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*Nasco* **Life/form**®

# Female Catheterization Simulator LF00856U Instruction Manual



ISO 9001 and  
ISO 13485

*Nasco* Plastics  
ISO 9001 and ISO 13485

Products are manufactured using a quality management system  
certified as being in conformity with ISO 9001 and ISO 13485.

**Life/form**®



**Life/form**® Products by Nasco

Warranty





## About the Simulator

The **Life/form**® Female Catheterization Simulator is designed to duplicate the human condition as closely as plastics technology allows. Care and treatment should be used since abuse or rough treatment will damage the simulator almost as it would injure or cause pain to a patient.

**Note:** To avoid the possibility of leakage, make sure to use a 16 French Foley catheter (supplied with the simulator).

## List of Components

- A. **Life/form**® Female Catheterization Simulator
- B. Fluid Administration Set
- C. Plastic Positioning Pad
- D. 16 French Foley Silicone Catheter
- E. **Life/form**® Simulator Lubricant, 2 oz.
- F. Small White Towelette
- G. Obstruction Tool
- H. Hard Carry Case

Actual product may vary slightly from photo. Nasco reserves the right to change product color, materials, supplies, or function as needed.



Figure 1



Figure 2

## Set Up

### A. To fill the Simulated Bladder

1. Hang the fluid administration set 18" above the simulator. Use Fluid Supply Stand (LF01022U shown, sold separately) or similar device.  
**Note:** Hanging the fluid administration set higher increases the water pressure and may cause leaking.
2. Close the slide clamp on the tube of the fluid administration set.
3. Squeeze open the top of the bag and fill with water. (To extend the useful life of your simulator, Nasco recommends distilled water.)
4. Connect the quick disconnect fittings of the administration set and simulator tubing. (**See figure 1.**)
5. Open the slide clamp on the administration unit and the pinch clamp on the simulator drain tube.
6. Allow water to flow through the simulator until it exits the drain tube. Close pinch clamp. (**See figure 2.**) The system is now filled with water and pressurized.

## B. 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 simulated urethra. Use of larger catheters results in unnecessarily difficult catheterization procedures. Use of smaller sizes will result in leakage around the catheter.
2. Only silicone catheters should be used. Latex catheters, if left in contact with the simulator, will damage the simulator and void the warranty.

## C. Lubrication

1. Lubricate the simulator's urethra and the catheter liberally EVERY 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). Make NO OTHER substitutions. Even water-soluble lubricants 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.

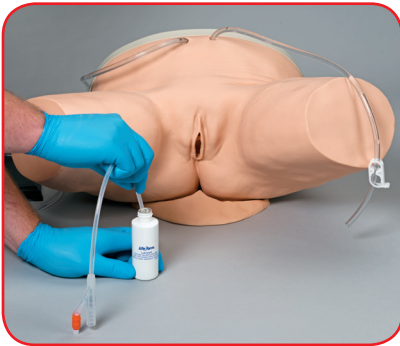


Figure 3



Figure 4

## General Instructions for Use

### Catheterization Procedure

**Note:** To avoid the possibility of leakage, be sure to use a 16 French silicone Foley catheter (supplied with simulator).

1. Position the plastic pad between the legs and under the buttocks to allow the proper angle for catheterization.
2. Lubricate catheter by coating with **Life/form**® simulator lubricant. (**See figure 3.**) (Obtain a catheter bag or water-safe container; not included.)
3. Slowly insert the catheter through simulated sphincter. With experience, you will feel a “pop” as the catheter passes into the bladder. The simulator will require about 3½" of catheter. Continue insertion until water flows from catheter. (**See figure 4.**)

4. Remove the catheter from the urethra after use.

**Note:** Special care should be taken when using a Foley catheter. Cuff inflation should only be attempted when the catheter 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.

## User Assistance

- Lack of sufficient lubrication may make inserting the catheter difficult — see Set Up — C. Lubrication
- Water does not flow even after proper insertion — check fluid administration set water level. If there is still no water, remove catheter and repressurize the system following Set Up — A. To fill the Simulated Bladder
- Dried Lubricant Obstruction. Use the supplied obstruction tool to clear dried lubricant from the simulated urethra. Follow Lubrication and Catheterization Procedures using the obstruction tool. Flush the system with warm water to completely clear the obstruction and any added lubrication.

## Care and Maintenance

### A. Cleaning the Simulator

1. Normal soil accumulated on the surface of the simulator can be removed with mild soap and lukewarm water.
2. Use Nasco Cleaner (LF09919U, sold separately) to remove stubborn stains from simulator. Simply apply to soiled area and wipe clean with a soft cloth or paper towels.

### B. Storing the Simulator

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.

1. Open the both tubing clamps. Drain the simulator by holding it upside down and high in the air.
2. Allow the water to drain out from the simulator.
3. Dry all surfaces to prevent mildew formation while stored in the case.

## Caution

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**

- LF00844U** Obstruction Tool Kit (1 obstruction tool and 2 oz. lubricant)
- LF00985U** **Life/form**® Simulator Lubricant Kit
- LF01022U** Fluid Supply Stand
- LF01098U** Fluid Administration Set
- LF01127U** Foley Urethral Catheters (pkg. of 1)
- LF01128U** Foley Urethral Catheters (pkg. of 10)
- LF09919U** Nasco Cleaner

## Other Available *Life/form*® Simulators

**LF00698U** Adult Injectable Arm (Light)

**LF00855U** Male Catheterization

**LF00898U** Ostomy Care Training Models Set

**LF00901U** Prostate Examination

**LF00906U** Ostomy Care

**LF00957U** Enema Administration

**LF00980U** Advanced Breast Exam

**LF01029U** Cath-Ed 1 and Cath Ed 2 Set

**LF01035U** Infant Male & Female Catheter Trainer

**LF01038U** Episiotomy Suturing Set

**LF01062U** Pelvic, Normal & Abnormal

**LF01068U** Cervical Dilatation and Effacement Simulators

**LF01069U** Cervical Effacement

**LF01070U** Birthing Station

**LF01084U** Sigmoidoscopic Examination

**LF01143U** Testicular Exam

**LF01193U** Special Needs Baby



**LF01035U**



**LF00855U**



**LF01039U**

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