

Intermittent self catheterisation (ISC) when your bladder does not empty fully

Department of Urology

Information for Patients

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Introduction

You have recently been taught how to do intermittent self catheterisation (ISC) to help empty your bladder. It is important to read through this leaflet in order to make sure you are following the correct technique.

Hygiene advice

Please make sure you

- wash your hands with soap and water or hand sanitizer before using the catheter
- clean the tip of your penis/ labia with water or a wet wipe.

What about infection?

When using the catheters there is a risk of infection. To try to stop this please follow the hygiene advice and check for the following symptoms:

- Dark, smelly pee (urine)
- Pain in the tummy.
- Burning or stinging when passing pee.
- Fever or temperature.

Speak to your GP or the Urology department (see p4) if one or more of these develop. If you feel really unwell with fever, shivers and flu like symptoms please speak urgently to Ward 29 (see p4 for the number).

Please make sure that you drink between 1.5 to 2litres of fluid per day.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Technique

Make sure you follow the technique as discussed with your practitioner.

See the information booklet we gave you at the appointment for more help on the technique. The information booklet is specific to the catheter that you use. It is provided by the company that make the catheter.

Always try passing pee before inserting your catheter, so that the pee drained is the amount left in your bladder after you have passed urine (the residual).

When urine stops flowing, slowly rotate your catheter as you begin to withdraw it, to reposition your catheter, stopping each time urine flows again to let your bladder fully empty.

Measure the amount of urine passed with the catheter.

Please get rid of the catheter in the normal household waste. If it comes with a bag attached, please empty the pee down the toilet before throwing away.

Residual advice

If residuals are between 150ml to 300ml then do ISC 1 times a day.

If residuals are between 300ml to 500ml then do ISC 2 times a day.

If residuals are greater than 500ml then do ISC 3 to 4 times a day.

If residuals are always below 150ml then stop doing ISC.

Follow up

One of the specialist nurses will follow up usually by phone. At this appointment they will ask how much urine has been coming out of the catheter (residual volume) so please have this to hand. There is a residual volume chart on page 3 of the leaflet that you can use to make a note of the volumes.

Ordering more catheters

Your nurse will set you up with your first order. After that you will need to place the order yourself.

When you are on your last week of supply of catheters please order more from the dispensing company you are registered with.

We will have given you a contact number to do this at your last appointment.

[illegible]

Contact details

Urology Assessment Centre 0116 258 4632 (answer machine 8am to 5pm Monday to Friday)

Triage Emergency Admissions Monday to Friday 10am to 6pm 0116 258 8293

Ward 29 Urology emergency admissions ward 0116 258 4247 (24hrs)

Urology Specialist nurse: 0116 258 4635

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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જે તુમીં ઇચ જાણવારી કિમે હેર બામ્મા વિચ ચાહુંદે હે, ઝાં વિચખા વચ્ચે હેઠાં હિંતે ગદે નંબર 'ਤੇ ટૈલીફોન વચે।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk