

Female Catheterization and Enema Simulator

LM-109F

Instruction Manual

Thank you for purchasing the Female Catheterization and Enema Simulator.
Please read this instruction manual carefully to ensure correct use of the product,
and store it in a safe place for easy access.

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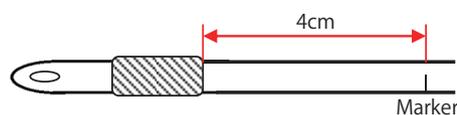


Handling and Safety Precautions

These precautions should be strictly observed in order to ensure safe, long-term use of the product.

The following precautions should be observed particularly strictly:

1. This simulator is made to have the same feel as that of a living body. Undue handling may cause breakage of the simulator.
2. This model has a distinctive odor resulting from the materials it is made from however is not harmful to the body or indicate any problem with quality. This distinctive odor will weaken over time. The product is also coated in baby powder at the time of manufacture and the smell of baby powder may remain on the product.
3. When you practice cleaning or disinfecting of the pubic area, please use water. Use of alcohol may cause breakage of the simulator.
Use of colored disinfectant liquid may cause pigment to be fixed to the simulator so that the pigment cannot be removed.
4. As for the lubricant, please use K-Y™ lubricating jelly. Please do not use K-Y® gel, as it may increase the insertion resistance of the catheter.
5. Please do not use oily lubricant (olive oil etc.), alcohol lubricant, and lubricant containing organic solvent. These may cause breakage of the simulator.
6. Please use catheters of 14Fr and 16Fr.
7. Please check the state of the catheter before inserting the catheter. Please do not use a catheter that is degraded or deformed. Such a catheter is difficult to insert.
8. When inserting the catheter, please apply the lubricant each time.
9. If it is difficult to insert the catheter, please increase the amount of the lubricant to be applied or use another catheter (firm silicone catheter or catheter with thinner balloon part etc). The simulator may break if such a catheter is forced to be inserted.
10. When indwelling the catheter, please inflate the balloon after inserting the catheter apart from the balloon end portion by a distance equal to or greater than 4 cm. Indwelling of the catheter in an intermediate of the valve causes the valve and the catheter to be broken. Please provide a marker on the catheter before commencing training to ensure that the catheter tip is inserted by a distance equal to or greater than 4 cm before inflating the balloon.



11. After use, please wash the simulator and the catheter well with water. If the lubricant dries and hardens, it may interfere with the use of the simulator.
12. Please check the state of the valve at every use. If the valve is broken, it may cause a leakage of water.
13. Oil components may come out of the genital skin. After use, please do not keep the genital skin attached to the simulator. Please wrap it in cooking paper, gauze, etc., put it into an attached reclosable poly bag, and keep it. For a detailed storage method, please refer to the washing and storage methods on page 15.
14. Apply commercially available baby powder to reduce friction if you mind stickiness of the genital skin or after it is washed with water following use.
15. The genital skin may deform over time. Please check the state of the genital skin every three years after purchase. If any deformation that could affect the function of the simulator is found, consider replacing it with a new one.
16. You may observe air bubbles or darker areas in the genital skin. These were formed during production; however, they do not affect the strength of the genital skin because it is made of a material resistant to tearing.
17. Please do not place objects on the simulator. Otherwise, the simulator may be deformed.
18. Please do not keep the simulator in contact with printed matter. Print, such as letters, may transfer to the simulator and be fixed there.
19. When storing the simulator, please select a place that is not subject to direct sunlight and ultraviolet rays.
20. This product is intended for use in standard operating environments. Do not use it in heavy industrial settings.
21. This model uses urethane foam for some of its parts, and may be susceptible to damage from pests that are attracted to urethane foam (such as insects in the ant family).
When storing this model, ensure that thorough measures are taken to prevent pest damage before storing. The company will not be involved with or held liable for pest damage that occurs during storage.

1. The contents of this instruction manual are subject to change without notice.
2. This instruction manual may not be reproduced in part or in its entirety without permission.
3. Please contact the manufacturer in the event that any errors or omissions are found in the contents of this instruction manual.
4. This product should be used only as described in this instruction manual. In particular, the product should not be used in any way that contravenes the precautions noted in the instruction manual.

