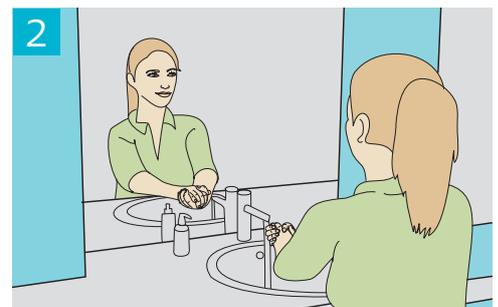


Intermittent catheterisation Guide

Version for FEMALE users

1. Make sure that you have all of the equipment that you will need ready before you start the catheterisation.

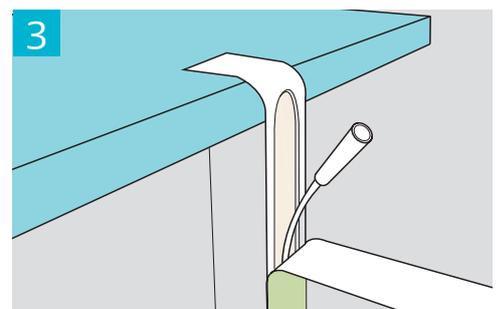
2. Start by washing your hands thoroughly with soap and water. Alternatively, you can use an anti-bacterial alcohol hand solution or cleansing wipes.



3. You can now get the catheter ready. This step will differ depending on the type of catheter you are using. Check the instructions for use that are supplied with the catheter for detailed instructions.

If you are using a ready-to-use SpeediCath® catheter, place the catheter vertically within easy reach. Open the upper end of the peel pouch, by only peeling until you see all of the funnel connector.

If you are not going to drain the urine directly into the toilet, connect a urine bag to the funnel connector of the catheter and place the urine bag in a secure position.



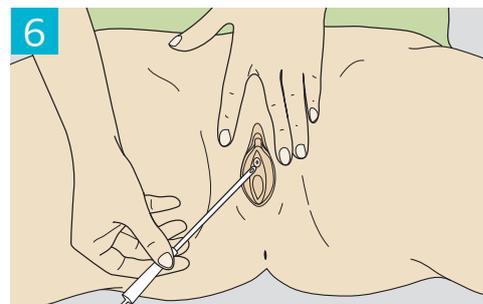
4. You can catheterise whilst sitting on the toilet, in a wheelchair or standing. If you catheterise sitting, you can make catheter insertion easier by moving forward and tilting your pelvis forward. It is also possible to catheterise whilst lying on your back. To ease the insertion make sure that you are in a comfortable, secure position and feel relaxed.



5. Gently spread the labia apart and wash the opening to the urethra. Wash from front to back so that you don't transfer any bacteria from the anus to the urethra. Only use each wipe once. From this point, make sure that you keep holding the labia apart.



6. Take the catheter and make sure that the catheter does not touch anything before you insert it. If the catheter does touch something, for example the sink, then you must use a new catheter, to lower the risk of infection. To help insertion of the catheter it is important that you relax.

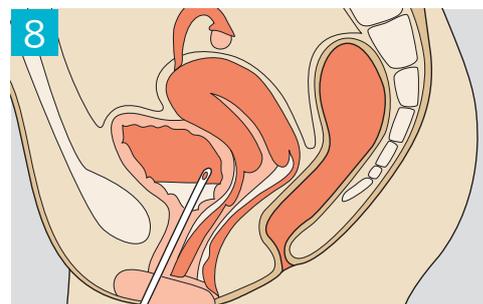


7. Slowly and gently insert the catheter into your urethra as you have been instructed. Make sure that you are gentle.

If you bend the funnel end of the catheter upwards before the flow starts, this will avoid spillage.

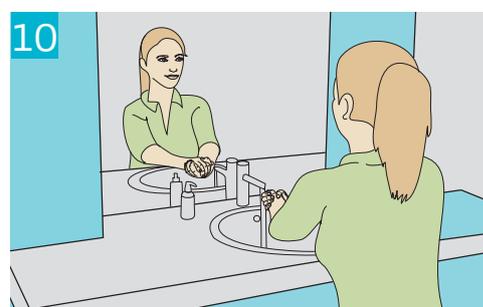
8. Continue to insert the catheter until it reaches your bladder and the urine starts to flow.

When the urine flow stops, move a little and straighten yourself up and rotate the catheter slightly - more urine may flow. Finally withdraw the catheter slowly, in cm-by-cm steps to ensure complete emptying of the bladder.



9. You can dispose of your catheter and the packaging in your household rubbish. Do NOT flush it down the toilet. If you have used a drape, gloves and wipes, throw these away too in your household rubbish.

10. Wash your hands thoroughly to finish.



 Before use, always consult the 'Instructions for use' document delivered with the products.

Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology

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