seconds. The catheter is then ready to be used.



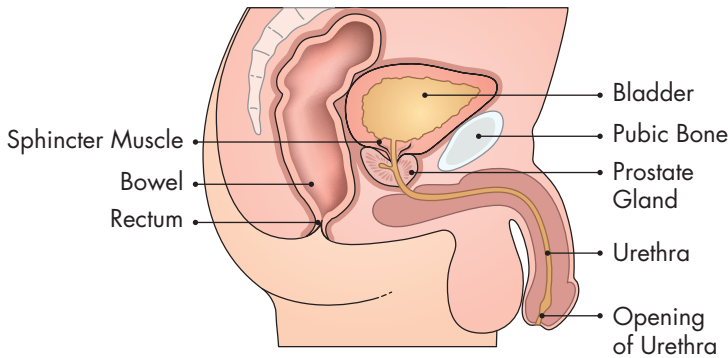
### LoFric® Origo™ / LoFric® Sense™

1. Squeeze package and break water packet to soak the catheter before use.
2. Peel open the label and remove the catheter.
3. After use, return catheter to package and reseal label. The outer packaging doubles as a hygienic and discreet disposal pouch.



# Instructions for Catheterizing

## MALE

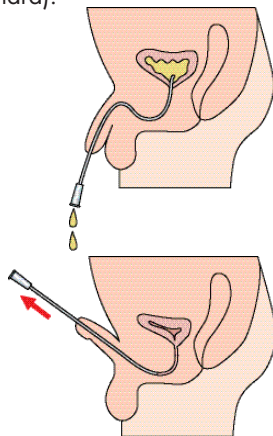


NOTE: A man's urethra is 6-8 inches long and shaped like the letter S. Inserting the catheter becomes much easier if you lift the penis up towards the stomach – this way the S is straightened out.

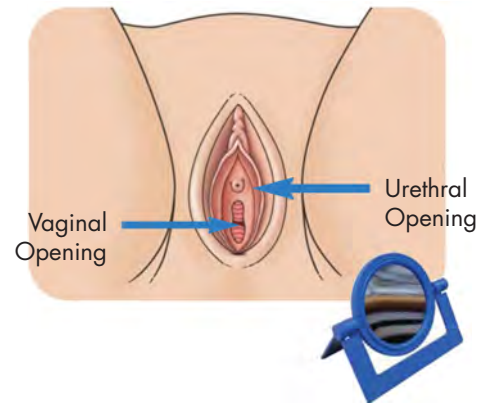
1. Wash hands and prepare catheter (as instructed on reverse).
2. Find a position that is comfortable. Sit or stand as relaxed as possible.
3. Hold the penis up with one hand and clean the tip with a moist towelette or soap and water. Clean using a circular motion, starting at opening of the urethra and working your way outward.
4. 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 (don't squeeze too hard).

5. Guide the catheter slowly into the urethra until urine starts to flow. When the flow slows to a drip, hold the penis up towards the stomach, push the catheter in slightly to be sure all urine is out.

6. Withdraw the catheter slowly, dispose of it, and wash your hands.



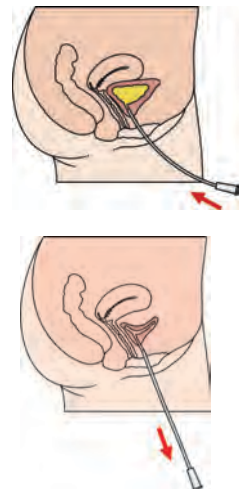
## FEMALE



1. Wash your hands and prepare the catheter.
2. Separate the labia with one hand, and wash from front to back using a moist towelette or soap and water.
3. Push your pelvis slightly forward. Spread the labia apart with the index and middle finger to find the opening to the urethra. The urethra is located just above the vaginal opening. You can use a LoFric magnified mirror (*free to prescription patients*) to help.

4. With the other hand, insert the catheter slowly until urine starts to flow. When the flow slows to a drip, push the catheter in slightly to be sure all the urine is out, then withdraw the catheter slowly.

5. Dispose of the catheter and wash your hands.



**If you have been prescribed coude (curved) tip catheters**, you will find a mark on the catheter funnel to help guide proper insertion (with the curved tip facing upward). This will help to ensure the catheter does not get twisted or turned during insertion and the curved tip remains facing upward for the entire catheterization.

For more information, please visit [www.lofric.us](http://www.lofric.us).