



Intermittent Catheter

Female Guide for Use and Bladder Diary

Hollister Mission

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

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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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.

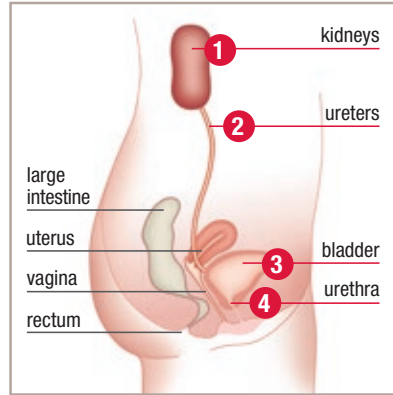
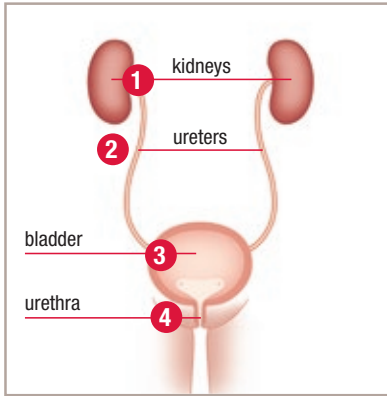
You can drain the urine through the catheter and into the toilet or you may prefer to use a receptacle.

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.

VaPro Plus Pocket

No Touch Intermittent Catheter



Assemble all equipment and prepare the area. Wash your hands as advised by your healthcare professional. Position yourself to carry out intermittent catheterisation. Manipulate your clothing to access your genitalia.



Open the package. To open package, pull finger hole toward you and all the way down. Remove the catheter from the package.



With collection bag facing up, hold the catheter in one hand while pushing the bag away from the catheter with the other hand to break the paper band. Unfold collection bag. Leave the catheter on the lap, sink or other flat surface.



Spread the labia with two fingers of your non-dominant hand. Cleanse around the area of the urethral opening and genitalia as you were trained by your healthcare professional.



Remove the cap from the protective tip of catheter.



Hold the catheter in one hand, and with the other hand advance the catheter forward until tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip. Grasp catheter below protective tip plate.



Part the labia with two fingers and insert the protective tip into the urethra until the plate comes in contact with urethral opening.



Relax the labia and use the fingers of your non dominant hand to hold the protective tip in place as you insert the catheter with your dominant hand until the urine starts to flow.

Once urine flow has stopped slowly withdraw the catheter. If urine flows again, pause until urine stops. After you're sure the bladder is empty, remove the catheter completely.

After catheterising hold collection bag by handle.



To empty the collection bag before disposing, tear at the arrow (Tear here to empty) to drain.



Dispose of the catheter, collection bag, and packaging in a disposal bin. **DO NOT FLUSH DOWN TOILET.**

Wash your hands.

VaPro Pocket

No Touch Intermittent Catheter



1
Assemble all equipment and prepare the area. Wash your hands as advised by your healthcare professional. Position yourself to carry out intermittent catheterisation. Manipulate your clothing to access your genitalia.



2
Open the package. To open package, pull finger hole toward you and all the way down.



3
Remove the catheter from the package. Leave pack on the lap, sink or flat surface. Lay catheter on opened package.



4
Spread the labia with two fingers of your non-dominant hand. Cleanse around the area of the urethral opening and genitalia as you were trained by your healthcare professional.



5
Remove the cap from the protective tip of catheter.



6
Hold the catheter in one hand, and with the other hand advance the catheter forward until tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.
Grasp catheter below protective tip plate.



Part the labia with two fingers and insert the protective tip into the urethra until the plate comes in contact with urethral opening.



Relax the labia and use the fingers of your non-dominant hand to hold the protective tip in place as you insert the catheter with your dominant hand until the urine starts to flow.



Wash your hands.

VaPro

No Touch Intermittent Catheter



1
Wash hands with mild soap and water.



2
To open the catheter package, pull top finger hole toward you at least halfway down the package. Use the adhesive strip on the catheter package, if necessary, to affix to a surface while preparing to catheterise.



3
Remove the catheter from the package and lay the catheter on the opened package.



4
Spread the labia and cleanse around the opening of the urethra with mild, unscented soap or a non-alcoholic wet wipe.



5
Remove the red ring cap from the protective tip of the catheter.



6
Direct the funnel end of the catheter into an appropriate receptacle or toilet.



Hold the catheter in one hand, and with the other hand advance the catheter forward until the tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.



Part the labia with two fingers. Grasp the catheter below the protective tip plate, and insert the protective tip until the base comes in contact with the urethral opening. Relax the labia. **Keep the protective tip in place.** Insert the catheter forward until urine starts to flow. Once urine flow has stopped, slowly withdraw the catheter to ensure the bladder is completely empty. Then gently remove catheter completely.



