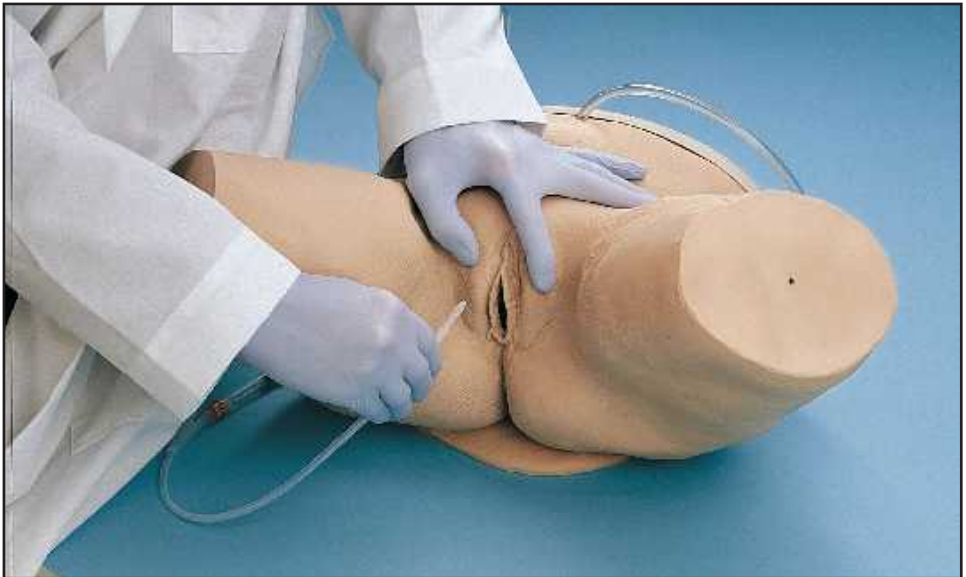




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**FEMALE CATHETERIZATION  
SIMULATOR  
LF00856U  
INSTRUCTION MANUAL**

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***Life/form***® Products by NASCO

## About the Simulator...

The **Life/form**® Female Catheterization Simulator is designed to duplicate the human condition as closely as modern plastics technology allows. Care and treatment during use should be the same as with a patient, since abuse or rough treatment will damage the simulator almost as it would injure or cause pain to a patient. With reasonable care, the simulator will last for thousands of catheterizations.

**NOTE:** To avoid the possibility of leakage, make sure you use the 16 French Foley catheter supplied with the simulator.

### List of Components

1. Administration Unit
2. Plastic Pad
3. 16 French Foley Catheter
4. **Life/form**® Simulator Lubricant

### General Instructions for Use

#### A. To Fill the Flexible Administration Unit (water reservoir):

**NOTE:** Administration unit is a modified enema bag.

1. Hang the flexible administration unit 18" above the simulator. Use ring stand or similar device.
2. Close clamp on tube.
3. Spread opening at top of bag, fill container with **DISTILLED WATER**.
4. Press to close zipper. Start at one end, then continue along length of zipper.

#### B. To Prepare Simulator for Catheterization:

1. The Female Catheterization Simulator should be placed without the plastic pad in position. The pad will be used later. The legs should rest on a flat surface.
2. Hang the administration unit 18" above the simulator. Do not

hang higher, the increased pressure can cause leakage.



FIG 1

3. Connect the quick-disconnect fittings of the administration unit to the simulator. Check to be sure the Dura-Clamp (drain) on the simulator is closed. (FIG 1)
4. Open clamp on tube of administration unit.
5. Open Dura-Clamp<sup>®</sup> (drain) on simulator until distilled water flows out of plastic tubing. (FIG 2) Close Dura-Clamp (drain). The system is now full, pressurized, and ready to use.



FIG 2

6. Position the plastic pad between legs and under buttocks to allow the proper angle of the simulator for catheterization.

#### C. Catheter Selection

1. Use only 16 French Foley catheters. The Female Catheterization Simulator is precisely engineered to provide the most lifelike experience possible. Use of the 16 French Foley catheter facilitates catheterization and helps minimize damage to the urethra of the catheterization simulator. Use

of larger catheters results in unnecessarily difficult catheterization procedures. Use of smaller catheters results in leakage around the catheter.

**NOTE:** Special care should be taken when using a Foley catheter. Cuff inflation should only be attempted when it is in the proper position inside the bladder. Just as in a real patient, the cuff must be completely deflated before the catheter is removed. Improper use of a Foley catheter can result in damage to the simulator.

#### D. Lubrication

1. Lubricate the simulator urethra and catheter liberally **EACH TIME** a catheterization procedure is attempted. This provides maximum realism and minimizes damage to the urethra wall of the simulator.
2. Use only **Life/form**® Simulator Lubricant (LF00985U) or Ivory liquid detergent. Make **NO OTHER** substitutions. Even water soluble lubricants such as K-Y Jelly tend to build up in the urethra over a period of time.
3. Initial use after long storage or heavy usage during a long class session will require heavy lubrication. Do this by inserting the lubricated catheter about half-way, then remove and relubricate several times before inserting the catheter fully. This procedure facilitates a successful initial catheterization by students.

### Procedures That Can Be Performed on This Simulator

#### Female Catheterization

1. Lubricate catheter.
2. Slowly insert catheter through simulated sphincter. With experience, you will feel a "pop" as the catheter passes into the bladder. The simulator will

require about 3 1/2" of catheter. Continue insertion until water flows from catheter.

