

INSTRUCTION MANUAL

# Male and Female Catheterization Simulator

LF00843 - Light  
LF00842 - Medium



*Nasco*  
HEALTHCARE

# About the Simulator

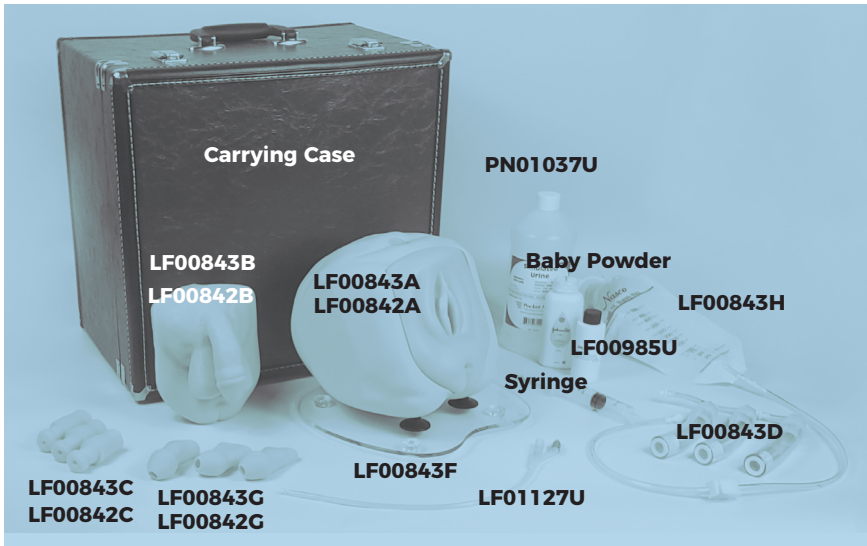
Nasco Healthcare Male and Female Catheterization Trainer features a new lifelike skin material. This material is easily cleaned and very durable. Care should be used since abuse or rough treatment will damage the simulator almost as it would injure or cause pain to the patient. The trainer housing is a modular design that accepts male or female genitals. The bladders are a new design that are disposable and are easily replaced by the trainee or trainer. More bladders can be purchased as needed, which is an added benefit. The same bladder is used with both male, female genitals and the suprapubic. With responsible care, the simulator will last for hundreds of catheterizations.

## List of Components

- **LF00843 A** Light Skin Tone, Soft Female Genital (1)
- **LF00842 A** Medium Skin Tone, Soft Female Genital (1)
- **LF00843 B** Light Skin Tone, Soft Male Genital (1)
- **LF00842 B** Medium Skin Tone, Soft Male Genital (1)
- **LF00985U** Simulator Lubricant 2 oz. (1)
- **LF01127U** 16 French Foley Silicone Catheter (1)
- **LF00843 E** Light Skin Tone, Genital Housing Unit (1)
- **LF00842 E** Medium Skin Tone, Genital Housing Unit (1)
- **PN01037U** 1 Quart Simulated Urine
- **LF00843 H** Reusable Fluid Supply bag (1)
- **LF00843 D** Bladders (3)
- **LF00843 G** Light Skin Tone, Foreskins (3)
- **LF00842 G** Medium Skin Tone, Foreskins (3)

# List of Components (con't)

- **LF00843 C** Light Skin Tone, Suprapubic skin (3)
- **LF00842 C** Medium Skin Tone, Suprapubic skin (3)
- Syringe (1)
- Carrying case (1)
- Baby powder (1)
- **LF00843 F** Stand with non-skid feet (1)



**NOTE: Male, Female Genitals and Suprapubic use the same simulated bladders.**

# Set Up

1. Remove housing from the carrying case. Save case for storage. **Fig 2.**



Fig 2.

2. Insert genital into the housing unit. The soft genital will fit snug. **Fig 3.**



Fig 3.

3. The clamp on the Fluid Supply bag needs to be closed. The tubing luer on end of IV bag attaches to the other end of the swiveled lure on the bladder.



