



## Female Self Catheterization Instructions

**magic<sup>3</sup>** INTERMITTENT CATHETER  
*with m<sup>3</sup> technology*

## HOW TO PREPARE AND USE YOUR

Always try to pass urine and empty your bladder as

## MAGIC<sup>3</sup> INTERMITTENT CATHETER

much as you can before using an intermittent catheter.

### Step 1

Wash your hands thoroughly with soap and water and dry them. Washing your hands properly will ensure that you don't accidentally contaminate the catheter. You should pay particular attention to washing between your fingers and the backs of your hands - these are areas that are all too often overlooked.



### Step 2

#### *Standard*

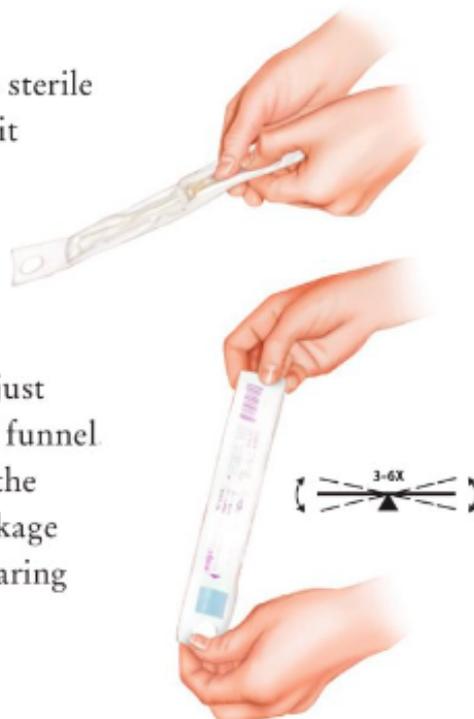
Carefully open the catheter package to expose the entire length of the catheter. Lubricate the tip and shaft of the catheter with water-soluble lubricant being careful not to place the catheter on an unclean surface.

#### *Hydrophilic*

Prior to opening the package, release the sterile water from the foil packet by squeezing it firmly between your fingers and thumb.

Tip the catheter pouch end-to-end three to six times to thoroughly wet the catheter surface.

Peel open the package at the funnel end just enough to allow you to grip the catheter funnel. Don't remove the catheter just yet. Use the adhesive tab at the funnel end of the package to stick it to a nearby surface while preparing to catheterize.



### Step 3

Get yourself in a comfortable position and wash around the urethral opening, spreading the labia and wiping from front to back using an alcohol-free wet wipe or soap and water. (Wiping from back to front can spread bacteria from the perineum and should be avoided). You can choose from several different positions such as standing up, lying down or sitting.



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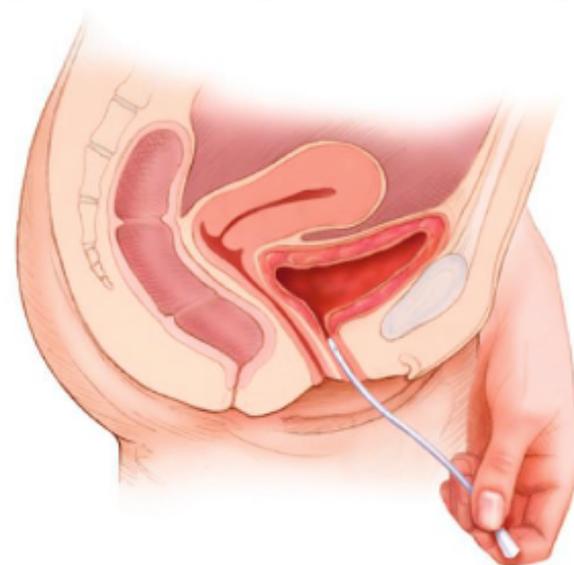
### Step 4

Wash your hands again and remove the catheter from the package, holding the funnel end. Spread the labia with the non-dominant hand. With the dominant hand, insert the catheter tip into the urethral opening, allowing it to pass gently up into the bladder until urine begins to flow. Advance the catheter another inch. A well-placed mirror will help you to locate the urethral opening, especially when you are learning the technique.



### Step 5

When urine has stopped flowing, slowly withdraw the catheter. If urine begins to flow again wait until it stops then continue to fully withdraw the catheter.



### Step 6

Finish by disposing of the catheter and its packaging in a waste receptacle – do not flush it down the toilet. Wash your hands with soap and water, just as you would normally do.

