A close-up photograph of a person's hand holding a green, flexible, funnel-shaped urinary diversion device. The device has a wide, flat top and a narrow, pointed bottom. The person is wearing a camouflage military uniform. The background is a dark, textured surface.

Deployment Health Card

## Female Urinary Diversion Device

Use force health protection  
measures to avoid  
jeopardizing your mission

➔ To order: NSN 4510 014702805: Female Urinary Diversion Device

When deployed, you may need to urinate in unsanitary locations or with male soldiers close by.

Toilet facilities may be primitive during deployment. You may need to urinate outside at the tree line, for example. Portable toilets and restrooms may be dirty. Convoy trips can be long. To avoid improvised explosive devices outside of the vehicle you may need to urinate within the vehicle.

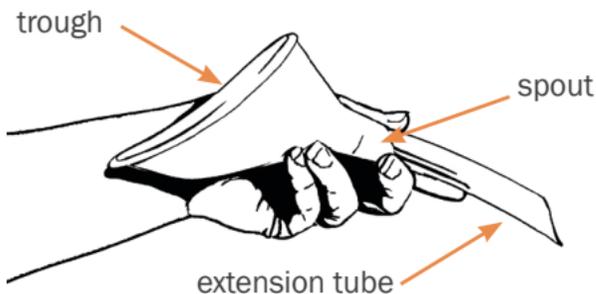
Some women avoid urinating by reducing their fluid intake or holding their bladder too long. This is not a good idea. You need to stay hydrated to avoid heat illness, bladder infections and kidney stones.

The female urinary diversion device (FUDD) allows you to urinate discreetly while standing up or leaning back. You can urinate with minimal undressing - just unbutton your pants. When you use a FUDD, you'll avoid exposure to poisonous plants and insects as well.

### **To use the FUDD:**

- Stand with your back to the wind or facing the toilet.
- Pull the extension tube through the spout until it stops.
- With your feet apart, adjust your clothing so that the top of the cup fits snugly against your body and the tube is out front of your pants.

- Urinate. To avoid a leak, do not tilt the cup forward while using. When finished, use a flick of the wrist to remove remaining droplets, then wipe dry. Slide the tube back into the cup. Rinse, clean and dry when you can. Use the plastic bag to hold the FUDD between uses.
- You may want to practice a few times in the shower to get the hang of it before you need to use the FUDD in the field.



**Save your bladder: hydrate and use a FUDD.**



<http://phc.amedd.army.mil>

1-800-222-9698

Approved for public release, distribution unlimited



Scan for more information on the FUDD.