



CLEAN INTERMITTENT CATHETERIZATION (CIC) OR SELF-CATHETERISATION

Male

What is self-catheterisation?

Self-catheterisation means inserting a small, flexible tube into your bladder. The urine flows out through the tube which is then be removed and discarded.

By emptying the bladder regularly in this way, you prevent a buildup of stagnant urine and you should feel more comfortable. You will also keep your kidneys and bladder healthy by preventing urinary infections. Some people also find that it is easy to prevent urine leakage (wetness) using this technique.

What equipment do I need?

- A catheter supplied by the outpatient clinic and then available to order on prescription from your GP or district nurse;
- A tube of lubricant jelly (KY jelly from the chemist or Xylocaine gel from your GP) if the catheter proves difficult to insert; most modern catheters are self-lubricated and extra jelly is not usually necessary;
- Baby wipes; and
- A bottle, dish or plastic box to catch the urine.

How do I do it?

- Sit on a towel with a plastic sheet underneath. Some men prefer to perform self catheterisation either sitting on, or standing in front of, the toilet;
- Remove your pants and tuck other clothing out of the way;
- Wash your hands thoroughly because you may need to handle the catheter itself (depending on the product used);
- Roll back the foreskin and wash the end of the penis using baby wipes;
- Lubricate the first three to four inches of the catheter with a blob of jelly;
- Hold the catheter at the "gripper" or over the catheter sleeve, and gently begin to insert it;
- Hold the penis straight out from the body (pictured right), without touching the catheter on anything else, and gently insert it until urine flows;
- If the catheter seems to stick just before it enters the bladder, wait a few seconds. This allows the sphincter (valve) muscle to relax. A further, gentle push should then allow insertion;
- Withdraw the catheter slowly to allow all the urine to drain. Most catheters are single-use and should be thrown away in a disposal bag with your household rubbish.



Self-catheterisation

Instructions for men



- 1. Hygienic precautions**
- Wash your hands
 - Prepare a work area that is as bacteria-free as possible



- 2. Place the materials within easy reach**
- Disinfectant for your hands
 - Sterile pads
 - Skin disinfecting spray
 - Catheter or catheter set
 - Sterile and disinfecting lubricant, such as Instillagel® or Endosgel®



- 3. Get into position**
- Choose a comfortable position, either sitting or standing



- 4. Perform disinfection**
- Disinfect your hands
 - Pull back the foreskin and clean the urethral opening on the head of the penis with skin disinfecting spray and a sterile pad



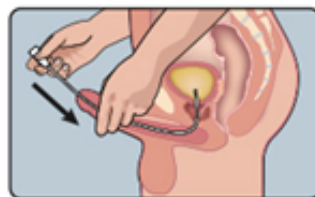
- 5. Prepare for instillation**
- Pick up the sterile ready-to-use syringe with lubricant such as Instillagel® or Endosgel®
 - Press the bulb slightly and then remove the cap
 - Apply a drop of the lubricant to the urethral opening



- 6. Instill the lubricant**
- Hold the penis behind the penis head between your thumb and index finger
 - Carefully insert the cone of the syringe into the urethra
 - Slowly instill the lubricant



- 7. Exposure time**
- Grip the penis between your thumb and index finger or use a FARCO penile clamp
 - Wait 5 to 10 minutes for the lubricant to take effect



- 8. Perform catheterisation**
- Handle the catheter using the protective sleeve
 - Insert the catheter into the urethra



- 9. Urine flow**
- Advance the catheter into the urinary bladder in stages until the urine begins to flow
 - When the urine starts to flow, continue to advance the catheter about 1 more cm



- 10. Residual urine flow**
- Wait until urine flow stops
 - Withdraw the catheter in stages until urine starts flowing again



- 11. Withdraw the catheter**
- After urine flow stops, slowly withdraw the catheter



- 12. Disposal**
- Discard the catheter and materials
 - Wash your hands



Female

How do I do it?

- Sit on a towel with a plastic sheet just underneath you (or lie on the bed if you prefer);
- Remove your pants and tuck other clothing out of the way;
- Wash your hands thoroughly;
- Lie on your back, comfortably propped up with your knees wide apart;
- Use the light and mirror to help you, find the opening of the urethra which is in front of the vagina and behind the clitoris;
- If it is difficult to see the hole, draw the labia forwards and upwards with your fingers. It may also be possible to feel the urethra which is like a small pit on a sensitive mound;
- Clean inside the labia from front to back using baby wipes;
- Hold the catheter 2 inches from its tip and insert it (for 2 – 3 inches) until urine flows. If no urine comes out, the catheter is probably in the vagina. This will do no harm, so take it out and look again for the urethra, slightly further forwards;
- When the urine stops flowing, insert the catheter a little further and turn it gently to obtain any remaining urine;
- Withdraw the catheter slowly and gradually, to allow all the urine to drain from the bladder.

Most catheters are "single-use" and should be thrown away in a disposal bag with your household rubbish.



Self-catheterisation

Instructions for women



- 1. Hygienic precautions**
- Wash your hands
 - Prepare a work area that is as bacteria-free as possible



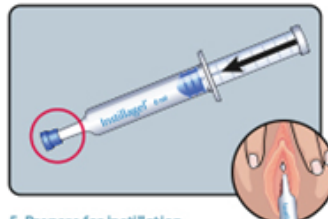
- 2. Place the materials within easy reach**
- Disinfectant for your hands
 - Sterile pads
 - Skin disinfecting spray
 - Catheter or catheter set
 - Sterile and disinfecting lubricant, such as Instillagel® or Endosgel®



- 3. Get into position**
- Choose a comfortable position, either sitting or standing



- 4. Perform disinfection**
- Disinfect your hands.
 - Use your fingers to spread the labia to clearly expose the urethral opening
 - Use skin disinfecting spray and a sterile pad to clean the urethral opening



- 5. Prepare for instillation**
- Pick up the sterile ready-to-use syringe with lubricant such as Instillagel® or Endosgel®
 - Press the bulb slightly and then remove the cap
 - Apply a drop of the lubricant to the urethral opening



- 6. Instill the lubricant**
- Carefully insert the cone of the syringe into the urethra
 - Slowly instill the lubricant.



- 7. Exposure time**
- Wait 5 to 10 minutes for the lubricant to take effect

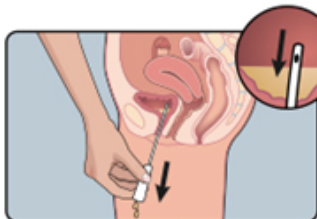
5-10 minutes



- 8. Perform catheterisation**
- Handle the catheter using the protective sleeve
 - Insert the catheter into the urethra



- 9. Urine flow**
- Advance the catheter into the urinary bladder in stages until the urine begins to flow
 - When the urine starts to flow, continue to advance the catheter about 1 more cm



- 10. Residual urine flow**
- Wait until urine flow stops
 - Withdraw the catheter in stages until urine starts flowing again



- 11. Withdraw the catheter**
- After urine flow stops, slowly withdraw the catheter



- 12. Disposal**
- Discard the catheter and materials
 - Wash your hands