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यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات اخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

You may also find our other Specialist Continence leaflet series useful.

You can view or download them from the Trust's website at:

www.nottinghamshirehealthcare.nhs.uk/continence-advisory-service

Specialist Continence Services/Community Nurse contact details:

NH412vi

www.nottinghamshirehealthcare.nhs.uk

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Specialist Continence Advisory Service

Local Partnerships



Patient Information Leaflet Number 7

A Female Guide to Intermittent Self Catheterisation (single use catheter)

“Intermittent self catheterisation has improved my life so much, I can now go out, relax and enjoy myself.

It will make a difference to you”

(Quote from a patient)

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What is Intermittent Self Catheterisation (ISC)?

A narrow catheter is passed into the opening of the urethra to drain urine away from the bladder. When this is completed, the catheter is then removed.

Why do I have to do (ISC)?

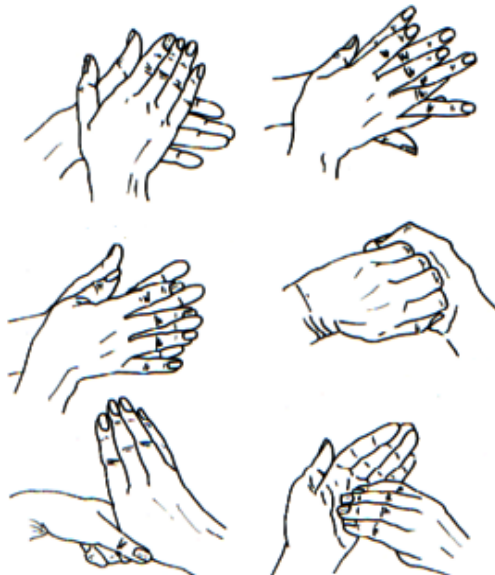
Intermittent self-catheterisation is done when the bladder does not empty completely or does not empty at all.

What are the advantages for me?

- You are in control of your bladder
- No need for a permanent catheter
- Reduces risk of urinary tract infections
- Allows a normal sexual relationship
- Reduces problems with incontinence
- Helps protect your kidneys from damage

Personal Hygiene

You yourself carry out the whole procedure so hand washing and personal hygiene are very important as they reduce the risk of infection.

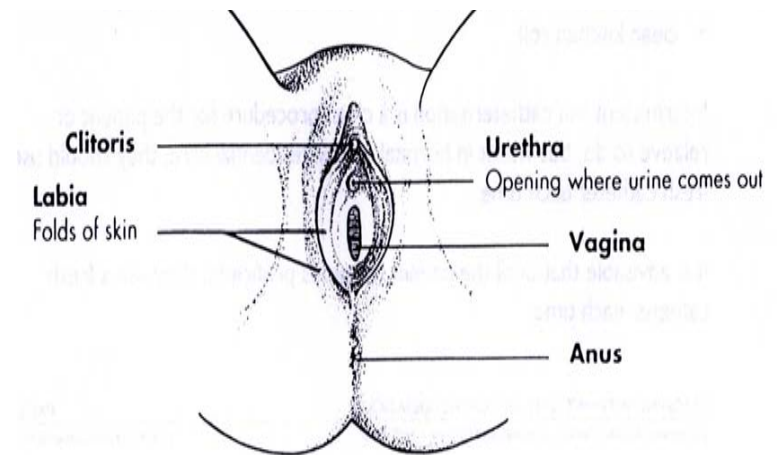


Notes

What do I need?

- Private area with enough space to be able to see or feel your urethral opening
- Access to a sink for hand washing or anti-bacterial hand gel
- Access to soap and water or wipes to cleanse urethral opening
- Your catheter (available on prescription)
- Disposal bag for waste

How do I do ISC?



1. Wash your hands with soap and water (liquid soap is preferable). If you are away from home, you can use a hand gel.
2. Prepare the catheter following the manufacturers instructions.
3. Adjust clothing to gain access to urethral opening.
4. Now wash and dry the area around the opening of your urethra and vagina, washing from front to back to reduce the risk of contamination from your back passage. If you are away from home use wipes.
5. Stand, sit or squat in a comfortable position which will allow you to insert the catheter.

6. Holding the labia apart gently push the catheter directly into the urethra until urine starts to flow. You may find a mirror helpful to see your urethra, with practice you may learn to feel it.
7. Direct the flow of urine into the toilet or a clean container, holding the catheter in place until urine stops draining.
8. Gently and slowly withdraw the catheter to allow any remaining urine to drain from the bladder. When flow stops gently remove the catheter.
9. Dispose of catheter in it's packaging or a bag in the dustbin.
Do not flush down the toilet.
10. Wash and dry hands, following hand washing technique.

Frequently Asked Questions

Will it hurt?

The procedure should not hurt. Initially it may cause mild discomfort if it continues contact your nurse or doctor.

How often should I do it?

This is decided between yourself and your nurse or doctor and depending on how much urine is being drained.

What happens if I can't insert the catheter?

- Check the position you are in and adjust to see if this helps.
- Check position of urethral opening (using a mirror).
- Sometimes a gentle cough helps the sphincter muscle to relax so that you can insert the catheter.
- Wait 30 minutes and try again.

What happens if I see blood?

Bleeding may occur when you insert the catheter - a small amount of blood on the catheter tip is quite normal. If the bleeding continues contact your nurse or doctor.

What do I do if no urine drains?

Try again with a different catheter - you may have inserted it into the vagina.

What do I do if I can't remove the catheter?

This may be caused by a spasm - do not pull out. Breath deeply as it may take a few minutes for the spasm to pass and allow the catheter to be removed.

How will I know if I have an infection?

You may notice burning or stinging when you pass water, you may feel unwell and have a fever. Take a sample of urine to your doctor. If this happens often discuss it with your nurse or doctor.

How long will I have to catheterise myself?

This is individual and depends on your bladder function - please discuss with your nurse or doctor. **Always ensure you keep a week's supply of catheters.**

Further Information

Further useful information can be accessed on the NHS website: www.nhs.uk