The catheter may be disposed of in a waste bin. **DO NOT FLUSH DOWN TOILET.**



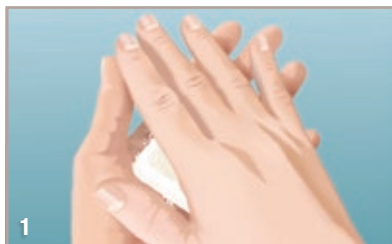
Wash hands with mild soap and water.



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

Advance Plus & Advance Plus Pocket

Touch Free Intermittent Catheter System



1 Wash hands with mild soap and water.



2 Fully fold back the packaging by peeling down on the clear side of the package.



3 Remove the red cap from the protective tip of the catheter.



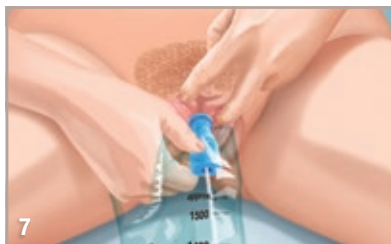
4 Hold the gel reservoir (without squeezing) in one hand and with the other hand move the catheter forward until tip of the catheter fills the protective tip. Ensure the catheter does not protrude from the tip.



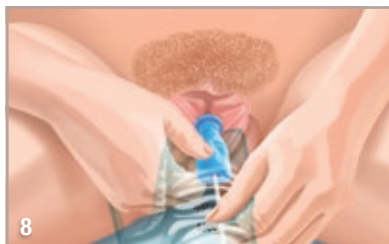
5 Lay the catheter on the opened package, so the tip is positioned over the paper, taking care not to contaminate the catheter tip.



6 Spread the labia and cleanse around the opening of the urethra with mild, unscented soap or a non-alcoholic wet wipe.



Continue holding the labia apart with two fingers. Holding the gel reservoir gently, insert the protective tip until the base comes in contact with the urethral opening. Keep the protective tip in place. Release the labia.



The gel reservoir should be held gently in place until the catheter has passed through the urethra and into the bladder. As you advance the catheter and the pouch begins to gather, if you want to pull back the pouch, hold the catheter firmly through the gel reservoir. This action will help prevent the catheter from slipping out of the urethra before you gently pull back on the pouch. Continue to insert the catheter forward until the urine starts to flow. Once urine has stopped flowing, slowly withdraw the catheter.



To empty before disposing the product, tear the collection bag at the notch to drain the urine into a toilet or other collection device.



The catheter may be disposed of in a waste basket. **DO NOT FLUSH DOWN TOILET.** Wash hands with mild soap and water.



Scan the QR code to view the instructional video, or visit hollister.com.au and type in the words 'Advance Plus' or 'Advance Plus Pocket'.

Advance

Touch Free Intermittent Catheter



Wash your hands.

Fully fold back the packaging by peeling the clear side of the package.

Remove ring cap from protective tip of catheter.



Hold the gel reservoir in one hand and with the other hand move the catheter forward until tip of the catheter fills the protective tip, taking care that the catheter does not protrude from the tip.



Spread the labia and cleanse around opening of the urethra with mild, unscented soap or a non-alcoholic wet wipe.



Direct funnel end of catheter into an appropriate receptacle.

Holding the gel reservoir gently, insert the protective tip until the base comes in contact with the urethral opening. Keep the protective tip in place. Release the labia.



The gel reservoir should be held gently in place until the catheter has passed through the urethra and into the bladder.

Continue to insert the catheter forward until the urine starts to flow. Once urine has stopped flowing, slowly withdraw the catheter.



Dispose of catheter and package.



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

InstantCath

Pre-lubricated Intermittent Catheter

1. Wash your hands



2. Tear open funnel end at desired point (Either of the Point A). Tear open tip end (Point B).
Clean the urethral opening and surrounding area.



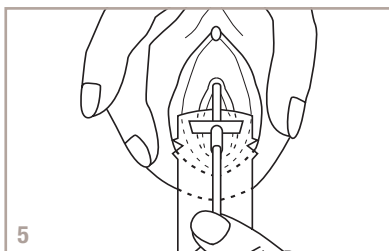
Preparation

Using dominant hand, place thumb and forefinger over viewing window so you can feel and pinch the catheter through the sleeve.



Use other hand to advance catheter tip approximately 6 cm (2") through the blue insertion guide.

Pinch catheter while straightening sleeve to prevent catheter sliding back into sleeve.



Inserting the Catheter

Use non dominant hand to spread labia and the other hand to grasp the catheter on the viewing window. Introduce catheter into your urethra until 1 cm from blue insertion guide.



Move your non dominant hand to advance the catheter a few cms further. Pinch catheter firmly through sleeve to prevent the catheter sliding out while straightening sleeve.

REPEAT THIS ACTION UNTIL URINE STARTS TO FLOW.



Disposal

Direct funnel end of sleeve towards toilet or collection device to drain urine.

When urine flow stops, ease catheter out and dispose of catheter and sleeve package.



Helpful Hint:

To prevent catheter sliding back into sleeve or out of the urethra simply squeeze harder between your thumb and forefinger so the catheter can not move.

