



Trust Quality. Reliable Performance.
Cost Effective.

Female Guide for Use and Bladder Diary



Smooth eyelets aid comfortable insertion and removal

Apogee™
Intermittent Catheter

 **Hollister.**

Making a difference in the journey of life.

Hollister Mission

Hollister Incorporated is an independently-owned global company that develops, manufactures and markets healthcare products, servicing over 90 countries for over 100 years.

From the earliest days of our company, there has been a strong sense of community – a connection to people. That connection is embedded in the very fabric of our company, and as we continue to develop new products and services, we are focused on meeting the healthcare needs of people throughout the global community.

Our primary mission is to assist healthcare professionals deliver the best products and services and to make life more rewarding and dignified for those who use our products. Everything we do is driven by the guiding principle: **People First.**



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Apogee

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Care plan

Personal details & follow up appointments

Date first seen: _____

Patient name: _____

Doctor/Nurse: _____

Telephone: _____

Emergency contact: _____

Product name: _____ Product code: _____

Size (Fr/Ch): _____ Length: _____

Frequency of catheterisation (per 24 hours): _____

Follow-up with: _____

Follow up appointments

Signatures	Date	Time	Location

What is Intermittent Catheterisation?

Intermittent catheterisation is a simple procedure which you can perform yourself to empty your bladder. It involves the temporary insertion of a small, clean, hollow tube, called a catheter, into the urethra (this is the opening to the bladder) which is removed once the urine is drained.

Intermittent catheterisation may be recommended when the bladder does not empty properly, to reduce the risk of kidney damage and urinary tract infections, or it may be used to dilate the urethra for people with urethral strictures.

People who use intermittent catheterisation as a method of emptying their bladder may need to do this up to four to six times a day. Your healthcare professional will advise you how often you need to catheterise and how much fluid you should drink.

Supplies can be carried discreetly in your pocket or bag, and the procedure can be done fairly quickly. To learn the procedure you must know where the catheter is inserted and how to use the product. You must also be able to reach your urethra and be able to manipulate the catheter.

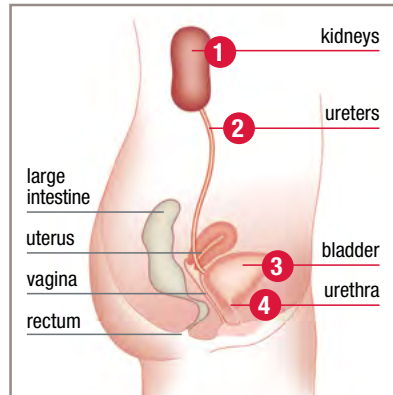
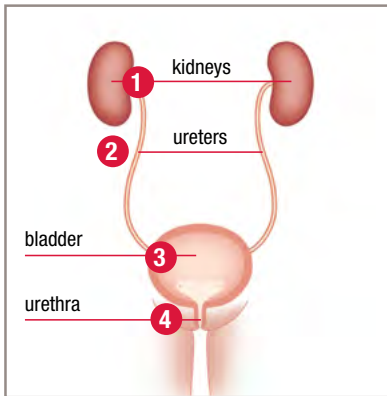
You can drain the urine through the catheter and into the toilet or you may prefer to use a receptacle.

Intermittent Catheterisation is easy to learn for people of all ages.

The procedure can also be performed by a caregiver or family member if you are unable to perform the procedure yourself.

This booklet is designed as a guide to supplement the information and care given by your healthcare professional. It is not designed to replace it.

How the Urinary System Works



1. Urine is produced by the kidneys, which filter out the waste products of your body.
2. The liquid waste is passed via tubes called ureters to your bladder, the organ that stores urine.
3. When the bladder becomes full, a signal is sent to the brain to tell the urethral sphincter muscle to relax and the bladder to contract.
4. Urine flows down the urethra, the natural tube through which urine exits the bladder, and out of the body.

Self-Intermittent Catheterisation (SIC)

When the bladder does not empty on its own, SIC may be recommended. It involves using a catheter to drain urine from your bladder via the urethra. Urine should be expelled on a regular basis throughout the day to keep the body healthy.

Apogee

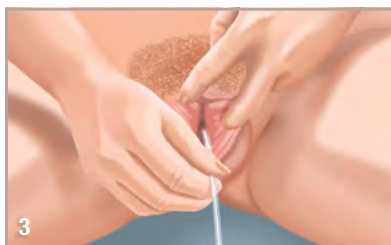
Intermittent Catheter



1
Wash hands with mild soap and water.
Apply lubrication to catheter on the end with
drainage eyelets (see below).



2
With one hand, spread the labia. Wash the area
around the urethral opening above the vagina
thoroughly with soap and water, or a towelette.



