

Product guide for users

***Luja***<sup>TM</sup>

with Micro-hole Zone  
Technology



**New**

compact  
intermittent  
catheter for  
women

***Luja***<sup>TM</sup>



Micro-hole Zone  
Technology™



**Coloplast**

# Setting a new standard for bladder emptying<sup>7</sup> with Micro-hole Zone Technology

Luja™ female is designed to reduce the risk of UTIs by enabling complete bladder emptying in one free flow<sup>1</sup> – because the less residual urine, the better.<sup>2</sup>



## Conventional catheters usually come with two eyelets to drain the bladder

With conventional eyelets, flow stops occur, so you need to adjust the catheter during catheterisation to restart the urine flow to empty the bladder.<sup>3</sup>



## Luja is the first and only compact female intermittent catheter to feature Micro-hole Zone Technology

The new and unique Micro-hole Zone Technology comes with a zone of 50+ micro-holes<sup>4</sup> that enables complete bladder emptying in one free flow without adjusting or repositioning the catheter during bladder emptying<sup>1</sup>

Why is it important to completely empty the bladder?  
Watch this short video.



# Coloplast® is introducing the next generation compact female intermittent catheter

Luja is the first and only compact female intermittent catheter with 50+ micro-holes<sup>4</sup> enabling complete bladder emptying in one uninterrupted urine flow.<sup>1</sup>

## One free flow

The urine flow stops when your bladder is completely emptied<sup>1</sup> so when you're done, you're done.

## Simpler emptying<sup>1,5</sup>

Enables no adjustments or repositioning of the catheter while emptying your bladder<sup>1</sup>

## Less risk of UTIs<sup>6</sup>

Designed to completely empty your bladder<sup>1</sup>, and to reduce your risk of UTIs.<sup>1,6</sup>



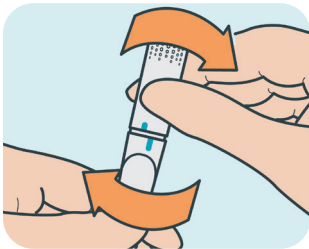
1. Luja female ensured zero flow stops in 87% of catheterisations & <10 mL residual urine at first flow stop in 83% of catheterisations (RCTs, post-hoc, NCT05841004, n=73, & NCT05814211, n=82). Coloplast Data-on-File, 01/2024. Individual results may vary. 2. Kennelly M, et al. (2019). 10.1155/2019/2757862, Vasudeva P, et al. (2014). 10.1002/nau.22378, Vahr S, et al. (2013). <https://nurses.uroweb.org/guideline/catheterisation-urethral-intermittent-in-adults/> 3. Tentor F, et al. (2022). 10.1038/s41598-022-21122-6 4. Min. 50 micro-holes on CH10-16 5. Compared to a conventional eyelet catheter due to no repositioning. 6. UTI risk factors defined by Kennelly, M., Thiruchelvar, N., Averbeck, M.A., Adult Neurogenic Lower Urinary Tract Dysfunction and Intermittent Catheterisation in a Community Setting: Risk Factors Model for Urinary Tract Infections, Adv Urol., 2019; 2:2019:2757862. 7. Coloplast Data-on-File, RCTs, NCT05841004, n=73, & NCT05814211, n=82. 01/2024.

# Step-by-step guidance on how to use the Luja™ catheter

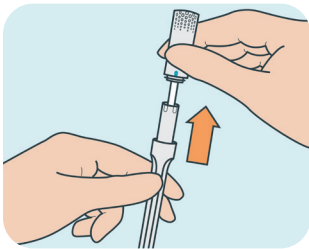
## Preparation



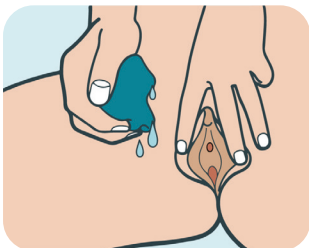
1. Wash your hands with soap and water and dry them.



2. Open the catheter by turning the handle in either direction to break the packaging



3. Hold the catheter with the handle, pointing upwards. Open the catheter by turning the handle in either direction to break the packaging and gently pull the handle upwards approx. two centimetres until you feel some resistance. Pull the catheter out and empty the container. You are now ready to catheterise.

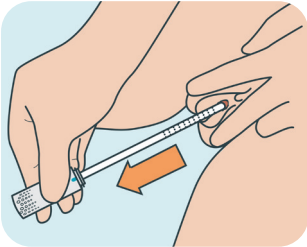


4. If there is a possibility you might be able to urinate, always try before you use a catheter. Spread the labia apart and wash the urethral orifice. Wash from front to back in order not to transfer any bacteria and cause an infection.

