

## Intermittent catheterization instructions for girls

Please refer to product labeling for complete product instructions for use, contraindications, warnings, precautions and adverse events.

### Step 1

Examine catheter before use. Do not use product if device or packaging is damaged. Don't touch any part of the catheter that enters the body since this can contaminate the catheter.

### Step 2

Wash hands with soap and water, or use an alcohol-based hand sanitizer.



### Step 3

With the guidance of your healthcare provider, determine which catheterization position will be best (sitting or lying down). Position the child as comfortably as possible, either lying down with knees bent in a "frog-like" position, or sitting with legs spread apart.

### Step 4

If using a SpeediCath® hydrophilic-coated catheter, no additional lubricant is needed. If using an uncoated catheter, a water-

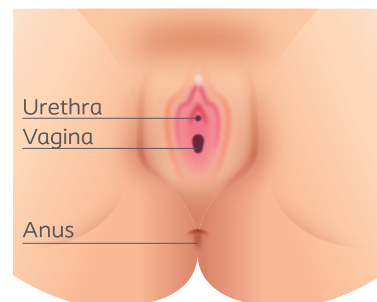
soluble lubricant is recommended. If using an uncoated product, lubricate the tip of the catheter and avoid touching any part of the catheter that enters the body (to reduce transferring bacteria).

### Step 5

Separate the labia as instructed by your healthcare provider.

Many catheter users initially struggle finding the urethra, but understanding female anatomy can guide locating it. Following the diagram to the right,

females have three openings including the anus, vagina, and urethra. The rectum leads from the large intestine and passes stool out of the body. Moving up towards the head, the vaginal opening comes next. Above the vaginal opening is the urethra, the passageway from the bladder to the outside of the body. Take time to get to know female anatomy and help the child (if ready) become familiar with their anatomy. A leg mirror can help the child better visualize the catheterization procedure and find the urethra.



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### Step 6

With one hand, continue to separate the labia and wash thoroughly with a moist towelette, swab or baby wipe. Be sure to wash from front to back and never go back and forth across the urethral opening. Use each towelette, swab, or wipe only once, since reusing them can spread germs.



### Step 7

Insert the catheter gently into the urethra until urine begins to flow, then insert the catheter a little farther (approximately ½ inch). If the child is able to sit on a toilet, urine may be drained into the toilet. If the child is lying down, urine may be drained into a collection device.



### Step 8

When urine stops flowing, withdraw the catheter slowly. If urine starts flowing again, pause and wait for it to stop. Resume withdrawing the catheter, stopping each time urine begins to flow. When the bladder is empty, remove the catheter.

### Step 9

Throw away the catheter after using it and wash your hands.

These are general guidelines meant to help you with typical questions. Each person's situation is unique, and risks, outcomes, experience, and results may vary. You should follow the specific instructions by your healthcare team for you and the product you are using.

Coloplast does not practice medicine. The recommendations and information in this material are not medical advice. Contact your healthcare professional for personal medical advice or diagnosis.

SpeediCath® catheters are prescribed for use by pediatric patients (children to age 21) and adults who require bladder drainage due to chronic urine retention or post void residual volume (PVR). Before use, carefully read all of the instructions. Call your doctor if you think you have a UTI or can't pass the catheter into the bladder. For more information regarding risks, potential complications and product support, call Coloplast Corp. at 1-866-226-6362 and/or consult the company website at [www.coloplast.us](http://www.coloplast.us).

IF YOU THINK YOU HAVE A MEDICAL EMERGENCY, CALL 911.



For video guidance, watch instructional SpeediCath® videos at: [bladderguides.coloplastcare.us](http://bladderguides.coloplastcare.us)



Scan the QR code with your phone's camera for instructional how-to-use videos for children