Table of Contents

1. Outline and Features
2. Components and Configuration
3. Handling Method
4. Washing and Storage Methods
5. Specifications
6. Replacement Parts (Sold Separately)

1. Outline and Features

Outline

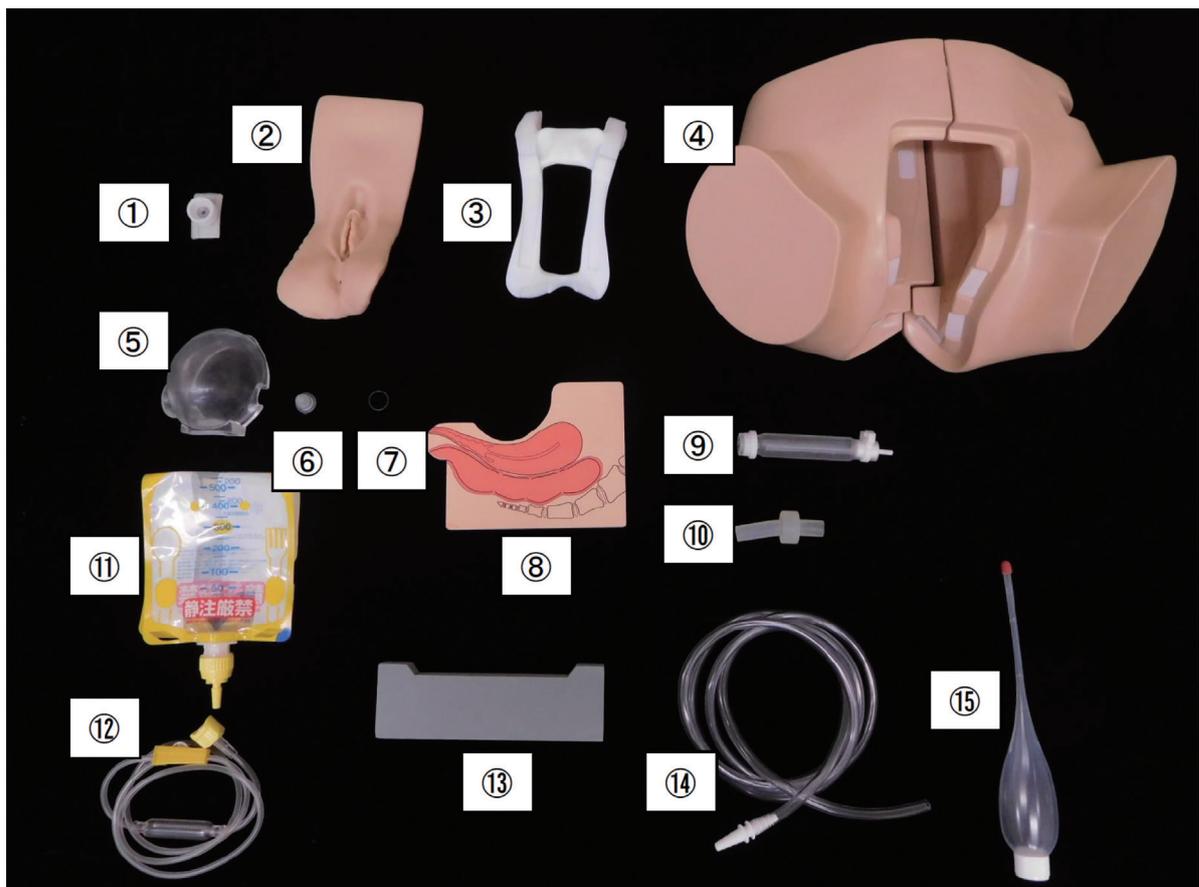
A catheterization catheter is inserted according to a suitable technique to reach the bladder. This causes urine (water) to flow out. The feel of the labia and resistance of the catheter to its insertion are closely similar to that of a living body. Techniques such as disinfecting of surroundings of the urethral exit and cleaning of the pubic area can be performed. The main body can be separated at an exact middle so that the shape of the urethral canal, the insertion state of the catheter, and the anatomical positional relationship can be studied.

