



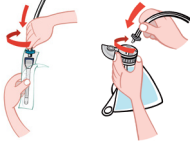








For predictable bowel management • Children  
**Step by step guide**

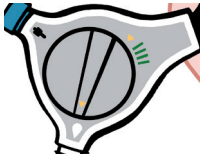
Date: \_\_\_\_\_


	<p>1. Find your things to do a poo.</p> 
	<p>2. Fill up the water bag with lukewarm tap water, making sure all three sections have been filled.</p>
	<p>3. Peel the catheter packet slightly open.</p>
	<p>4. Put the parts together. Grey goes with grey and blue goes with blue.</p>
	<p>5. Turn the dial to the water symbol  and pump water into the catheter pouch so that the catheter is covered. Count slowly to 10 three times. That will make the catheter soft and smooth.</p> 
	<p>6. Turn the dial to the balloon symbol  on the handset to turn off the water. Do not pump yet!</p> 



7. Hold the catheter by the finger grip (see picture). Put it slowly and gently into your bottom. Then pump the balloon while you hold the catheter in place.


Amount of pumps: \_\_\_\_\_ (max. 2 pumps or 4 if using the standard size catheter). With air in the balloon, the catheter should stay in place on its own.



8. Sitting on the toilet: Turn the dial to the water symbol  and slowly pump water into your bottom.

Amount of water: \_\_\_\_\_ ml



9. When all of the water is in your bottom, turn the dial to the green symbol  to deflate the balloon and remove it.




10. Put the catheter back in the pack and throw away.



11. Wait patiently until the poo comes out into the toilet. If it doesn't come out, you can help by pushing a little on your tummy. Sometimes you may have another poo after some time.



12. Turn the dial to the finish symbol  and wipe your bottom.



13. Empty the water bag and wash your hands. You are done.



Before use, always consult the 'instructions for use' document delivered with the products.

CV609N