**NOTE: IV stand is not included. Fig 4.**

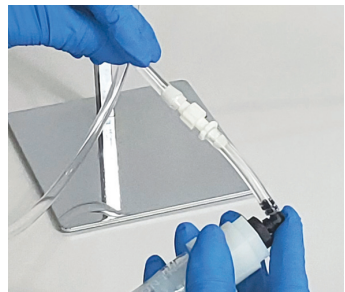


Fig 4.

4. Place a small amount of lubricant onto valve end of the bladder. **Fig 5.**



Fig 5.

5. Insert the bladder into the open hole in the back of the genitals. Push the bladder in until it completely stops. The bladder will fit snug. The swivel end should be facing the back of the housing and connected to the tubing that is attached to the Fluid Supply bag. **Fig 6.**



Fig 6.

6. If the bladder does not fit smoothly into the bladder entrance located at the back of the genitals add lubricant to the hole and reinsert the bladder.
7. Once the bladder is in place, close the clamp on the Fluid Supply Bag with water or simulated urine. Recommended amount of water to fill IV bag is between 100 and 250 ML and the bladder holds between 20 and 25 ML. Hang the filled Fluid Supply bag. **Fig 7**



Fig 7.

**Note: IV stand is not included**

**NOTE: Please refer to troubleshooting suggestions if water is not flowing properly.**

# General Instructions for Use

- A. Lubricate catheter and urethra each time a catheterization procedure is attempted using the supplied lubricant. The lubrication minimizes damage to the urethral wall of the simulator. **Fig.8**

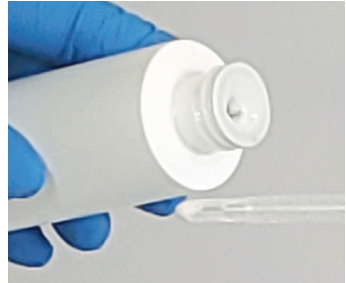


Fig 8.

**NOTE: The bladder is dry until the first insertion. Fluid will flow until Fluid Supply bag is empty or clamp is closed.**

- B. Open the clamp on the Fluid Supply bag
- C. Use only the supplied Simulator Lubricant (LF00985U) 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.

- D. Slowly insert the catheter. Continue insertion until fluid flows. **Fig 9.**



Fig 9.

**NOTE: Container to hold the expelled fluid from catheter is not included.**

**NOTE: To avoid the possibility of leakage, make sure to use a 16 French Foley catheter.**

# Suprapubic Catheter Insert

A. Insert the Suprapubic skin into the housing. **Fig 10.** NOTE: This procedure is completed with the genitals removed.

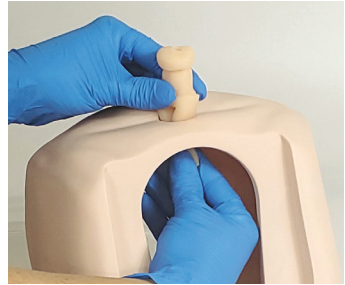


Fig 10.

B. Lubricate the end of the bladder and slide it into the suprapubic skin protruding into the housing. The same bladder is used for catheter training practice. The bladder will fit snug. The swivel end should be facing the back of the housing and connected to the Fluid Supply Bag.

**NOTE: Use distilled water for best results.**

## Foreskin Application

1. Place the foreskin over the gland. The gland will be slightly tacky.
2. The gland can be lubricated to help with placement and then the foreskin is placed over gland.
3. The placement of the foreskin can be placed higher or lower depending on how much skin needed.

## Enema Insertion

- Follow the bladder steps on **Fig 4.** The same bladder units are used for the catheter, suprapubic and the enema.
- Make sure the Fluid Supply bag is clamped and the Fluid Supply bag is in a hanging position (stand is not provided).

