

# Lofric<sup>®</sup>

## CIC Guide For School Staff

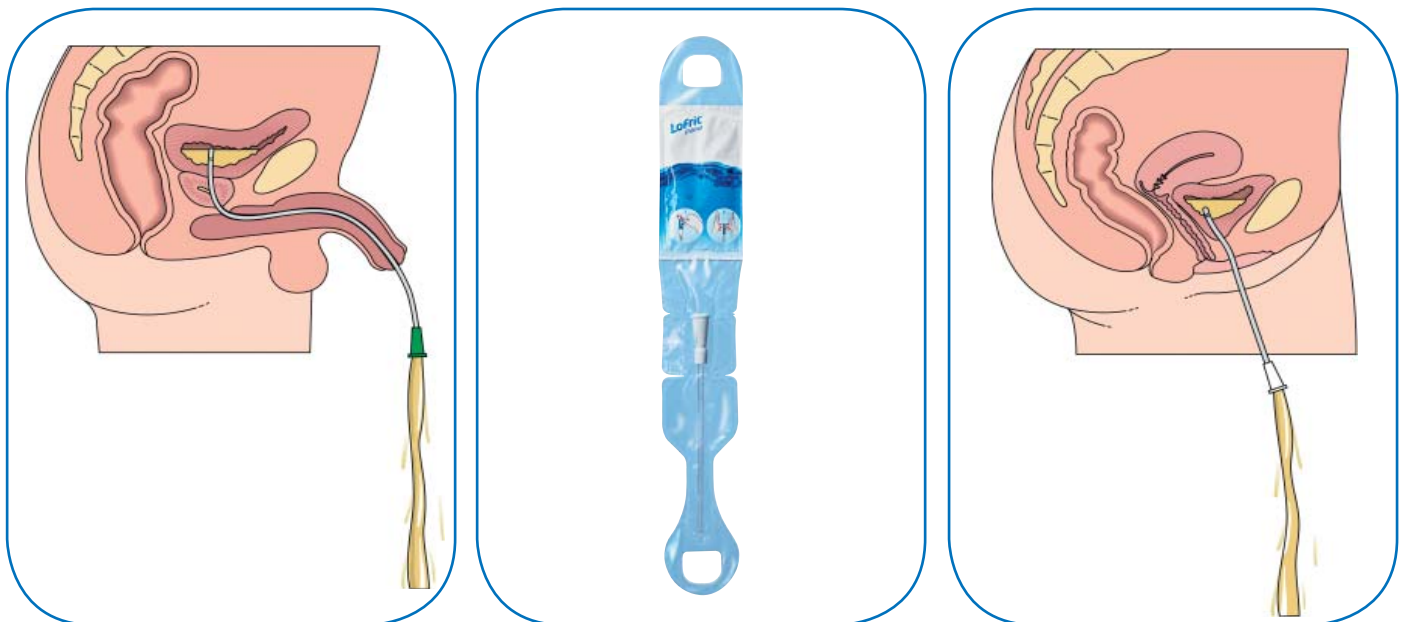


# Why have you received this brochure?

One of the children you care for needs to empty his/her bladder with the help of a catheter. It isn't difficult, but it is different and feels strange at first - for everyone involved. That's why it is important you are informed about what happens and why, so that you can offer active support and maybe even help when needed.

## Intermittent catheterization in short

Illness or an accident can sometimes prevent the body's waste system from functioning properly. When that happens, the body needs help removing waste products and prevent bacterial growth. Everyone needs to empty their bladder throughout the day, no matter if their urinary system is functioning or not. Otherwise the waste products will ultimately poison the body from within, and the situation can quickly become life threatening. The solution is to insert a catheter through the urethra and all the way to the bladder. The urine runs through the catheter which is then removed and disposed of. This is often something the child can do without help, but it is important that you are informed and are near-by to offer support.



*LoFric catheters use an advanced technology for low-friction insertion and removal. They are available for boys and girls, young and old.*



## What you need to do

In most cases, the child is able to take care of the catheterization without help, and the school nurse is ready to help if there are any problems. Your main role is a supporting one. If you are meant to offer more hands-on support, you should receive training from a health care professional. There are a few important rules of thumb you do need to remember, however:

### Be Attentive

Depending on the cause, there might be nerve damage that makes it difficult for the organs to signal to the brain. Therefore, the child may not feel when their bladder is almost full. Make a habit of discretely reminding the child at regular times throughout the day, and be on the lookout for signs of urinary tract infections; such as fever, stomach or back pains, or a general discomfort.

### Golden Rules

In order to minimize the risk of urinary tract infections or other complications, there are 3 golden rules which you should help remind the child of:

- Hygiene
- Keep to a schedule
- Completely empty the bladder

### Ensure Integrity

Make sure the child has access to a separate toilet in a restroom that can be locked. It can be tricky enough to catheterize without having an audience. Ideally the restroom should also contain a lockable area where extra catheters and any other needed supplies can be stored.

### Be Discreet

It is the child who should decide who needs to know about the catheterization itself or the underlying cause. Hidden handicaps are sensitive subjects, especially for young people.

