



For Appointments Call: 08 8267 1424

Intermittent Self Catheterisation for Females

Always Remember:

DO NOT USE THIS INFORMATION UNLESS YOU HAVE ALREADY BEEN SHOWN HOW TO PERFORM INTERMITTENT SELF CATHETERISATION (ISC) BY A QUALIFIED HEALTH PROFESSIONAL

The bladder must be completely emptied, regularly and should never have more than 400 - 450 mls in it.

You will be instructed on how many times a day you need to perform ISC

You will need:

- Urinary Catheter.
- Container for urine or sit over the toilet when you insert the catheter.
- Lubricant.

How to insert your urinary catheter:

1. Wash your hands with soap and water and ensure that your genital area is clean.
2. Gather all required equipment and set up in a clean environment, such as a bathroom counter or other clean surface.
3. Open the catheter packet and carefully Lubricate the catheter.
4. Keep the catheter as clean as possible, avoid it touching other items or dropping on the floor. Don't push anything such as hair or lint into your penis when you insert the catheter.
5. Locate your urethra with a finger. Keep your finger in place as a guide for inserting the catheter.
6. Hold the catheter in your other hand, ½ inch from the tip.
7. Insert the catheter straight into the urethra next to your finger. If the catheter goes into the vagina, you

probably held the catheter too far away from the tip, causing it to point downwards. This is not harmful... simply withdraw the catheter and start again.

8. You will know that the catheter is in the bladder when urine begins to drain. When the urine stops flowing, slowly remove the catheter, stopping anytime urine flows to empty the bladder completely. You may need to press on the lower part of your abdomen to ensure all the urine has drained out.

Disclaimer

This information is intended as an educational guide only, and is here to help you as an additional source of information, along with a consultation from your urologist. The information does not apply to all patients.

Not all potential complications are listed, and you must talk to your urologist about the complications specific to your situation.

Contenance Aid Suppliers

(These are provided as a guide only; Nick Brook does not endorse any of these vendors)

Incontinence appliances e.g. pads, drainage bags and catheters, including self-intermittent and indwelling can be purchased from the suppliers listed below.

SA Contenance Resource Centre Independent Living Centre

11 Blacks Road
GILLES PLAINS SA 5086
Phone: (08) 8266 5260
Fax: (08) 8266 5263
Email: info@continencesa.org.au
or contenance@ilc.sa.gov.au

Health Care Industries Australia

7-11 Provident Avenue
GLYNDE SA 5070
Phone: (08) 8365 0022

Cottmans SBA

111 Morphett Road
CAMDEM PARK SA 5038
Phone: (08) 8365 1143

Hospital Supplies of Australia

362-370 Cormack Road
WINGFIELD SA 5013
Phone: (08) 8368 0700

Incontinence Female and Male Pads can also be purchased from:

- Larger Supermarkets
- Major Chemists/Pharmacies

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