

LoFric Elle - female users

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

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

LoFric catheters are for prescription use only.

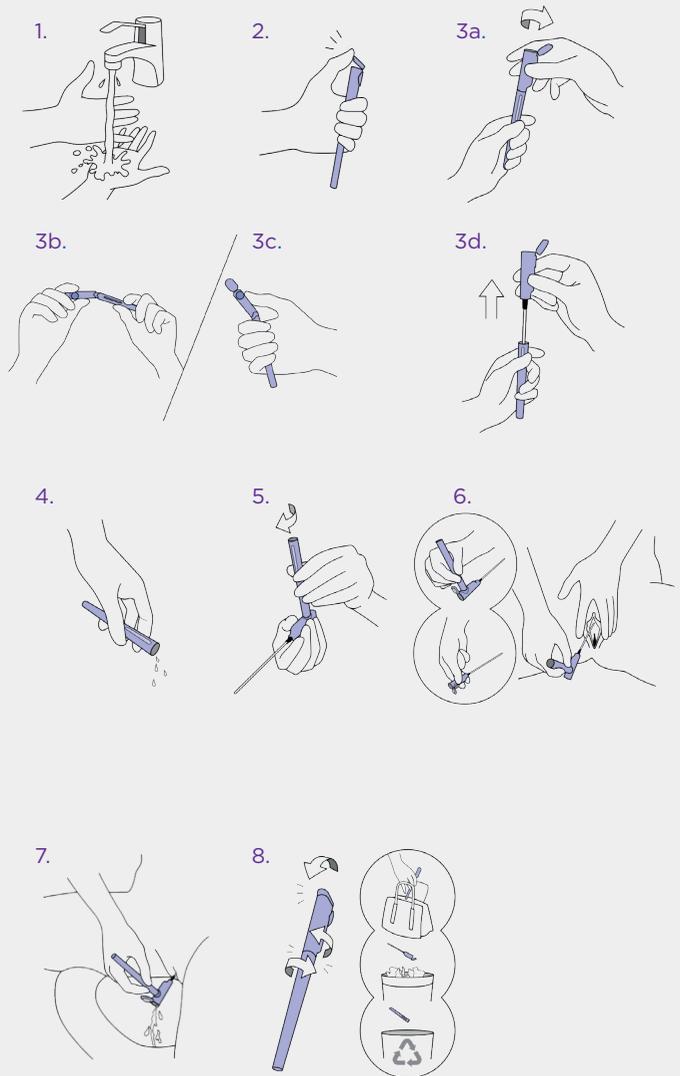
Ensure to follow the advice and training on the catheterisation procedure given by your Healthcare Professional, before use.

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. Break the upper sterile barrier lid.
3. Break the lower sterile barrier by holding the container, and
 - a) twist or gently bend the upper part (image b or c).
 - d) Hold the product vertically and pull the catheters straight up out of the container.



4. Empty the remaining fluid from the container (in the toilet or sink)
5. OPTION: By attaching the container to the upper part, it can be used as a handle.
6. 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.
7. 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.
8. Put the catheter back inside the container. Dispose, or carry it in your bag until disposal. **Please note!** The container is recyclable.

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).

Join the conversation on Facebook and Instagram.

[wellspect.co.uk](https://www.wellspect.co.uk)

