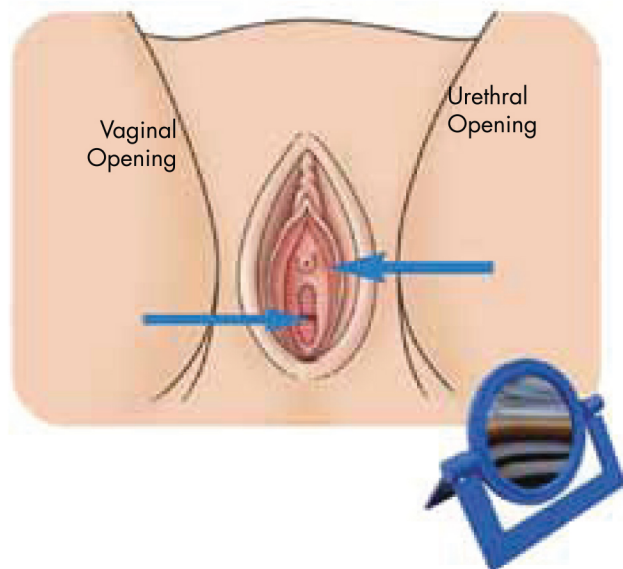


# INSTRUCTIONS FOR WOMEN

Wash your hands thoroughly with soap and water. Sometimes it could be worthwhile to try to wee on your own before CIC (Clean Intermittent Catheterisation).

Chose a position that is most comfortable. During the learning period it is important to find the one that suits you best. You can sit on a toilet, on the side of a bed or on a chair. Try pushing your pelvis forward as much as possible to get a better view. *Hint – to start with, it can be helpful to use a mirror to find the opening of your urethra. However over the long-term, it will be better for you to feel your way to allow for greater flexibility.*



Take the catheter out of the package. With the index and middle finger of one hand, spread the labia apart and lift it gently upwards.

You should now be able to see the opening of your urethra.

*Hint – do not worry if you cannot find your urethra the first time. Try to relax and take a break if you need to.*

With your other hand, slowly push your catheter into your urethra until the urine starts to flow. Make sure the funnel end is pointing into a toilet, jug or drainage bag.

When the urine starts to flow, push the catheter a further one or two cm to make sure that it is fully inside the bladder. You can now let go of your labia to free up your other hand.

Once the urine flow stops, it could be because the eyes of the catheter are above the urine level in the bladder. To make sure you have emptied your bladder completely, remove the catheter slowly/stepwise and stop if more urine starts to flow.

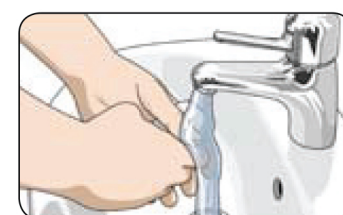
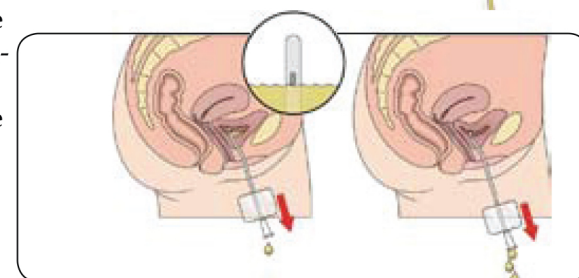
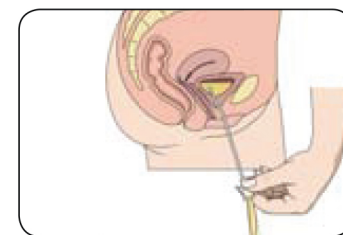
*Hint – it can sometimes be easier to hold like you would a pen. This can make it easier to insert.*

Once the urine has started to drain, try to keep the catheter as steady as possible as it may take some time for your bladder to drain.

When the bladder is empty withdraw the catheter slowly.

*Hint – pinch or fold the catheter so that the last drops remains in the catheter.*

End the procedure by washing your hands once more.



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