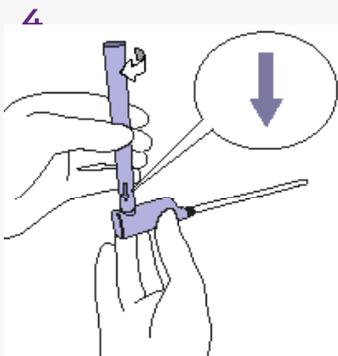
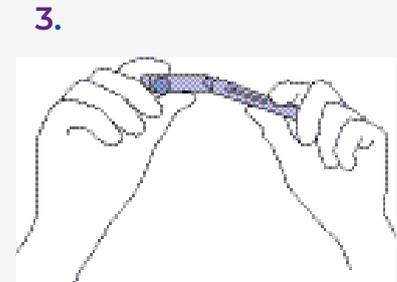
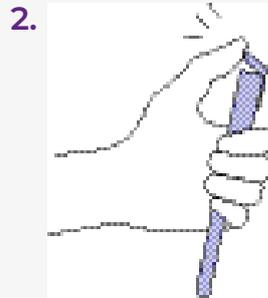


## Quick guide LoFric Elle catheters

Scan for  
detailed  
instructions



1. Wash your hands thoroughly with soap and water.
2. Open the upper lid.
3. Hold the catheter in one hand and gently bend the upper part to open. Pull the catheter out.
4. OPTION: The catheter can be used with or without the handle. The handle provides increased reach and a more hygienic catheterization. Connect the case to the catheter with a simple snap, make sure the arrow on the case points down.

5. Tilt your pelvis forward, spread the labia, pull gently upwards, the urethra is located just above the vaginal opening. With the other hand, insert the catheter slowly into your urethral opening, until urine starts to flow, insert slightly more to ensure both eyelets are inside the bladder.

When the urine flow slows to a drip, withdraw the catheter slowly. If urine starts to flow again, stop the withdrawal process and wait until the urine flow stops, to ensure complete bladder emptying.

6. Put the catheter back inside the container. Dispose, or carry it in your bag until disposal. Please note! The case is recyclable.

**LoFric® Elle™**

## Important information

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LoFric® Elle™ single use, hydrophilic urinary catheter, ready to use.

For female users; adults, adolescents and children.

For short and long term bladder management with intermittent urinary catheterization.

LoFric catheters are for prescription use only.

Ensure to follow the advice and training on the catheterization procedure given by your Healthcare Professional, before use.

Please refer to instructions for use included in the package, for important information and complete instructions.

Contact your prescriber if you experience difficulties.

At Wellspect we develop innovative continence care solutions that improve quality of life for people with bladder and bowel problems. We inspire our users to build self-confidence and independence as well as good health and well-being. We have been leading the industry for over 40 years with our product brands LoFric® and Navina™. We always aim to minimize the environmental impact of our products and passionately strive to become climate neutral. We work together with users and healthcare professionals to improve clinical outcome in a sustainable way, now and for the future.

### **Wellspect. A Real Difference.**

For more information about our products and services, please visit [Wellspect.com](https://www.wellspect.com).

Join the conversation on LinkedIn, X, Facebook and Instagram.

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LoFric



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