

Hollister Continence Care

Intermittent Self-Catheterisation

**A Step by Step Guide For Women –
Apogee Intermittent Catheters**



 **Hollister**[®]

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.

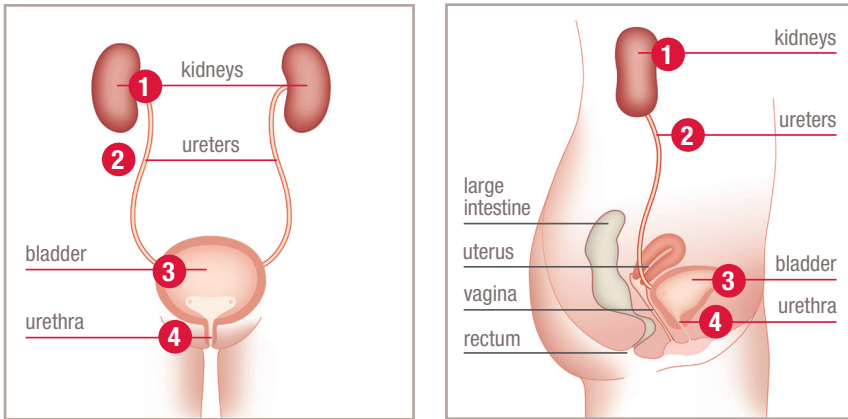
Intermittent Catheterisation is easy to learn for people of all ages.

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.

You are reading this booklet because you are likely to be using the Apogee Intermittent Catheter. This booklet provides further information for use on using the Apogee products.

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.

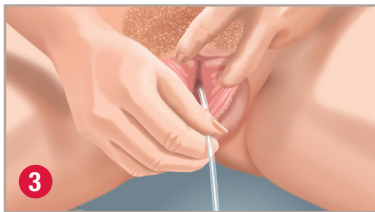
Guide for Use



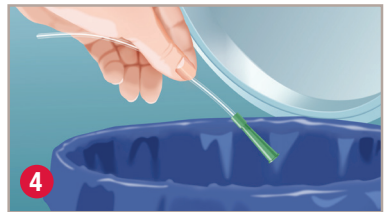
1 Wash hands with mild soap and water. Apply lubrication to catheter on the end with drainage eyelets (see below).



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.



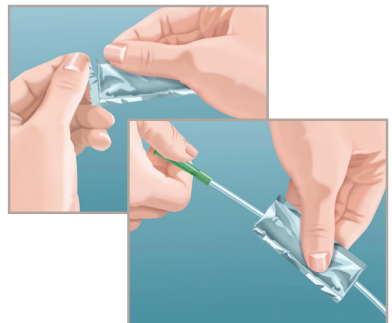
4 When urine drainage is complete, slowly remove the catheter and discard properly. Wash hands.

How to Lubricate a Catheter

- 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.

OR

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



Helpful Hints...

- Most people should drink between 1500 ml to 2000 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 a cool dry area.
- Avoid constipation.

My Information

Type of Catheter: _____

Size: _____

Questions/Additional Information: _____

A Variety of Options

Apogee: Intermittent Catheter

Hollister Stock Code	Colour	Description	Gender	Length	Size	Box QTY
10806*	●	IC Non-lubricated	Female	15 cm	8Fr	30
11006	●	IC Non-lubricated	Female	15 cm	10Fr	30
11206	○	IC Non-lubricated	Female	15 cm	12Fr	30
11406	●	IC Non-lubricated	Female	15 cm	14Fr	30
11026*	●	IC Non-lubricated Tiemann Tip	-	40 cm	10Fr	30
11226*	○	IC Non-lubricated Tiemann Tip	-	40 cm	12Fr	30
11426*	●	IC Non-lubricated Tiemann Tip	-	40 cm	14Fr	30
11626*	●	IC Non-lubricated Tiemann Tip	-	40 cm	16Fr	30

*Coming soon to NZ

Hollister Suppliers of Continence Products

Victoria

Independence Australia (National Supplier)

9 Ashley St, West Footscray VIC 3012
1300 788 855
www.independenceaustralia.com.au

Victoria Healthcare Products (National Supplier)

Factory 3/7–11 Rodeo Drv
Corner of Hammond Rd
Dandenong South VIC 3175
1800 888 541
www.vichealth.com.au

New South Wales

Independence Australia (National Supplier)

6/25–27 Redfern St, Wetherill Park NSW 2164
1300 788 855
www.independenceaustralia.com.au

BrightSky Australia (National Supplier)

6 Holker St, Newington, NSW 2127
1300 88 66 01
www.brightsky.com.au

Queensland

Independence Australia (National Supplier)

15 Computer Rd, Yatala QLD 4207
1300 788 855 Phone order through for
Northern NSW (including Tweed)
www.independenceaustralia.com.au

Intouch Direct (National Supplier)

1300 134 260
www.intouchdirect.com.au

Western Australia

Surgical House

46 King Edward Rd, Osborne Park WA 6017
(08) 9381 4199
www.surgicalhouse.com.au

Independence Australia (National Supplier)

18-22 Belmont Av, Riverdale WA 6103
1300 788 855
www.independenceaustralia.com.au

South Australia

Independence Australia

3 Duncan Rd, Dry Creek SA 5094
1800 816 233
www.independenceaustralia.com.au

Atlas McNeil Health Care

35 Magill Rd, Stepney, SA 5069
1300 741 085
www.atlashc.com.au

Tasmania

Independence Australia (National Supplier)

225A Kennedy Drive, Hobart Tas 7107
1300 788 855
www.independenceaustralia.com.au

PQ Tasmania Healthcare Supplies

3/65 Albert Rd, Moonah TAS 7009
1300 741 234
www.paraquadtas.org.au

Northern Territory

Territory Surgical Supplies

Unit 1 & 2, 10 Delatour St,
Coconut Drive, NT 0812
(08) 8948 0432
www.tss-nt.com

Atlas McNeil Health Care

57A Winnellie Rd,
Winnellie, NT 0820
(08) 8947 4412
www.mcneilnt.com.au

New Zealand

Capes Medical

122 Newton Street
Mount Maunganui, 3116
0800 18 19 19
www.capesmedical.co.nz

USL Medical

494 Rosebank Road
Avondale, Auckland 1026
0800 658 814
www.uslmedical.co.nz

**For more information or samples
please call Customer Engagement on**

Australia **1800 219 179**

New Zealand **0800 678 669**

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Warning: To help reduce the risk of infection and/or other complications, do not reuse.

Information 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. Please consult a medical 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).

This product is designed for single use and should be disposed of appropriately after procedure. Self-catheterisation should only be carried out under medical advice and only in accordance with instructions provided. You should always follow the plan of care and advice given by your healthcare professional. Generally, for urethral intermittent self-catheterisation (ISC), it is typical to catheterise at least 4 times a day between 6-8 hour intervals. If you are unsure about your catheterisation, please contact your regular healthcare professional.

If discomfort or any sign of trauma occurs, discontinue use immediately and consult your clinician.

