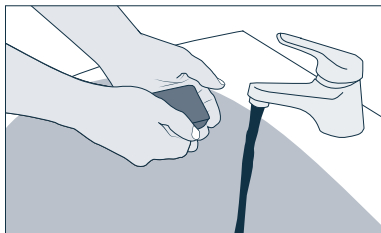


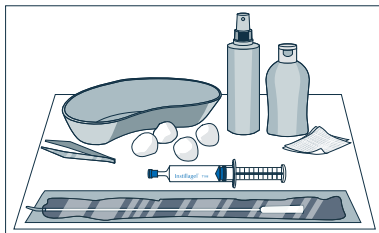
Self-catheterisation

Instructions for women



1. Take hygienic precautions

- Wash your hands thoroughly
- Prepare an area that is as clean as possible



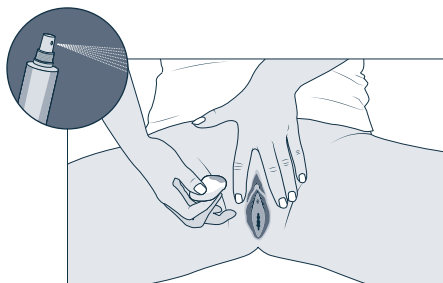
2. Place the materials within easy reach

- Disinfectant for your hands
- Sterile compresses/pads
- Skin disinfecting spray
- Catheter or catheter set
- Sterile and disinfecting lubricant, such as Instillagel® or Endosgel®



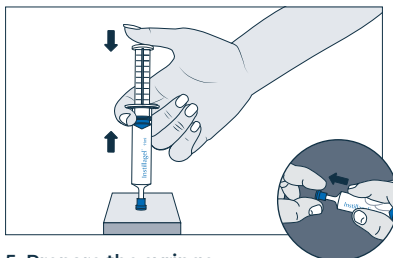
3. Get into position

- Choose a comfortable position, e.g. standing or sitting
- If necessary, place a mirror between the thighs



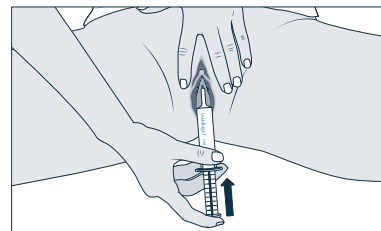
4. Perform disinfection

- Disinfect your hands
- Use your fingers to spread the labia
- Disinfect the large and small labia from the pubic symphysis to the anus using separate pads/compresses for the large and small labia
- Disinfect the urethral opening with a pad; a separate pad can be placed in front of the vaginal opening



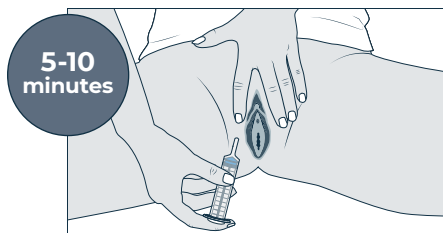
5. Prepare the syringe

- Push the syringe against firm resistance (e.g. a tabletop) while gently pressing on the piston rod to release the pressure in the syringe
- Remove the cap without touching the tip of the syringe



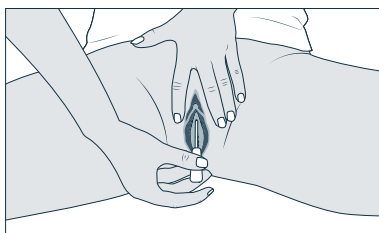
6. Instil the lubricant

- Apply a drop of the lubricant to the urethral opening
- Carefully insert the tip of the syringe into the urethra
- Slowly instil the lubricant by evenly pushing down on the piston rod



7. Exposure time

- Wait 5 to 10 minutes for the lubricant to take effect



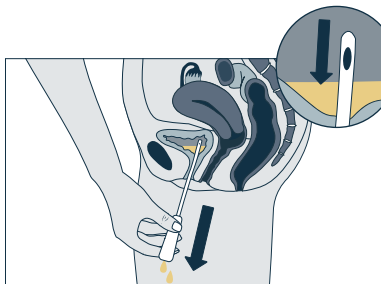
8. Perform catheterisation

- Handle the catheter using the protective sleeve
- Insert the catheter into the urethra



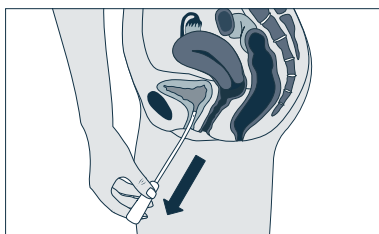
9. Urine flow

- Push the catheter into the urinary bladder in stages until the urine begins to flow
- When the urine starts to flow, continue to push the catheter about 1 cm more



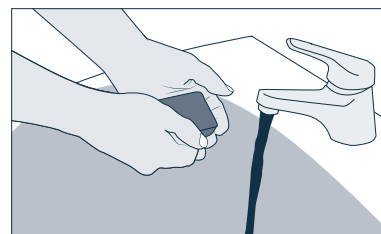
10. Residual urine flow

- Wait until urine flow stops
- Withdraw the catheter in stages until urine starts flowing again



11. Remove the catheter

- After urine flow stops, slowly withdraw the catheter



12. Wash your hands

- The catheter and auxiliary materials can be discarded in regular household waste