### Care of Simulator

Normal soil accumulated on the surface of the simulator can be removed with mild soap and lukewarm water. Use **REN Cleaner** (W09919U) to remove stubborn stains from simulator. Simply spray soiled area and wipe clean with a soft cloth or paper towels.



**FIG 3**

Do not store simulator for extended periods of time with water in the unit. Before returning simulator to the case, drain as much liquid as possible from the bladder. To do this, open the Dura-Clamp (drain), holding it upside down and high in the air. Then close the clamp on the administration unit and pull the quick-disconnect fittings apart over a tray. (FIG 3) Dry all surfaces to prevent mildew formation in the case.

Remove the catheter from the urethra after using. If catheter is left in, the lubricant will dry out and act as a mild adhesive. This results in damage when the catheter is finally removed.

### Cautions

Solvents or corrosive materials will damage the simulator. Never place simulator on any kind of printed paper or plastic. These materials will transfer indelible stains. Ball-point pens will also make indelible stains.

### Supplies/Replacement Parts for Female Catheterization Simulator

LF00985U	<b>Life/form</b> ® Simulator Lubricant
W09919U	REN Cleaner
LF01127U	Foley Urethral Catheter. Pkg. of 1
LF01128U	Foley Urethral Catheters. Pkg. of 10

## Other Available *Life/form* Simulators

- LF00698U** Adult Injectable Arm (White)  
**LF00856U** Female Catheterization  
**LF00901U** Prostate Examination  
**LF00906U** Ostomy Care  
**LF00929U** Surgical Bandaging  
**LF00957U** Enema Administration  
**LF00958U** Pediatric Injectable Arm  
**LF00961U** Intramuscular Injection  
**LF00984U** Breast Examination  
**LF00995U** Arterial Puncture Arm  
**LF00997U** Adult Injectable Arm (Black)  
**LF00999U** Pediatric Injectable Head  
**LF01008U** Intradermal Injection Arm  
**LF01012U** Heart Catheterization (TPN)  
**LF01019U** Ear Examination  
**LF01020U** Supplementary Ear Set  
**LF01025U** Male Cath-Ed I  
**LF01026U** Female Cath-Ed II  
**LF01027U** Peritoneal Dialysis  
**LF01028U** Suture Practice Arm  
**LF01036U** Spinal Injection  
**LF01053U** Cross-Sectional Anatomy, Torso, Head  
**LF01054U** Cross-Sectional Anatomy, Head  
**LF01062U** Pelvic, Normal & Abnormal  
**LF01063U** Stump Bandaging, Upper  
**LF01064U** Stump Bandaging, Lower  
**LF01069U** Cervical Effacement  
**LF01070U** Birthing Station  
**LF01082U** Cricothyrotomy  
**LF01083U** Tracheostomy Care  
**LF01084U** Sigmoidoscopic Examination  
**LF01087U** Central Venous Cannulation  
**LF01095U** Blood Pressure Arm  
**LF01108U** Intraosseous Infusion Simulator  
**LF01142U** Auscultation Trainer  
**LF01162U** Venatech IV Trainer  
**LF03000U** **CPARLENE**® Series  
**LF03601U** Adult Airway Management Trainer  
**LF03602U** Adult Airway Management on Manikin  
**LF03603U** Adult Airway Management Head Only  
**LF03609U** Child Airway Management Trainer  
**LF03610U** Child Airway Management Trainer Head Only  
**LF03611U** Child Defibrillation Chest Skin  
**LF03612U** Child IV Arm  
**LF03613U** Child Blood Pressure Arm  
**LF03614U** Child Intraosseous Infusion/Femoral Access Leg Only  
**LF03615U** Complete Child **CRiSis**™ Update Kit  
**LF03616U** Child **CRiSis**™ Manikin  
**LF03617U** Deluxe Child **CRiSis**™ Manikin with Arrhythmia Tutor  
**LF03620U** PALS Update Kit  
**LF03621U** Infant Airway Management Trainer Head Only  
**LF03622U** Intraosseous Infusion Right Leg  
**LF03623U** Infant Airway Management Trainer  
**LF03626U** Child Femoral Access Injection Pad Replacement  
**LF03632U** Child Intraosseous Infusion/Femoral Access Leg on a Stand  
**LF03633U** Child Airway Management Trainer with Torso  
**LF03693U** **Basic Buddy** CPR Manikin  
**LF03699U** "Airway Larry" Airway Management Trainer  
**LF03720U** **Baby Buddy** Infant CPR Manikin  
**LF03953U** **CRiSis**™ Manikin  
**LF03955U** Deluxe **CRiSis**™ Manikin  
**LF04001U** **GERi**™ Nursing Manikin  
**LF04020U** **KERi**™ Nursing Manikin  
**LF04021U** **KERi**™ Basic Manikin  
**LF04022U** **KERi**™ Advanced Manikin  
**LF04030U** **GERi**™ Advanced Manikin  
**LF04040U** **GERi**™ Basic Manikin

*Nasco* Fort Atkinson

901 Janesville Avenue, P.O. Box 901  
 Fort Atkinson, Wisconsin 53538-0901  
 1-800-558-9595

www.eNASCO.com • E-mail: lifeform@eNASCO.com