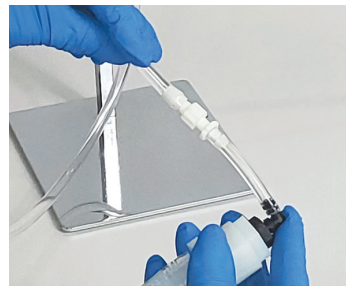


Fig 4.

- Make sure Enema bag is clamped before starting.
- Lubricate the end of the enema tube and unclamp bags and place enema tube into rectum following proper procedures indicated by the instructor.

# Removal of Fluid

1. The removal of fluid is important to ensure the longer life of the trainer and the carrying box.
2. After training is completed, close the clamp on the Fluid Supply bag.
3. Remove bladder from genitals. **Fig 11.**
4. Dispose of fluid that is in the Fluid Supply bag and bladder in the sink or waterproof container. **Fig 12.**  
**NOTE: Stand and Container shown not included.**
5. Leave the top of the Fluid Supply bag open so fluid can evaporate. Remove the bladder from the tubing. Hang both upside down for draining and drying. **Fig 13.**
6. Wipe water off of the housing at the end of each training session.
7. Wipe off soft genitals and squeeze water out at the end of each training session or placing back into case.
8. All components must be dry before placing back into carrying case. Completely let Fluid Supply bag and bladders dry before placing back into case. Discard the Fluid Supply bag/ bladders that have not been properly maintained.



Fig 11.



Fig 12.



Fig 13.



# Care and Maintenance

**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.

Normal soil on the surface of the simulator can be removed with mild soap and warm water. Use Nasco Cleaner (LF09919U) to remove stubborn stains from simulator. Apply Nasco cleaner to the soiled area and wipe clean with a cloth or paper towels.

Do not store simulator for extended periods of time with fluid in the unit. Empty the Fluid Supply bag and bladder. Stagnant fluid in any component could cause irreversible damage. Before returning simulator to the case, drain as much liquid as possible from the Male or Female Modular Unit.

# Cautions

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

## Troubleshooting

- Lack of sufficient lubrication will make insertion very hard. Reapply lubrication after each insertion. The male genitals need to be well lubricated.
- If water does not flow even after proper insertion- check to make sure the clamp is released or air is in the IV tubing
- Make sure there is enough water in the IV bag.
- The bladder needs to be fully loaded with water.
- Kinks in the tubing will cause potential water restriction.
- Use only 16 French Foley catheters. There will be leakage if smaller catheters are used.
- Do not use K-Y Jelly as a lubricant, it will build up around genital insertion area over time and will be hard to remove. Please use the Nasco lubrication that comes with the simulator.

# Enema Insertion

## Supplies/Replacement Parts

- **LF01127U** 16 French Foley Silicone Catheter (pkg. of 1)
- **LF01128U** 16 French Foley Silicone Catheter (pkg. of 10)
- **LF00985U** Nasco Cleaner
- **LF00843 G** Light Skin Tone, Foreskins (3)
- **LF00842 G** Medium Skin Tone, Foreskins (3)
- **LF00843 H** Reusable IV bag with luer (1)
- **LF00843 D** Bladders (3)
- **LF00843 A** Light Skin Tone, Soft Female Genital (1)
- **LF00842 A** Medium Skin Tone, Soft Female Genital (1)
- **LF00843 B** Light Skin Tone, Soft Male Genital (1)
- **LF00842 B** Medium Skin Tone, Soft Male Genital (1)
- **LF00843 C** Light Skin Tone, Suprapubic skin (3)
- **LF00842 C** Medium Skin Tone, Suprapubic skin (3)
- **LF00985U** Lubricant kit pkg of 6
- **PN01036N** Simulated urine 1- gallon
- **PN01037U** Simulated urine 1- quart



**Nasco Healthcare**  
16 Simulaids Drive  
Saugerties, NY 12477  
1-833-NASCOHC (627-2642)  
[info@nascohealthcare.com](mailto:info@nascohealthcare.com)  
[www.nascohealthcare.com](http://www.nascohealthcare.com)