### Act Normally

Try to treat the child as you would any other. He or she has the right to a normal life and using a catheter does not prevent anyone from participating in outings, school trips, or other adventures. (It is a good idea to bring some extra catheters along though, and make sure the child is given time and opportunity to use them.) Discuss the situation with the parents and the child so you are clear on the level of involvement that is needed.

# How Girls Catheterize

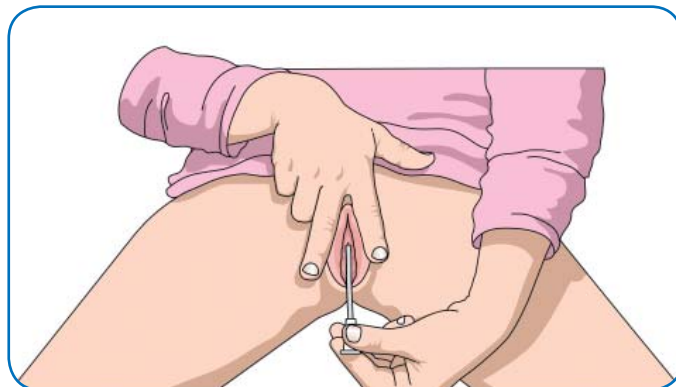
Here is an overview of the procedure for girls. You can use it to familiarize yourself with the process, or the child may want to use it as a check-list. Remind her to wash both hands and genitals carefully before and after, and where to dispose of the used catheter. Note that this instruction is not intended to replace teaching by a nurse.

Note: This text is written directly for the child, as she may already self-catheterize.



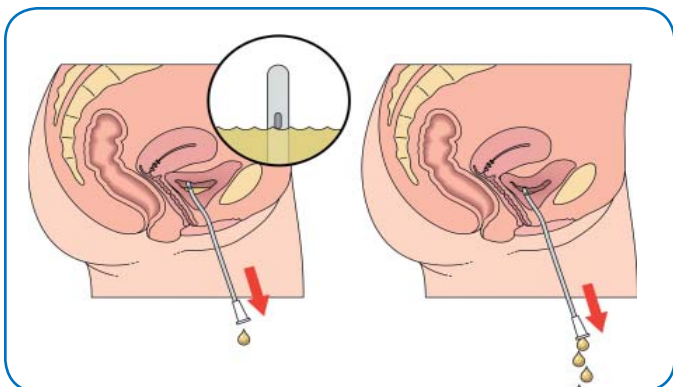
1. Take the LoFric catheter out of the package. With the index and middle finger of one hand, spread the labia (the skin on either side of your urethra) apart and lift it gently upwards. You should now be able to see the opening of the urethra.

•*Hint: do not worry if you can't find your urethra the first time. Try to relax and take a break if you need to.*



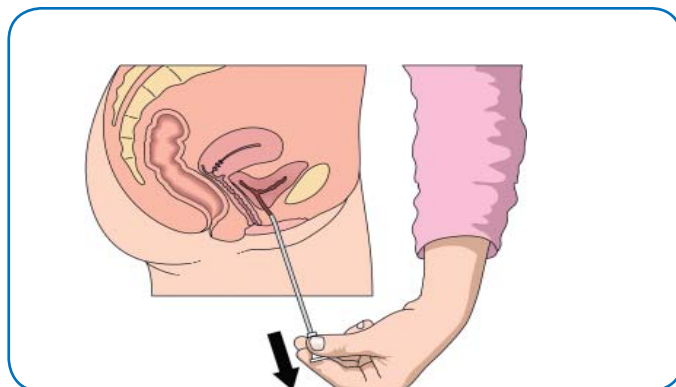
2. With your other hand, slowly push the LoFric catheter into your urethra until the urine starts to flow. Make sure the funnel end is pointing into a toilet, bowl, or drainage bag. When the urine starts to flow, push the catheter further in to make sure that the drainage holes are fully into the bladder. You can let go of the labia to free up your other hand.

•*Hint: it can sometimes be easier to hold LoFric like you would a pen. This can make it easier to insert.*



3. To ensure complete emptying of the bladder, remove the catheter slowly, so that all urine is emptied. Urine flow could stop because the eyes of the catheter are above the urine level in the bladder, to make sure you have emptied your bladder completely, remove the catheter slowly and stop if more urine starts to flow.

•*Hint: once urine has started to drain, keep the catheter as steady as possible, your bladder may take time to drain.*



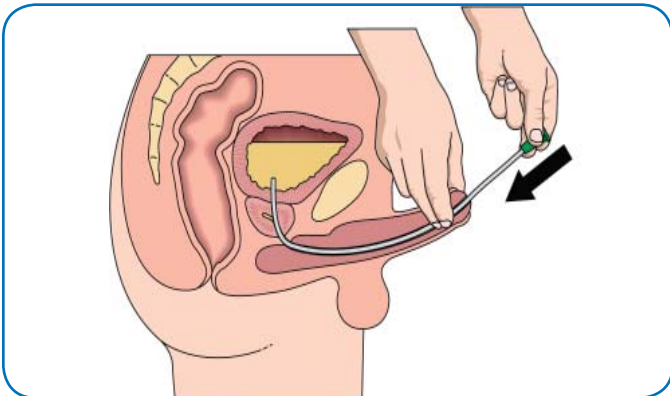
4. When the bladder is empty, withdraw the catheter slowly.