Features

- The simulator is of an actual size by which a catheterization and glycerine enema for an adult female can be practiced.
- Since soft and stretchable materials are used for the pubic area, the appearance and the feel are realistic to give presence when practicing.
- A series of techniques of catheterization, such as disinfecting of the pubic area (with water), inserting, fixing, and removing of a catheter, can be practiced.
- Inserting a catheter from the urethral canal using an appropriate technique causes urine (water) to flow out in the same manner as actually occurs when a catheter is inserted into the bladder of a patient.
- Cleaning techniques can be performed.
- The main body can be separated, and the urethral canal and bladder are transparent. This enables instruction for checking the insertion state of the catheter into the urethral canal and the balloon in the bladder.
- The attached a glycerine enemator can be inserted through the anus to the rectum. This enables the practice for the glycerine enema.

2. Components and Configuration

- | | |
|---------------------------------|-------------------------------------|
| 1. Female Urethral part | 11. Bag for irrigator |
| 2. Female Genital skin | 12. Tube for irrigator |
| 3. Female Pubic Area Frame | 13. Stand for lateral decubitus |
| 4. Main body | 14. Drain tube |
| 5. Bladder | 15. Glycerine enemator |
| 6. Bladder Valve (Male/Female) | |
| 7. O-ring | Storage bag |
| 8. Female Rectal plate | Instructions manual (this pamphlet) |
| 9. Bladder tube | |
| 10. Rectum connecting connector | |



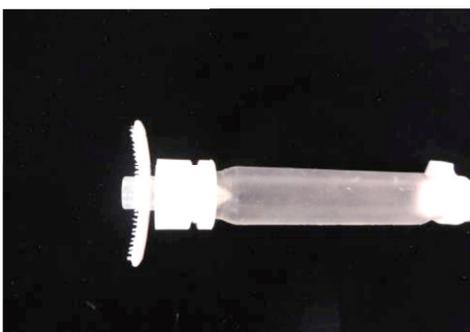
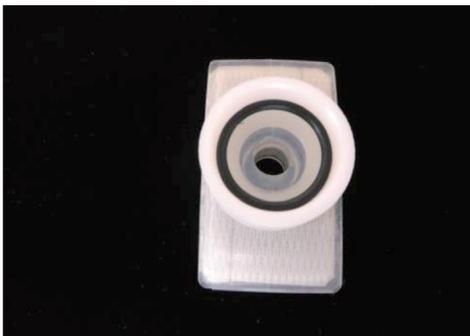
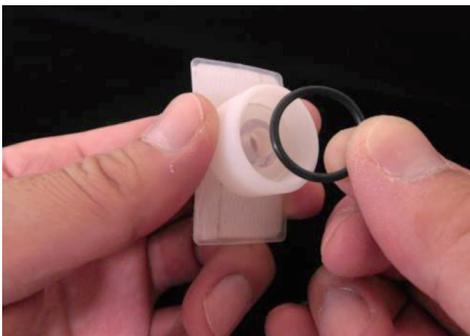
3. Handling the Model

3-1 Assembly of Simulator

1. Please connect the bag for irrigator with the bladder tube, and put water into the bag for irrigator. Please open a clamp, fill the bladder tube with water, close the clamp, and attach the bladder valve to it.



2. Please attach the O-ring to a connector of the female urethral part, and connect it to the bladder tube.



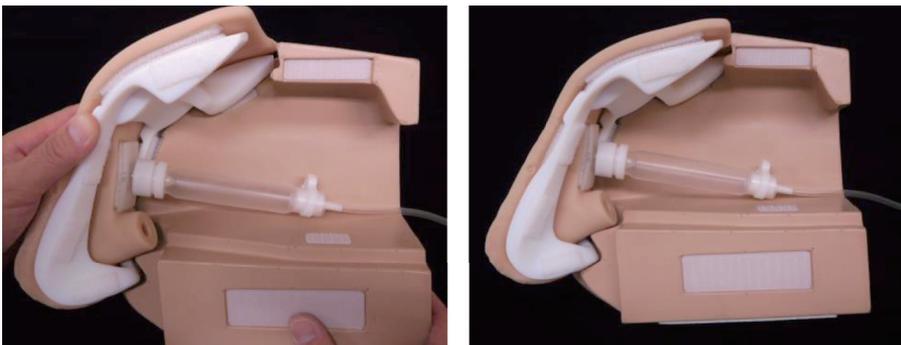
3. Please attach the female genital skin to the female pubic area frame.



