



# **CLEAN INTERMITTENT SELF CATHETERISATION**

## **INFORMATION FOR PATIENTS**

**Catheter size :-.....**

**Regime:-.....**

.....

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**Follow up appointment.....**

UROLOGY SYDNEY

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Self-catheterisation is a form of treatment designed to help those people whose bladders cannot empty properly. It is also used for ongoing management of urethral strictures. It is a simple procedure which you perform yourself to empty your bladder or to help prevent strictures reoccurring.

***It is important to empty the bladder completely, regularly during the day to avoid risk of infection to the bladder and upper urinary tract, damage to the kidneys and overstretching of the bladder resulting in leakage.***

- ◆ Self-catheterisation may be recommended for people with long term problems of being unable to empty their bladder or used on a temporary basis to help retrain a bladder completely
- ◆ The technique of **clean** intermittent self-catheterisation is easy to learn. It promotes independence, privacy and freedom, and in no way prohibits or interferes with a normal sexual relationship.
- ◆ Once the simple technique has been mastered you will find considerable peace of mind, by once again being in control of your bladder.

You will be taught to self catheterise using a clean technique. You will have the opportunity to practise the technique under supervision from nursing staff, enabling you to manage on your own at home. You may find that you alter the technique slightly to suit your own circumstances, and the times at which you perform catheterisation to fit in with your personal/family routine, social and work commitments. However, it is very important that good basic hygiene should be maintained at all times.

### **EQUIPMENT**

- ◆ In/Out catheter i.e. Nelaton catheter or equivalent product- of appropriate size
- ◆ Baby wipes (wet ones) – non - alcohol
- ◆ Liquid pump pack antibacterial soap. Eg. Dettol soap
- ◆ Plastic measuring jug.
- ◆ Diary or book to record measurements.
- ◆ Clean area (freshly cleaned table top, chair or vanity) as workspace
- ◆ Clothes peg as needed to secure clothing
- ◆ Mirror as needed
- ◆ These items may be purchased from a chemist or super-market.
- ◆ K-y lubricant (if using new catheter each time)
- ◆

### **SUPPLY OF EQUIPMENT**

Catheters can be obtained through

**Independence Solutions** :Phone number -or 1300 -788-855 or

**BrightSky** :Phone number -1300-88-66-01- email [orders-orders@brightsky.com.au](mailto:orders-orders@brightsky.com.au)

You can order over the phone and they will deliver or the retail store is open Monday to Friday if you would like to view the products- **Address-** 6 Holker St Newington.

### **WHERE TO PERFORM THE PROCEDURE**

The procedure is ideally performed over the toilet; however it can be performed anywhere, for example sitting on the edge of a chair or bed. The procedure should always be carried out in a relaxed, private and unhurried environment. If you are out, use a *disabled toilet*, as there is usually more space to work with and a wash basin.

### **CARE OF YOUR EQUIPMENT**

- ◆ It has been recommended by the Federal Government – Therapeutic Goods Administration (TGA) that all catheters labelled ‘Single Use Only’ can only be used once. The Cliny catheter and kit is the only catheter that has been given TGA approval for re-use.
- ◆ If using a Cliny catheter at the completion of each catheterisation rinse the catheter under cold running water, ensuring the eye of the catheter is clean. Then place the catheter back into the glycerine in your container, replace the lid and you are ready for the next catheterisation.

### **ENSURE YOU ALWAYS WASH YOUR HANDS BEFORE HANDLING EQUIPMENT**

### **WHEN TO SEE YOUR DOCTOR**

If any of the following symptoms occur you must contact your doctor or the Practice Nurse at Urology Sydney on 02 9587 4888:

- ◆ Chills or fever
- ◆ Pain or tenderness across lower back
- ◆ Weakness
- ◆ Change in odour of your urine
- ◆ Nausea and or vomiting
- ◆ Cloudy urine
- ◆ Burning or stinging when you pass urine
- ◆ Excessive blood in urine

**PROCEDURE – MEN-Remember this is a CLEAN and not a sterile procedure.**

1. Wash your hands and dry thoroughly before organising your equipment.  
Organise your equipment on your clean workspace.
2. Use a new catheter each time – lubricate the catheter with ( KY jelly) – so that the catheter can become lubricated and ready for use.
3. Adjust your clothing; remove your pants/underpants. Secure any long shirt etc with a clothes peg.
4. Wash and dry your hands again.
5. If you have not been circumcised pull back the foreskin on your penis. Take the first wet one and swab the head of your penis thoroughly. Discard the wet one.
6. Holding your penis with your left hand, take the second wet one in your right hand and swab across the opening of the penis, starting from the opening and moving away from it. Only swab in one direction then discard the wet one.
7. Pick up the catheter in your right hand, ensuring that you **DO NOT** touch the end of the catheter that you will be inserting into the bladder.  
Hold the penis erect with your left hand- reverse this if you are left handed.
8. Gently insert the catheter into your urethra, **NEVER USE FORCE AND DO NOT RUSH.** On inserting the catheter you may feel a little resistance. This is caused by a sphincter which acts as a valve to keep urine in your bladder. Relax and take a few deep breaths through your mouth. As the valve relaxes the catheter should slide easily into the bladder and urine should start to flow away. You could also imagine that you are passing urine to help the sphincter relax.
9. When the urine flow stops apply gentle pressure over the region of the bladder. This helps to remove the last few drops of urine.
10. Steadily and gently remove the catheter. If the urine flow starts again as you are withdrawing, hold steady until the flow ceases and continue to withdraw.
11. Retract your foreskin if need be.
12. Discard your catheter and clean your equipment and wash your hands.



**PROCEDURE - WOMEN -Remember this is a clean and not a sterile procedure**

1. Wash your hands and dry thoroughly before organising your equipment.
2. Organise your equipment on your clean workspace i.e. Lubricate your catheter if it is unlubricated.
3. Adjust your clothing; remove your pants/underpants. Secure any long shirt etc with a clothes peg.
4. Wash and dry your hands again.
5. With the second and third fingers of your left hand spread the labia. Ensure that you can see/feel the opening into the urethra clearly – THIS IS IMPORTANT.
6. Pick up a wet one in your right hand and swab over the urethral opening from top to bottom, and then DISCARD. Next, take the second wet one and repeat the swabbing. IMPORTANT – only swab in one direction.
7. Pick up the catheter in your right hand, ensuring that you DO NOT touch the end of the catheter that you will be inserting into your bladder.
8. Gently insert the catheter into your urethra, NEVER USE FORCE AND DO NOT RUSH. On inserting the catheter you may feel a little resistance, if this happens just relax and take a few deep breaths through your mouth. As you relax the catheter should slide easily into the bladder and urine should start to flow away. To assist this, just imagine you are passing urine.
9. When the urine flow stops apply gentle pressure over the region of the bladder. This helps to remove the last few drops of urine.
10. Steadily and gently remove the catheter. If the urine flow starts again as you are withdrawing, hold steady until the flow ceases and continue to withdraw.
11. Dispose of catheter or clean your equipment and wash your hands.