

Intermittent Self-Catheterisation

A Step by Step Guide For Women



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.

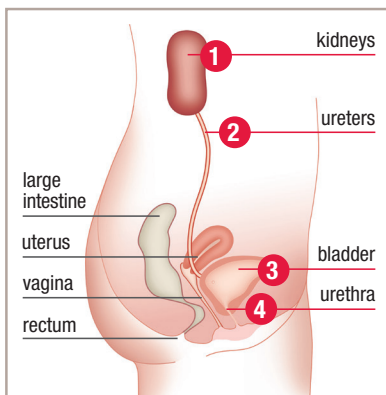
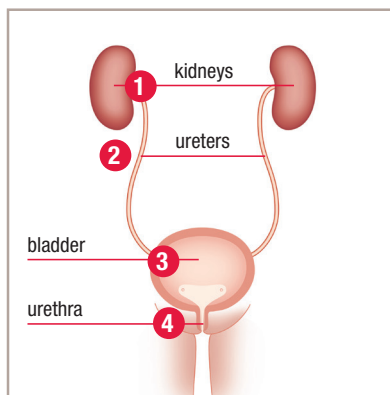
You can drain the urine through the catheter and into the toilet or collection device. Women can't always see their urethra and may learn to do the procedure by touch or by using a mirror.

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.

How to Perform Intermittent Female Catheterisation using a Clean Technique



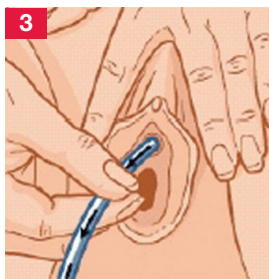
Step 1.

- Wash hands with soap and water
- Assemble all equipment
 - **Catheter**
 - **Water based lubricant** (K-Y jelly)
 - **Wipes** (Wet Ones or baby wipes)
 - **Collection device** (if not using the toilet)
 - **Bag for waste disposal**
 - **Mirror** if required
- Make sure you will be able to reach your supplies when you catheterise
- Peel open the catheter package and lubricate 5 cm (2") of the catheter, ensuring you don't touch the tip
- Arrange your clothing so it is out of the way



Step 2.

- After assembling equipment wash hands again thoroughly with soap and water
- Position yourself so you can see or feel the urethral opening. The opening is located below the clitoris and above the vagina
- Some people find it easier to use a mirror so they can see the vulval area clearly
- Spread the labia with one hand, while using the middle finger to feel for the opening
- Clean the urethral opening with water (no soap) or with wipes from front to back only



Step 3.

- Hold the catheter approximately 8 cm (3") from the tip and slowly insert it into your urethra directing it towards the belly button until the urine begins to flow
- When the urine begins to flow, gently insert the catheter approximately 1 to 2 cm (½" to 1")
- Hold the catheter in place until the urine stops draining. It is important you drain all the urine from your bladder



Step 4.

- When the urine stops flowing, gently and slowly remove the catheter. If the urine begins to flow again as you are removing the catheter, stop and wait for the flow to stop; then continue to withdraw the catheter
- Wash your hands
- If you are keeping a bladder diary, measure and record the amount of urine drained

**Please refer to the "Instruction For Use"
for your relevant product**

Helpful Hints...

- Most people should drink between 1,500 to 2,000 mL a day. This is 6 to 8 large glasses of fluid a day. Your healthcare professional will advise how much you should drink.
- Check with your healthcare professional regarding how often you will need to catheterise to avoid over distention (this means you have too much urine in your bladder).
- Look at your urine for changes. If you experience offensive odour, cloudy urine, or blood in your urine contact your Doctor or Continence Nurse Advisor.
- If no urine is draining check that the eyelet of the catheter is not blocked with lubricant. Ensure the catheter has been inserted far enough to reach the bladder.
- If you are unable to drain urine within 6-8 hours contact your Doctor or Continence Nurse Advisor.
- Some women may find it helps to stand with one foot on the toilet seat. This enables better visibility of area.
- Store products in cool dry area.
- Avoid constipation.

For learning materials, patient stories and video instructions for use of Hollister products, please visit our website:

www.hollister.com.au and www.hollister.co.nz select “Continence Care” and click on the drop down menu “Learning Centre”

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