3
With your other hand ensure the catheter
funnel, or open end, is directed into the toilet
or collection receptacle. Insert the catheter into
the urethral opening.



4
When urine drainage is complete, slowly
remove the catheter and discard properly.
Wash hands.

How to Lubricate a Catheter



OR



Tear off top of lubricant packet (or open tube of lubricant) and apply lubricant to the tip and along the length of the catheter. Take care not to touch tip of catheter.

Tear off each end of the lubricant packet, insert catheter through the packet, and slide back and forth.



Scan the QR code to view the instructional video, or visit hollister.com.au and type in the word 'Apogee'.

Cautions & Warnings

- Single-use catheter
- Ready to use with pre-lubricated gel*
- Not made with natural rubber latex
- 2 Ultra-smooth catheter eyelets
- Colour-coded funnel

INDICATIONS FOR USE: This intermittent catheter is a flexible tubular device that is inserted through the urethra by male, female and paediatric patients who need to drain urine from the bladder.

WARNING: To help reduce the potential for infection and/or other complications, do not reuse. Do not use if package is damaged or opened. If discomfort or any sign of trauma occurs, discontinue use immediately and consult your healthcare professional.

PRECAUTION: Please consult a healthcare professional before using this product if any of the following conditions are present: Severed urethra, unexplained urethral bleeding, pronounced stricture, false passage, urethritis – inflammation of the urethra, prostatitis – inflammation of the prostate gland, epididymitis – inflammation of the epididymis (testicle tube). Self-catheterisation should follow the plan of care and advice given by your healthcare professional and be carried out only in accordance with the instructions for use provided. Because catheterisation frequency varies by person, the recommended frequency of your catheterisation should be provided by your healthcare professional. For any other questions about your catheterisation, please contact your healthcare professional.

NOTE: Store boxes in a flat position and at normal room temperature.

CAUTION: Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

Hollister Learning Centre



Hollister has a Learning Centre for anyone looking for more information on Continence Care

Information at your fingertips.

Whether you're wondering about neurogenic bladder, how the urinary system works, or what an intermittent catheter is – these resources are for you. Here, you'll find answers to lifestyle questions, learn what's new, and discover lots of information that will help you live well.

Visit the Hollister online learning centre.

www.Hollister.com.au/continencecarelearningcentre



Scan the QR code to learn something new today!

Supplier of Hollister Continence Products

Online National Ordering Direct to Consumers

Organisation	Online Store	Phone	Email
Independence Australia	store.independenceaustralia.com (select continence-aids section)	1300 788 855	info@independenceaustralia.com.au
BrightSky Australia	brightsky.com.au/BrightSkyProducts (select products_continence)	1300 886 601	info@brightsky.com.au
CH2 In Touch Direct	direct.ch2.net.au/index. php?mode=intouch	1300 134 260	healthcare@intouchdirect.com
Paralogic Ltd	paralogic.com.au	1300 727 222	orders@paralogic.com.au
Molmike	molmike.com.au	(07) 5618 8881	hello@molmike.com.au
Atlas McNeil Healthcare Community	amhcommunity.com.au	1800 888 541	sales@atlasmcneil.com.au
Topcat Healthcare	topcathealthcare.com.au	(03) 8201 7137	orders@topcattreasure.com.au
HECSA	hecsa.com.au/continence	1300 087 786	info@hecsa.com.au

Victoria

Organisation	Address	Phone	Website
Independence Australia (National Supplier)	9 Ashley St, West Footscray, VIC 3012	1300 788 855	independenceaustralia.com.au
CH2 (In Touch) VIC – Melbourne	60 South Park Drive, Dandenong South, VIC 3175	(03) 9554 0500	direct.ch2.net.au
Topcat Healthcare	5/31 Hosie Street, Bayswater North VIC 3153	(03) 8201 7137	topcathealthcare.com.au
Eversun Healthcare	PO Box 3101, The Pines VIC 3109	0410 674 970	eversunhealthcare.com.au