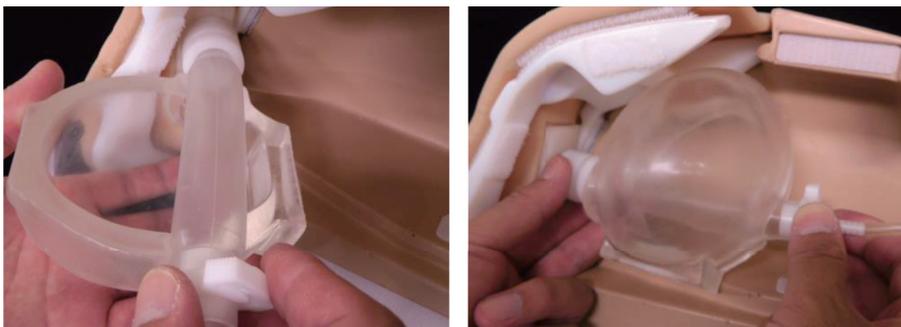
4. Please insert the projection of the female urethral part into the urethral canal located on the reverse side of the female genital skin so that the projection is covered. Then fix the female urethral part and the female genital skin with hook and loop fasteners.

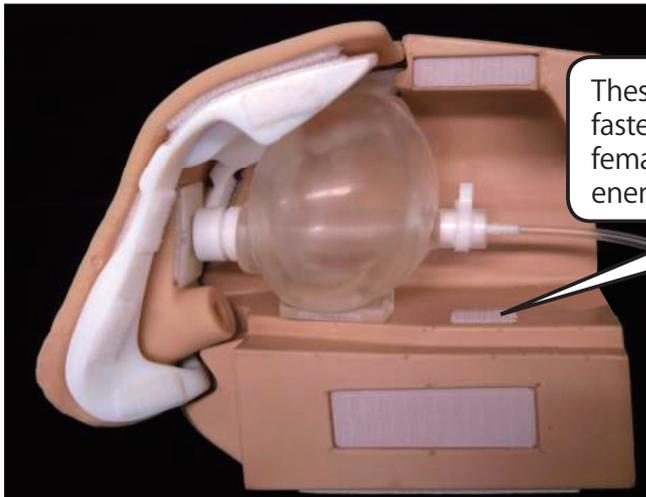


5. Please separate the main body into right and left parts, and fit and fix the female pubic area frame to the right part of the main body.



6. Please attach the bladder to the bladder tube and then place them within the main body.



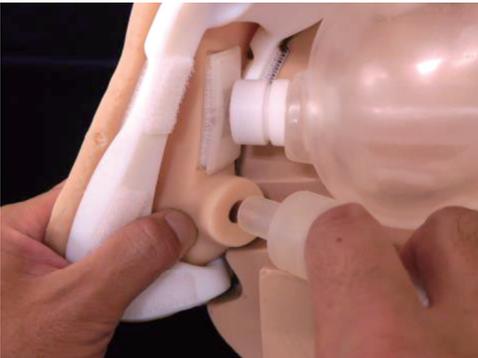


These hook and loop fasteners are not used for the female catheterization and enema model.

7. Please connect the rectum connecting connector with the drain tube.



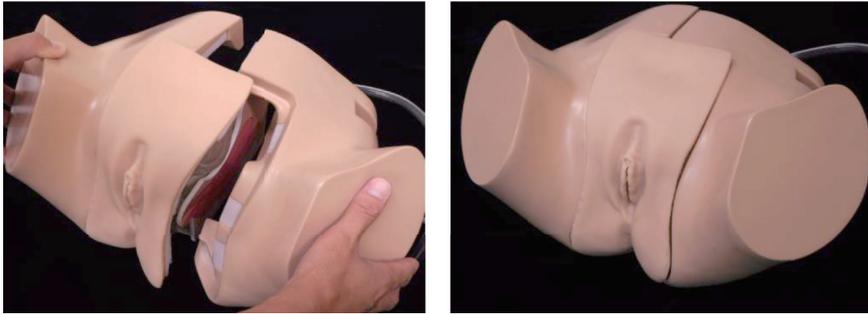
8. Please insert the rectum connecting connector from the rear side of the female genital skin.



9. Please fit and fix the female rectal plate to the right part of the main body.



10. Please attach the right and left parts to close and fix the main body, and check whether the female pubic area frame is fixed to the main body.