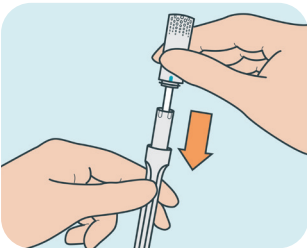
## Insertion and bladder emptying



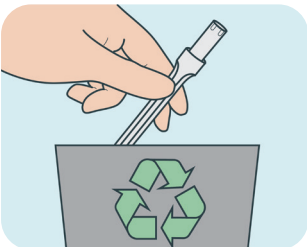
5. Gently insert the catheter into your urethra as you have been instructed until it reaches the bladder and urine starts to flow.



6. When urine begins to drop slowly, the catheterisation is complete, and you can remove the catheter



7. For convenience you can re-close the catheter by reinserting it into the container and disposing in normal household waste.

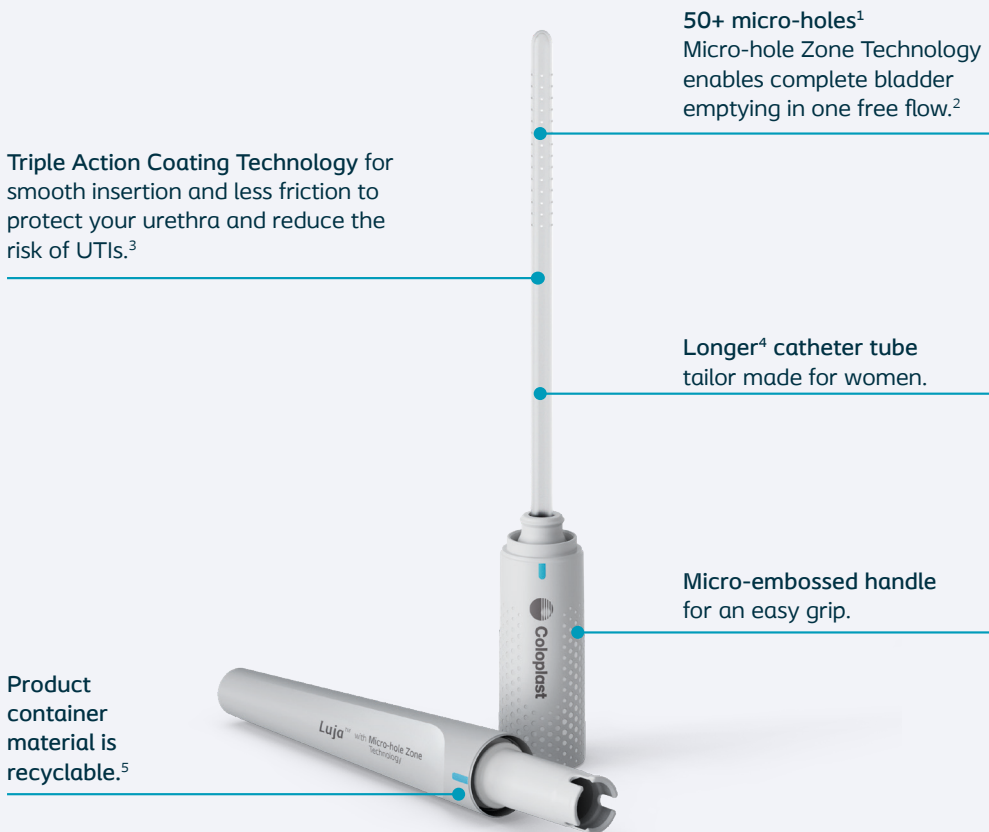


8. The container is separately recyclable if you do not insert the catheter back into the container and it can be disposed of according to local guidelines for recyclable waste.

Scan the QR code to watch how to use Luja



# Luja™ female is purposefully designed with the user and environment in mind



## Luja™ product details

Item code	Product name	CH Size	Effective catheter length	Catheters per box
20051	Luja	CH10	9 cm	30
20052	Luja	CH12	9 cm	30
20054	Luja	CH14	9 cm	30
20056	Luja	CH16	9 cm	30

1. Min. 50 micro-holes on CH10-16 2. Luja female ensured zero flow stops in 87% of catheterisations & <10 mL residual urine at first flow stop in 83% of catheterisations (RCTs, post-hoc, NCT05841004, n=73, & NCT05814211, n=82). Coloplast Data-on-File, 01/2024. Individual results may vary. 3. Compared to uncoated catheters. 4. Luja features a longer catheter tube than SpeediCath® Compact Female. Luja CH10-16 are 9 cm 5. Product design, use and local waste management specifics may limit recyclability.

Coloplast was founded on passion, ambition, and commitment. We were born from a nurse's wish to help her sister and the skills of an engineer.

Guided by empathy, our mission is to make life easier for people with intimate healthcare needs. Over decades, we have helped millions of people live more independent lives and continue to do so through innovative products and services.

Globally, our business areas include Ostomy Care, Continence Care, Wound and Skin Care, Interventional Urology and Voice and Respiratory Care.