New South Wales

Independence Australia (National Supplier)	6/25-27 Redfern St, Wetherill Park, NSW 2164	1300 788 855	independenceaustralia.com.au
BrightSky Australia (National Supplier)	6 Holker St, Newington, NSW 2127	1300 88 66 01	brightsky.com.au
CH2 (In Touch) NSW – Sydney	5 Eucalyptus Place, Eastern Creek, NSW 2766	(02) 8883 8300	direct.ch2.net.au
CH2 (In Touch) NSW – Newcastle	3 Balbu Close, Beresfield, NSW 2322	(02) 4914 0100	direct.ch2.net.au

Queensland

Independence Australia (National Supplier)	15 Computer Rd, Yatala, QLD 4207	1300 788 855*	independenceaustralia.com.au
CH2 (In Touch) QLD – Brisbane	Unit 2&3/14 Luke Street, Lytton, QLD 4178	(07) 3893 6999	direct.ch2.net.au
Joya Medical Supplies	2/28 Newheath Drive, Arundel, 4214 QLD	1300 005 032	info@joyamedicalsupplies.com.au

*Phone order through for Northern NSW (including Tweed)

Western Australia			
Surgical House	46 King Edward Rd, Osborne Park, WA 6017	(08) 9381 4199	surgicalhouse.com.au
Independence Australia (National Supplier)	18-22 Belmont Av, Rivervale, WA 6103	1300 788 855	independenceaustralia.com.au
CH2 (In Touch) WA – Perth	17-19 Ledger Road, Balcatta, WA 6021	(08) 9441 0866	direct.ch2.net.au
Trugrade Medical	Unit 3 / 126 Bannister Rd, Canning Vale WA 6155	(08) 9455 7834	trugrademedical.com.au
South Australia			
Independence Australia	3 Duncan Rd, Dry Creek, SA 5094	1800 816 233	independenceaustralia.com.au
Atlas McNeil Health Care	35 Magill Rd, Stepney, SA 5069	1300 741 085	atlasmcneil.com.au
CH2 (In Touch) SA – Adelaide	Unit 1/21 - 39 Produce Lane, Pooraka, SA 5095	(08) 8407 0200	direct.ch2.net.au
Caremmunity/Fluffies	15-17 Indama St, Regency Park, SA 5010	(08) 8347 1343	caremmunity.com.au
Tasmania			
Independence Australia (National Supplier)	225A Kennedy Drive, Cambridge, TAS 7107	1300 788 855	independenceaustralia.com.au
PQ Tasmania Healthcare Supplies	3/65 Albert Rd, Moonah, TAS 7009	(03) 6228 9500	pqhealthcare.com.au
CH2 (In Touch) TAS – Hobart	13 Lampton Avenue, Derwent Park, TAS 7009	(03) 6274 0700	direct.ch2.net.au
McLean Healthcare	24-26 Earl Street, Launceston, Tasmania	(03) 6331 7400	mcleanhealthcare.com.au
Northern Territory			
Territory Surgical Supplies Darwin (TSS)	Unit 3/6 O'Sullivan Circuit, East Arm, NT 0822	(08) 8948 0432	tss-nt.com
Atlas McNeil Health Care	57A Winnellie Rd, Winnellie, NT 0820	(08) 8947 4412	atlasmcneil.com.au

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Frequently Asked Questions

Intermittent Catheterisation

Q What are the typical signs of infection in the kidneys or bladder?

A You may feel feverish, have lower loin pain or pain in your back. The urine may have an offensive odour, and may be cloudy. Blood may be present in the urine. Frequency of urination and pain, burning or stinging sensation on passing urine may be present. You may also feel confused. Not everyone develops these symptoms. If you are not feeling well or you suspect you have an infection, contact your healthcare professional. It is important to contact your healthcare professional at the first sign of a urinary infection.

Q How much fluid should I drink?

A It is generally recommended that adults drink approximately 2 litres of fluid each day. Your needs may be different, so please be sure to follow your healthcare professional's advice. Check your weight as well to determine if you are retaining fluid. Your recommended fluid intake may be based on your weight and other medical history.

Q What should I do if I cannot pass the catheter into my bladder?

A If you cannot pass the catheter after 3 or 4 attempts, call your healthcare professional or visit your local emergency department. Never force the catheter as you could cause injury to the urethra.

Q Why do I have large amounts of urine when I catheterise at night?

A Please consult your healthcare professional regarding this situation.

Q What steps do I need to take to prepare to catheterise?

A Proper hand washing and personal hygiene are important steps in preparation for catheterisation.

- 1 Wash hands with mild soap and water and dry thoroughly
- 2 Cleanse the glans and the opening of the urethra with mild, unscented soap or a non-alcoholic wet wipe.

