

## LoFric Primo – female users

LoFric<sup>®</sup> Primo™ single use, hydrophilic urinary catheter with salt solution for activation.

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

LoFric catheters are for prescription use only.

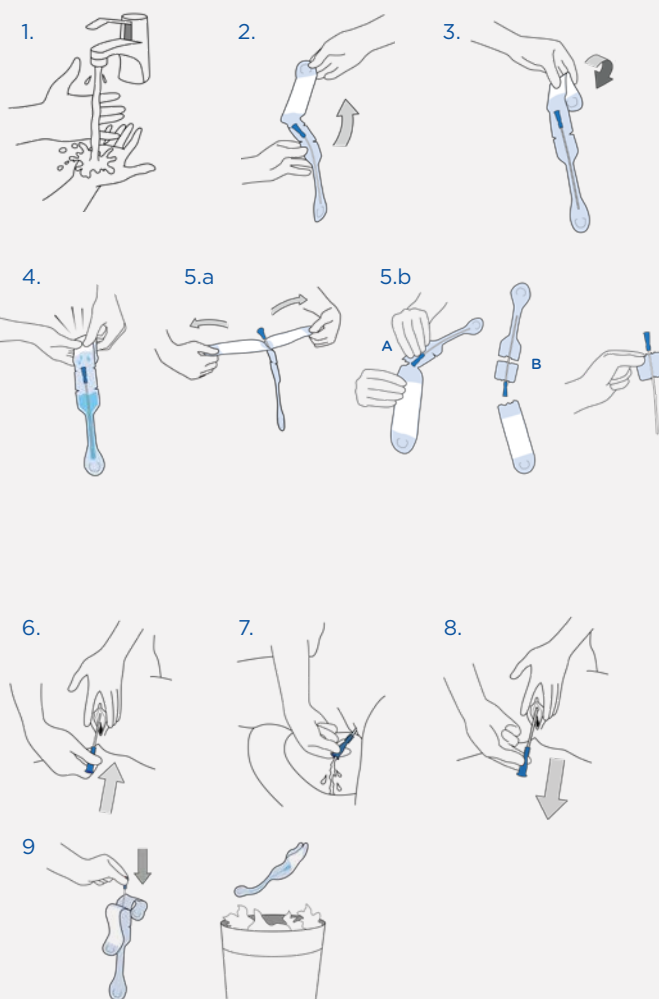
Ensure to follow the advice and training on the catheterization procedure given by your Healthcare Professional, before use.

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

Contact your prescriber if you experience difficulties.

### Instructions for use

1. Wash your hands thoroughly with soap and water.
2. Unfold the package. Hold the product upright.
3. Fold the water pocket.
4. Press to release the salt solution and the catheter is ready to use.
5. a) Open the product, take the catheter out to catheterize.  
b) OPTIONAL opening using handling aid:  
Remove the water pocket by tearing at indentation "A". Tear at indentation "B". Use the remaining packaging part as a handling aid. (This part will give you a firm grip and insertion aid, allowing you to insert the catheter without touching it.)
6. Spread the labia and locate the urethra just above the vaginal opening. With the other hand, insert the catheter slowly into the urethra.
7. When urine begins to flow, insert the catheter slightly more to ensure both eyelets are inside the bladder.
8. When the urine flow stops, slowly withdraw the catheter a little bit. If urine starts to flow again, wait until it has stopped to ensure complete bladder emptying. Then remove the catheter completely.
9. Put the catheter back in the package and dispose appropriately (local regulations may vary).



At Wellspect we develop innovative continence care solutions that change people's lives. We are committed to 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 30 years with our product brands LoFric® and Navina™. We create reliable and user-friendly products for bladder and bowel management with as little environmental impact as possible. We passionately strive to become climate neutral and work closely together with users and healthcare professionals who constantly inspire us to improve our products and services in a sustainable way, now and for the future.

**Wellspect. A real difference.**

For more information about our products and our initiative Advancing Continence Care Together (ACCT), please visit [Wellspect.com](https://www.wellspect.com).

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