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.



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

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.

Cautions & Warnings

VAPRO, VAPRO POCKET, VAPRO PLUS POCKET

- Ready-to-use, single-use closed system intermittent catheter
- Protective tip and sleeve supports no-touch insertion technique
- Colour-coded connector indicates catheter size
- 1000 mL collection bag*
- Hydrophilic-coated, Phthalate-free catheter
- 2 smooth catheter eyelets
- Easy-to-remove ring cap
- Not made with natural rubber latex

**VaPro Plus Pocket only*

ADVANCE & ADVANCE PLUS

- Ready-to-use, single-use intermittent catheter
- Not made with natural rubber latex
- Protective tip and collection bag* supports no-touch insertion technique
- Unique gel reservoir
- 2 Ultra-smooth catheter eyelets
- Colour-coded funnel
- 1500 mL collection bag*

**Advance Plus only*

INSTANTCATH & APOGEE

- Single-use catheter
- Ready to use with pre-lubricated gel*
- Protective sleeve allows the catheter to be gripped anywhere along the length of the catheter*
- Not made with natural rubber latex
- 2 Ultra-smooth catheter eyelets
- Colour-coded funnel

**InstantCath only*

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.

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 eLearning Centre



Hollister has an eLearning 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



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_continenence)	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	www.paralogic.com.au	1300 727 222	orders@paralogic.com.au

Victoria

Organisation	Address	Phone	Website
Independence Australia (National Supplier)	9 Ashley St, West Footscray VIC 3012	1300 788 855	www.independenceaustralia.com.au
Victoria Healthcare Products (National Supplier)	Unit 1/52 Fox Drive, Dandenong South VIC 3175	1800 888 541	www.vichealth.com.au
CH2 (In Touch) VIC - Melbourne	60 South Park Drive, Dandenong South VIC 3175	(03) 9554 0500	www.direct.ch2.net.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
CH2 (In Touch) NSW - Sydney	5 Eucalyptus Place, Eastern Creek NSW 2766	(02) 8883 8300	www.direct.ch2.net.au
CH2 (In Touch) NSW - Newcastle	3 Balbu Close, Beresfield NSW 2322	(02) 4914 0100	www.direct.ch2.net.au

Queensland

Independence Australia (National Supplier)	15 Computer Rd, Yatala QLD 4207	1300 788 855*	www.independenceaustralia.com.au
CH2 (In Touch) QLD - Brisbane	Unit 2&3/14 Luke Street, Lytton QLD 4178	(07) 3893 6999	www.direct.ch2.net.au

*Phone order through for Northern NSW (including Tweed)

Western Australia

Organisation	Address	Phone	Website
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, Rivervale WA 6103	1300 788 855	www.independenceaustralia.com.au
CH2 (In Touch) WA - Perth	17-19 Ledger Road, Balcatta WA 6021	(08) 9441 0866	www.direct.ch2.net.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.atlasmcneil.com.au
CH2 (In Touch) SA - Adelaide	Unit 1/21 - 39 Produce Lane, Pooraka SA 5095	(08) 8407 0200	www.direct.ch2.net.au
Carecommunity/Fluffies	15-17 Indama St, Regency Park South Australia 5010	(08) 8347 1343	www.carecommunity.com.au

Tasmania

Independence Australia (National Supplier)	225A Kennedy Drive, Cambridge TAS 7107	1300 788 855	www.independenceaustralia.com.au
PQ Tasmania Healthcare Supplies	3/65 Albert Rd, Moonah TAS 7009	1300 741 234	www.pqhealthcare.com.au
CH2 (In Touch) TAS – Hobart	13 Lampton Avenue, Derwent Park TAS 7009	(03) 6274 0700	www.direct.ch2.net.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.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 ISC. 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:

Example of a completed section of a Bladder Diary chart for John Smith, dated 26/01/2015. The chart shows fluid intake (In) and urine output (Out) for each hour. The 'In' column for 26/01/2015 has a value of 250 in the 10:00-11:00 slot. The 'Out' column for 26/01/2015 has a value of 200 in the 10:00-11:00 slot. The 'Catheter' column is empty. The chart also includes a section for the night (B) with a 'B' marked in the 11:00-12:00 slot.

Guide for volume of drinks:



Glass 180ml



Cup 150ml



Mug 200ml

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:

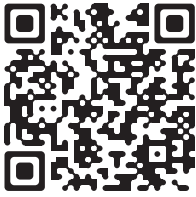
Day 5

Date:

Day 6

Date:

In	Out	Catheter	In	Out	Catheter	In	Out	Catheter	Time
									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



Watch the Contamination and Prevention in IC Treatment Video and learn more about Hollister catheters with Tip & Sleeve Protection and how they are designed to help protect you from germs.
Scan the QR code or visit bit.ly/NoTouchAU

For more information please
contact Customer Care:

1800 880 851
www.hollister.com.au