Q How do I dispose of the catheter?

A Catheters should be disposed of in a waste bin. Do not flush it down the toilet. Follow any local guidelines for the disposal of waste, especially medical devices.

Q What features should a catheter have?

- A** Desirable features include the following: Catheter material that is biocompatible (does not cause allergic reactions), flexible, to accommodate the urethral contours, and durable so that it retains its shape even with temperature variations. It should also provide atraumatic (gentle and comfortable) insertion, be ready to use, easy to handle, and enable the user to apply a “no-touch” technique to help reduce the risk of infection.

Lifestyle

Q How do I catheterise on a trip?

- A** In many cases, planes, buses and trains do not have wheelchair accessible bathrooms. You may choose to catheterise under a blanket using a closed system catheter like the VaPro Plus Pocket No Touch intermittent catheter.

Q How should I prepare for a trip?

- A** Check with the airline when making travel arrangements for special accommodations (i.e., ask for assistance to board the plane if needed, request a larger bag allowance). You should also familiarise yourself with the policies of your airline. Alert hotels about your needs before your arrival and request any equipment you will need (i.e., tub, bench, roll-in shower, etc). Even cruise lines must provide handicap accessible rooms. Be very specific about what you need when making reservations. Research your travel destination to prevent surprises with regard to physical barriers. Be sure to carry your medications and supplies for catheterisation and other self-care routines in your carry-on luggage. Get as much rest as possible, maintain your usual care routines, and drink plenty of fluids. Drink bottled water if the tap water is questionable.

Q What do I need to carry with me to catheterise away from home?

- A** While the need for supplies varies by individual, ensure that you have enough catheters to use during your time away from home, any supplies needed for proper cleansing, and a bag to dispose of your catheters if you are not able to locate a waste bin.

Bladder Diary

Important – please read carefully

It is important that you fill in the chart on the next page to monitor your progress with intermittent catheterisation. It is designed to give an idea of your average fluid intake, urine output and any leakage during the day. This is important to your healthcare professional.

Each day, record how much you drink (see pictures below for a guide of how many mls) and when you drink it (put the volume in the box provided for that time). If you often drink from the same or similar sized cups, then you need only measure how much it holds once and put that value down every time you drink from it, otherwise use our guide for the amount in mls.

When you go to the toilet, measure the urine you pass using a small jug. Record the volume in mls. Record it in the box next to the nearest hour in the 'out' column.

When you use the catheter, measure the amount of urine drained and place in the column marked 'catheter'.

When you go to bed put a 'B' on the chart next to the right time, so that we can tell how many times you have to get up at night to pass urine.

If you are unable to fill the chart in properly every day because of other commitments, please try to fill it in accurately for at least 2 days by measuring and recording the frequency of passing urine and leaking by ticking the correct boxes for the remaining days.

Example of correctly completed section:

Guide for volume of drinks:



Name: _____

Week commencing: _____

Please see instructions on the previous page.

	<div>Day 1 Date: </div>			<div>Day 2 Date: </div>			<div>Day 3 Date: </div>		
Time	In	Out	Catheter	In	Out	Catheter	In	Out	Catheter
1am									
2am									
3am									
4am									
5am									
6am									
7am									
8am									
9am									
10am									
11am									
12pm									
1pm									
2pm									
3pm									
4pm									
5pm									
6pm									
7pm									
8pm									
9pm									
10pm									
11pm									
12am									
Total									

Day 4
Date:

Day 5
Date:

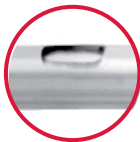
Day 6
Date:

[illegible]

Notes

Apogee Intermittent Catheters

Comfortable. Trusted quality.



Apogee IC catheters are available in a range of sizes and styles, the Apogee family of intermittent catheters helps you catheterise easily.

- Non-lubricated
- Smooth eyelets help provide trouble-free insertion
- Not made with natural rubber latex
- Enhanced grip of the flexible funnel helps promote easier handling.



Ordering Information

Female Catheters

Nelaton, non-lubricated				
Size	Length	Stock Code	Colour Code	Box QTY
8Fr Firm	15cm	10806	•	30
10Fr Firm	15cm	11006	●	30
12Fr Firm	15cm	11206	○	30
14Fr Firm	15cm	11406	●	30

Prior to use of Apogee Intermittent Catheters, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

For more information please
contact Customer Care:

1800 880 851
www.hollister.com.au