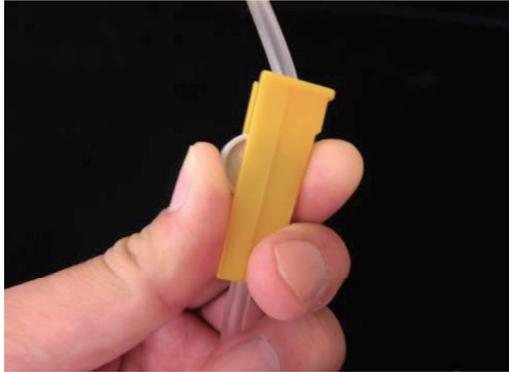
11. When performing a catheterization, please hang the bag for irrigator at a position higher than that of the simulator main body. If the bag is hung at a lower position, water dose not flow out.



12. When performing an enema, please prepare a bucket etc. under a desk or a bed and put the distal end of the drain tube in it.

3-2 Insertion of Catheterization Catheter

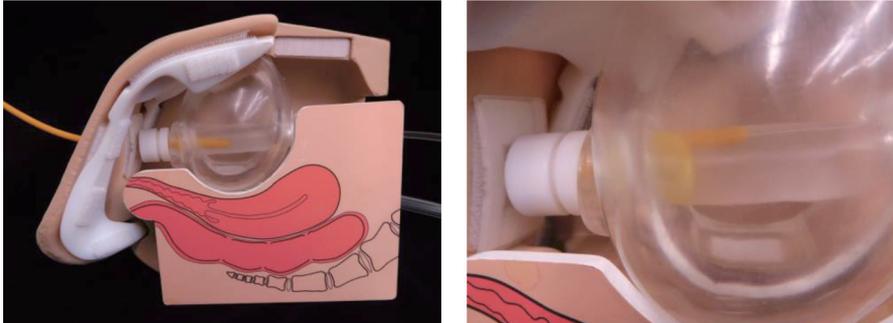
1. Please open the clamp of the tube for irrigator and check whether or not the water leaks from the simulator.



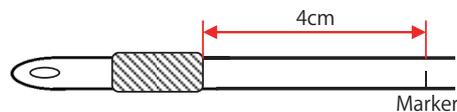
* When practicing the cleaning or disinfecting of the pubic area, please use water instead of disinfection liquid.

2. Please apply lubricant on the distal end of the catheter for about 4 to 5 cm and insert the catheter.
 - * If it is difficult to insert the catheter, please check the techniques and insert it again. In this case, please remove moisture from the catheter and increase the amount of the lubricant to be applied. Also, please consider using other types of catheters (firm silicone catheter or catheter with thinner balloon part etc). The simulator may be broken if the catheter is forced to be inserted.
 - * If it is difficult to insert the catheter, please use water mixed with a small amount (approx 5%) of surfactant (neutral detergent) as urine.
 - * If the insertion of the catheter is repeated a plurality of times, water may accumulate in the urethral canal.
3. Please check the outflow of the urine (water). If urine does not flow out, check the following:
 - Whether the catheter passes through the valve;
 - Whether the clamp for irrigator tube is open; and
 - The amount of water in the bag for irrigator is reduced to a small amount.

4. When you check the insertion state of the catheter or the indwelling state of the balloon, please separate the main body into the right and left parts to be used. In this case, please check whether the pubic area frame is firmly fixed to the right part of the main body.



* When indwelling the catheter, please inflate the balloon after inserting the catheter apart from the balloon end portion by a distance equal to or greater than 4 cm. Indwelling of the catheter in an intermediate of the valve causes the valve and the catheter to be broken. Please provide a marker on the catheter before commencing training to ensure that the catheter tip is inserted by a distance equal to or greater than 4 cm before inflating the balloon.



5. Once the catheter is inserted, please remove the moisture from its wet tip, apply the lubricant each time, and then insert the catheter.
If the lubricant is applied where water remains, the lubricant slides easily off of the catheter. This makes it difficult to insert the catheter.

3-3 Enema

1. Please prepare a bucket etc. under a desk or a bed and put the distal end of the drain tube in it.
2. Please insert the stand for lateral decubitus in the groove of the left part of the main body, and fix the main body in the left lateral decubitus.



3. Please apply lubricant to the distal end of a glycerine enema, insert it into the anus, and pour enema liquid (water) into it. At this time, please lower the distal end of the drain tube to a position below the anus. Otherwise, the enema liquid (water) may flow backward.

