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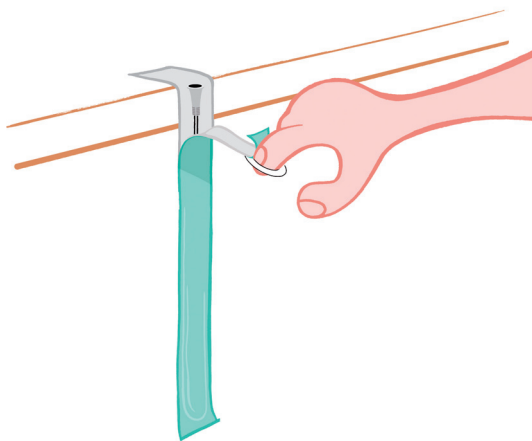


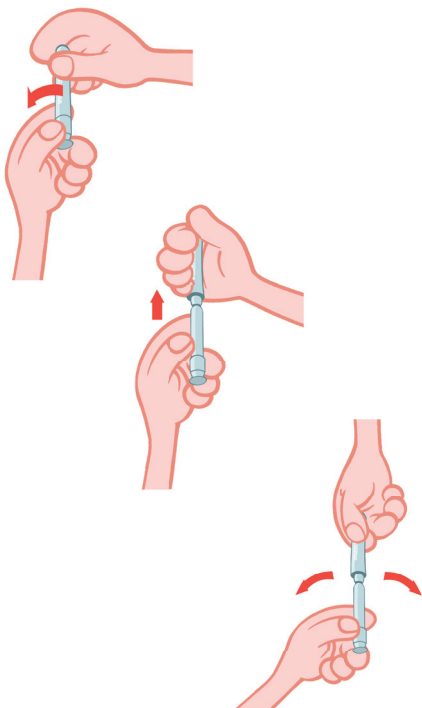
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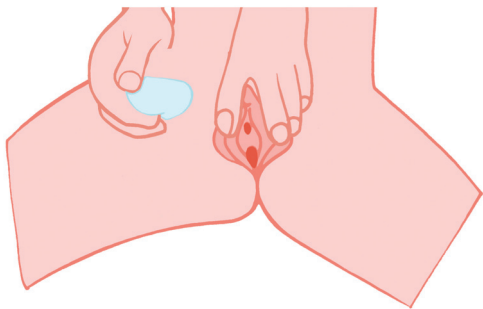
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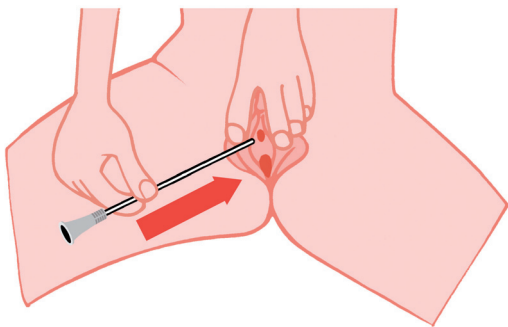
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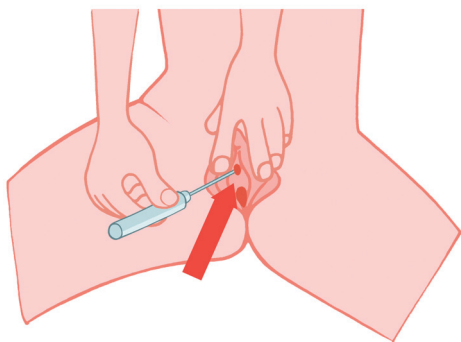




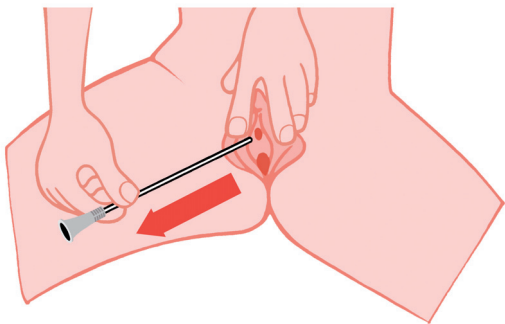
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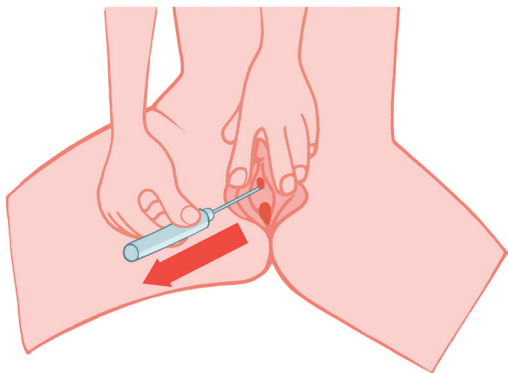
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” It makes it easier if you  
have what you need before  
you do a wee. ”



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





”Open the catheter and put it where you can easily reach it when you wee.”

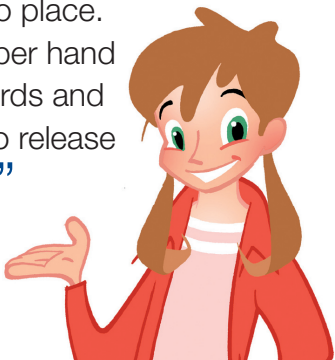


”Hold the catheter upright.

Break the see-through label by twisting the inner and outer tubes in opposite directions.

Pull the two tubes apart until the connector appears. You will feel a resistance and the catheter will then click into place.

Bend the upper hand slightly forwards and backwards to release the catheter.”



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



”Wash your wee hole before doing a wee. It is important to wash your bottom from front to back. Attach a mirror to your thigh if this makes it easier.”



”Slide the catheter gently into the wee-hole until the wee starts to come out. Then push it in a tiny 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 sit when getting ready to do a wee?”



”How should you wash your  
bottom 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?”

