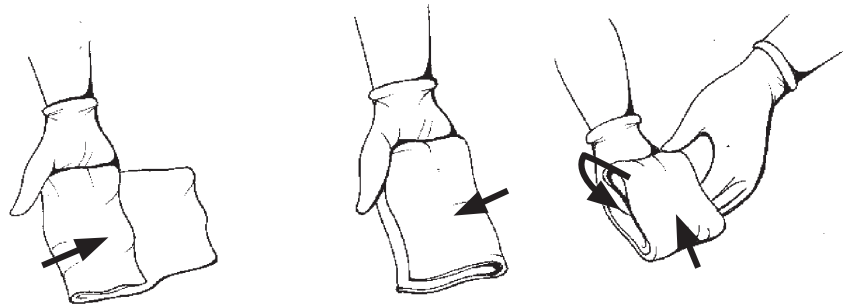


# CLEANING FEMALE CLIENT

## Counselling Card

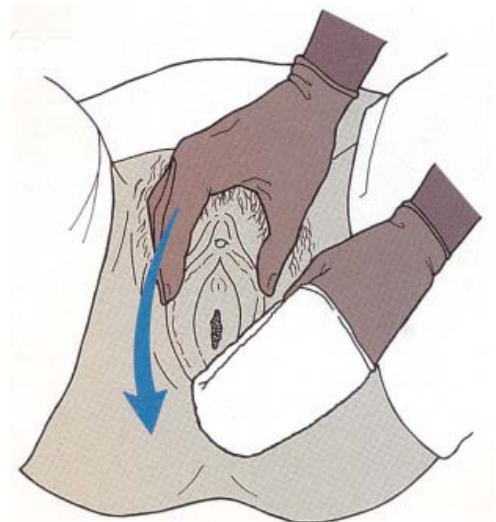
# 1

Make mitt from clean cotton cloth.



# 2

- Separate lips (labia) with one hand.
- Use a damp, mitted cloth with front to back strokes.
- First clean inside lips (small labia), then clean outside lips (bigger labia).
- Use different area of mitt for each stroke.
- Pat dry with clean cloth.



# 3

- Clean anal (buttocks) area by wiping from “front to back” (vagina to anus).
- Side lying position allows anus area to be cleaned well.
- Pat dry with clean cloth.