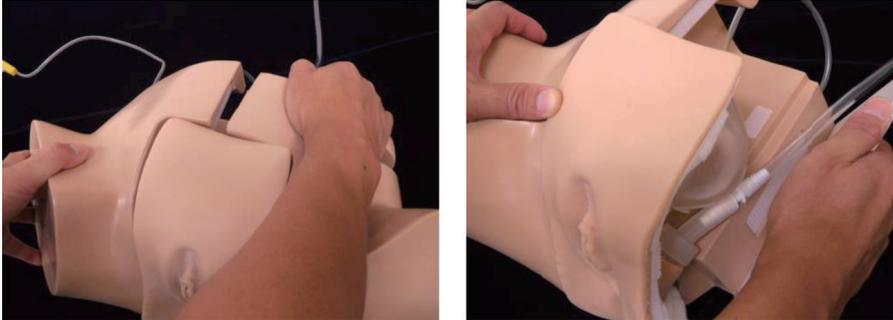


3-4 Removal

1. Please close the clamp of the tube for irrigator.

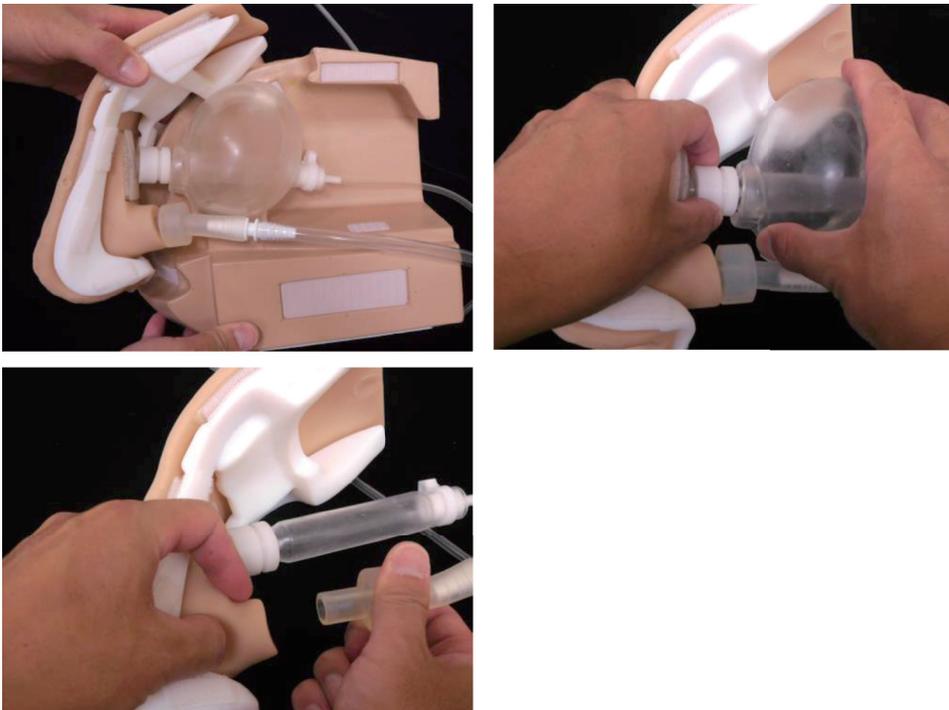


2. Please separate the main body and remove the female rectal plate.



3. Please remove the female pubic area frame from the main body, and remove the bladder and the rectum connecting connector.

* Please pay attention to the outflow of the water.



4. Please remove the connector for connecting the bladder tube with the female urethral part.

* At this time, please pay attention to a loss of the O-ring.

