

CUNY



HerCath

Self-Catheterization Set, Gentle to women

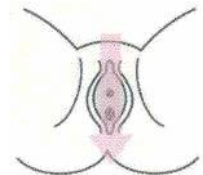
Simple Manual

- (1) Wash hands.
- (2) Pull down garment and underpants, then take an appropriate posture to urinate.
- (3) Widen vulva in one hand, and wipe your urethral orifice from anterior to posterior using another hand with purity cotton.
- (4) Twist and open the case cap to take out the catheter.
- (5) Detach the cap.
- (6) Hang the case with its hook from an appropriate position like door knob.
- (7) Widen vulva in one hand, take the catheter using another hand and insert it to urethral orifice.
- Apply a lubricant to the tip of the catheter before the insertion, if necessary. -
- (8) Drain urine completely.
- (9) Pull out the catheter slowly after urination.
- (10) Clean the catheter with water and house it within the catheter containing disinfectant.
- (11) Close the cap surely.
- See the confirmation marks to make sure that the main body of case and the case cap fit completely. -

(2)



(3)



(4)



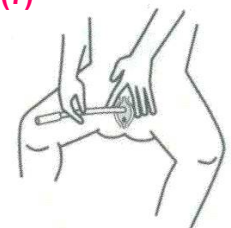
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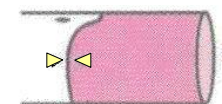
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