•*Hint: pinch or fold the catheter so that the last few drops remain in the catheter.*

# How Boys Catheterize

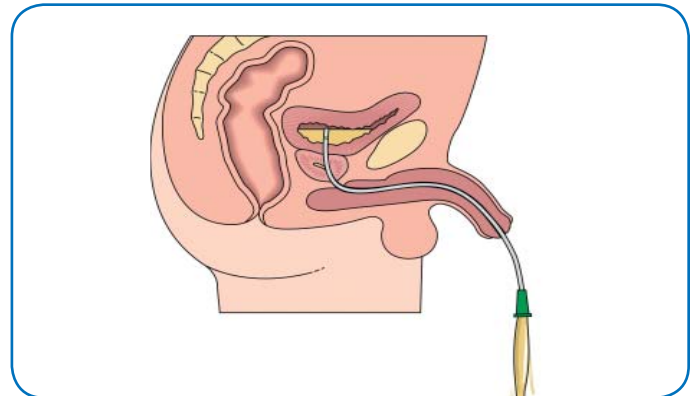
Here is an overview of the procedure for boys. You can use it to familiarize yourself with the process, or the child may want to use it as a check-list. Remind her to wash both hands and genitals carefully before and after, and where to dispose of the used catheter. Note that this instruction is not intended to replace teaching by a nurse.

Note: This text is written directly for the child, as he may already self-catheterize.



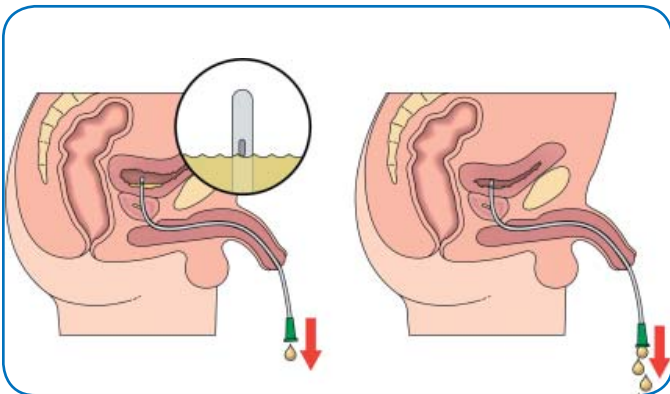
1. Gently pull you foreskin back (if you have one). Hold your penis towards your stomach and slide your LoFric catheter in slowly and smoothly into the opening of your urethra and up into your bladder until the urine starts to flow.

•*Hint: when you get to the sphincter, some resistance may be felt. Use gentle but firm pressure until the muscle relaxes. Coughing or trying to pass urine can help relax the sphincter.*



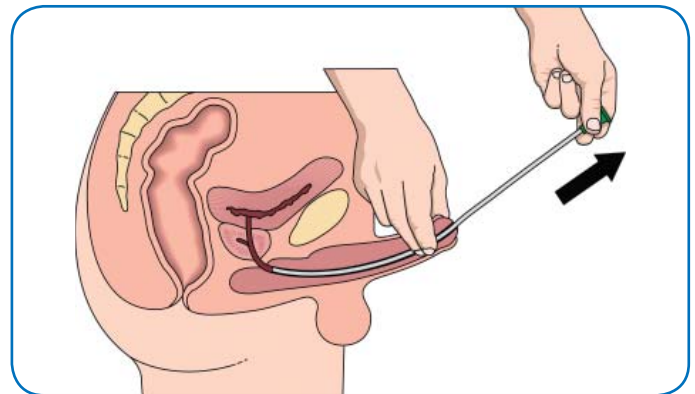
2. Point your penis and the funnel end of the catheter down towards the toilet, a bowl or drainage bag. When the urine starts to flow, push the catheter further in to make sure that the drainage holes are well into the bladder.

•*Hint: once the urine has started to drain, try to keep the catheter as steady as possible as it may take some time for your bladder to drain.*



3. To ensure complete emptying of the bladder, remove the catheter slowly so that all urine is emptied. Urine flow could stop because the eyes of the catheter are above the urine level in the bladder, to make sure you have emptied your bladder completely, remove the catheter slowly and stop if more urine starts to flow.

•*Insertion tip: don't insert the catheter past where the slippery coating ends.*



4. When the bladder is empty, hold your penis up towards your stomach again and withdraw the catheter slowly.

•*Hint: pinch or fold the catheter so that the last few drops remain in the catheter.*

# What is Astra Tech?

We at Astra Tech have worked in close co-operation with health care professionals since the 1940's. Our business today is focused on medical devices and dental implants. LoFric is a good example of our goal of integrating medical research and modern materials technology. The aim is to create sophisticated products to improve the user's quality of life and simplify the work of health care professionals.