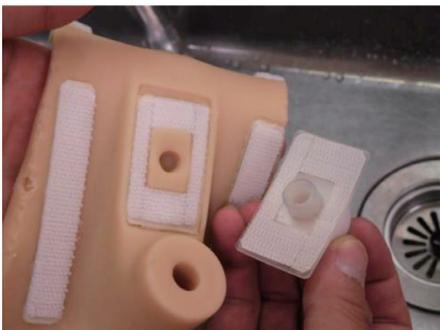


5. Please remove the bladder valve and the tube for irrigator from the bladder tube, and drain the water in the tube.



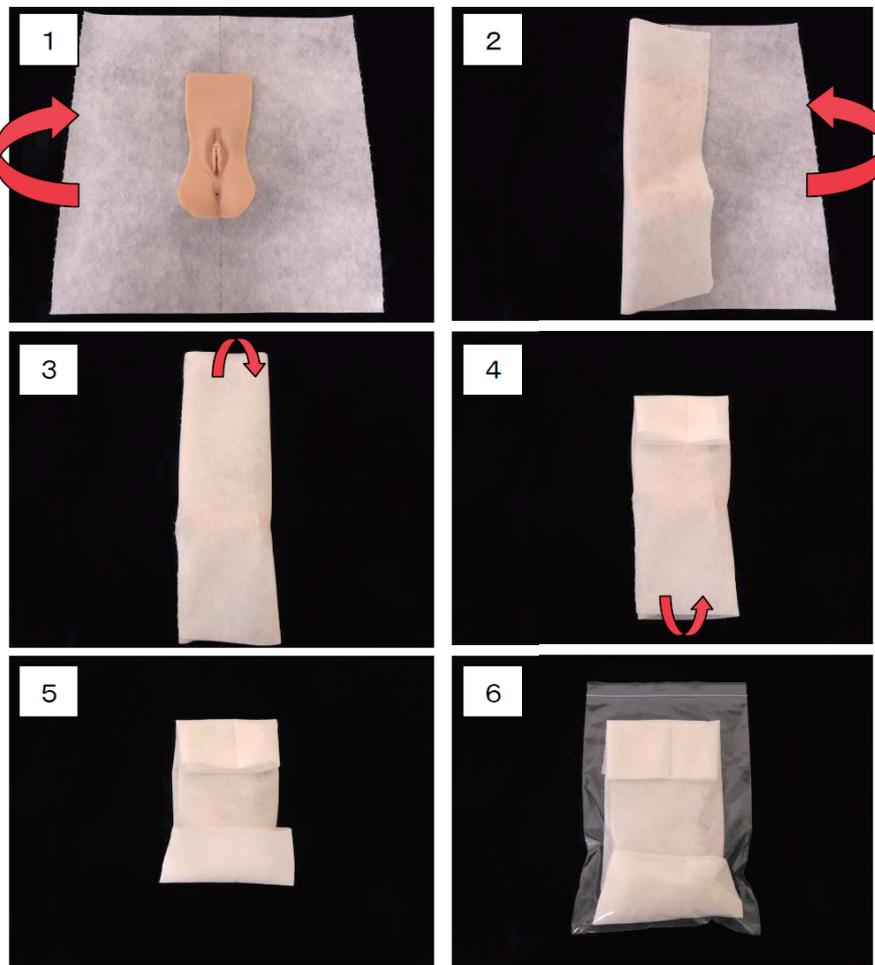
6. Please remove the female genital skin from the female pubic area frame, and remove the female urethral part from the female genital skin.

At this time, please remove slowly while holding the area of the hook and loop fastener so that it does not peel off from the female genital skin.



4. Washing and Storage Methods

1. Please flush the lubricant that has adhered to the female urethral part, the bladder valve, the bladder tube, etc. well with water. If the lubricant dries and hardens, it may interfere with the use of the simulator.
2. Please remove moisture well, dry the simulator and then put it into a storage bag.
3. Oil components may come out of the female genital skin. After using the simulator, please do not keep the female genital skin attached to the main body. Please wrap it in cooking paper, gauze, etc., put it into an attached reclosable poly bag, and keep it therein. Please wrap the female genital skin gently such that wrinkles are not generated on it.



4. Please apply baby powder that is commercially available, if you mind stickiness of the female genital skin.
5. As for stains on the simulator, please use neutral detergent that is watered down and wipe off the stains with wet gauze etc.

* Please do not use solvents such as thinner and benzene.

5. Specifications

Product name	Length	Width	Height	Weight
Main Body	Approx. 25 cm	Approx. 39 cm	Approx. 21 cm	Approx. 2.2 kg
Storage Bag	Approx. 29 cm	Approx. 53 cm	Approx. 32 cm	

6. Replacement Parts (Sold Separately)

Product name	Product No.
Female Genital skin	LM-109FB
Bladder Valve (Male/Female) (3pcs/set)	LM-109V
Bag for irrigator (3pcs/set)	LM-025J
Tube for irrigator (3pcs/set)	LM-025H
Glycerine enemator (with cap/5pcs)	LM-0686