

 **Coloplast**

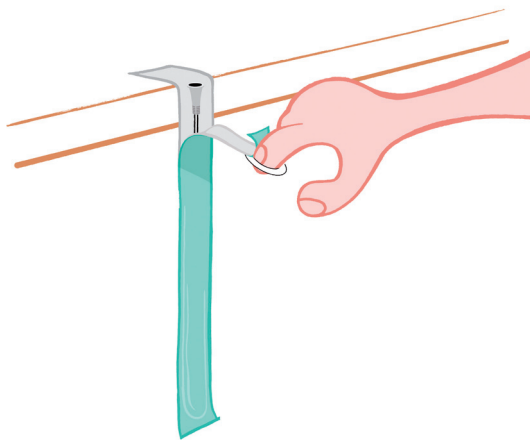


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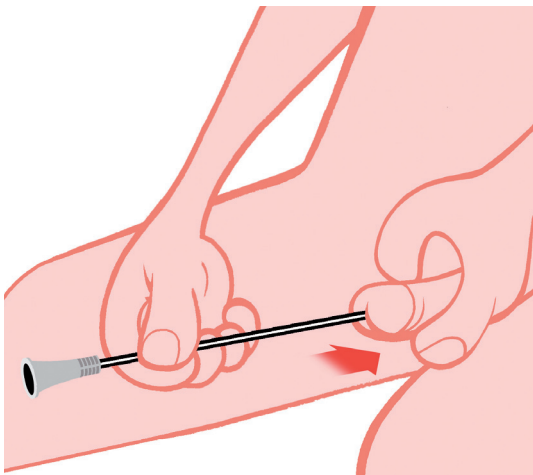
 **Coloplast**

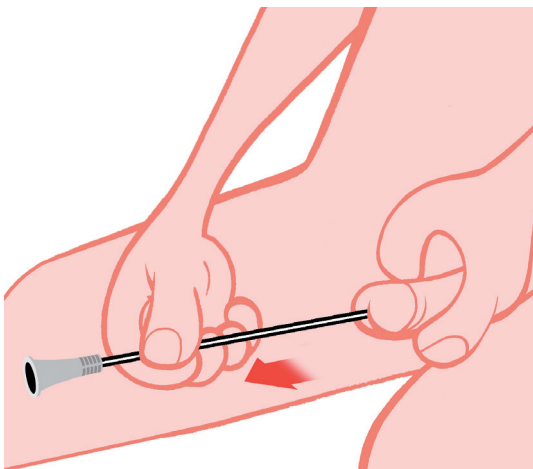


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”It makes it easier if you
have what you need before
you do a wee.”



”It is important to have clean hands before you do a wee, so you don’t get germs in your bladder.”



”Hang the pouch somewhere you can easily reach it. Open the pouch by pulling the ring. ”



”Stand comfortably next to the loo. This makes it easier for you to be ready to do a wee.”



”Washing your willy before
doing a wee gets rid of
germs.”



”Slide in the catheter slowly and gently into the hole in the tip of your willy until the wee starts to come out and then push it in a little bit more.”



”Pull out the catheter slowly.
Stop if more urine comes out.”



”It is important not to spread germs after you do a wee.”



”Well done – you have done
a wee all by yourself!”



”Why is it important to start by getting everything you need?”



”Why should you wash your hands before you wee?”



”What should you do with
your catheter before you
start to wee?”



”Where should you stand
when getting ready to do a
wee?”



”Why should you wash your willy before doing a wee?”



”How do you make the wee
come out?”



”How fast do you pull out
the catheter?”



”Why should you wash your hands after a wee?”



”Why should you feel proud
of yourself?”

