A Guide to INTERMITTENT SELF-CATHETERISATION for Men

HydroSil Go™
INTERMITTENT CATHETER
Intermittent self-catheterisation (ISC) is a simple procedure that drains urine from the bladder. It can be carried out safely at home, work, or when travelling so it need not interfere with everyday life. Your nurse specialist is your best resource on ISC. This booklet is intended to provide additional information and support for you.

There are many reasons why some people cannot urinate voluntarily and require catheterisation. Whatever the reason, urine must not be left in the bladder because if it remains there for too long, it can cause infection. For people who cannot pass urine voluntarily or who are incontinent, a thin ‘straw like’ device known as a catheter has been designed to help empty your bladder artificially, easily and with the minimum discomfort. The most important advantage is the reduced risk of bladder infection and kidney damage, which can be caused by an overfull bladder or by urine that stays in your bladder for too long.

If you have experienced episodes of incontinence or have not been able to empty your bladder in the past, intermittent self-catheterisation can help reduce this problem. It will help give you the confidence to take part in everyday activities, enhancing your quality of life.
The bloodstream carries the body’s waste products to the kidneys where they are filtered from the blood and combined with water to produce urine. The urine flows via tubes called ureters, a few drops at a time from the kidneys to the bladder.

The bladder acts as a storage vessel for urine. As it gradually fills with urine, the stretch receptors in the bladder wall send messages to the brain that it is time to think about emptying.

When functioning normally, the bladder receives signals from the brain that cause the urethral sphincter to open and the bladder walls to contract. The urine is then discharged from the bladder through the urethra.

A man’s urethra is about 20cm long and runs from his bladder to outside the body at the tip of his penis.

Urination typically occurs 5-6 times per day, or whenever the bladder collects 250 – 350ml of urine. Production of urine slows down during the night, decreasing the need for urination.
ABOUT YOUR HYDROSIL GO™ INTERMITTENT CATHETER

**Gripper insertion sleeve**
HydroSil Go™ provides control with a no-touch insertion technique—allowing the catheter to be held firmly without touching the surface, minimising the risk of contamination.

**New, unique CLEANGLIDE™ technology**
CLEANGLIDE™ is a lubricious coating that maintains the catheter in a hydrated state without requiring activation or lubrication prior to use.

**Three-layer silicone catheter**
With its self-hydrating coating, the HydroSil Go™ with CLEANGLIDE™ technology is designed to glide easily and comfortably through the urinary tract.

**Discreet packaging**
HydroSil Go™ package is discreet and gives you the ability to carry it folded in a compact format. The adhesive folding tab frees up your hands by attaching to dry, vertical surfaces.

**Saves time**
Thanks to the HydroSil Go™ catheter there is no need to activate the coating or add lubricant anymore. It is ready to go out of the package.

**Tapered tip and comfort sized eyelets**
Enables ease of catheter movement in sensitive areas of the anatomy.
INSTRUCTIONS FOR USE

Review the self-catheterisation procedure with a healthcare professional.

1. Always wash hands prior to use.

2. Open the catheter package by peeling the tab upwards with the aid of the finger hole.

3. If desired, use the adhesive label(s) to hang the package on a nearby dry vertical surface while preparing to catheterise.

4. Clean the opening of the urethra—and the surrounding area. Wash your hands again.

5. Hold the insertion sleeve with your dominant hand and squeeze it to grip the catheter shaft as you remove the catheter from the pack. Next, hold the catheter funnel above the insertion sleeve with your other hand and slide down the shaft, stopping at about six inches from the tip. Release the funnel. Using the insertion sleeve to hold the catheter firmly, gently pass the tip of the catheter firmly into your urethra until the insertion sleeve nears the meatus. Repeat until urine starts to flow.

6. Keep the catheter steady until urine stops flowing. When urine stops flowing, slowly withdraw the catheter, stopping if flow starts again, until the last few drops have drained. Check the colour, odour and clarity of the urine. Any changes may need to be reported to a health care professional.

Disposal

7. Place the catheter back into the package and dispose in accordance with accepted medical practice and applicable laws and regulations. Do not flush down the toilet.

8. Wash hands.
How often should I catheterise?
This depends on your fluid intake, the amount of residual urine to be drained and the effect of any medication you may be taking. Some people only need to catheterise once daily, whilst others may catheterise up to six times a day. Your nurse specialist will advise on the regime that will suit you.

How much fluid should I drink?
You should drink about 1.5 litres of fluid every day. This is about 2 1/2 pints (6-8 cups).

What do I do if I cannot insert the catheter?
Relax for a few minutes and try again. You may be anxious, causing your sphincter muscle to tighten. Coughing may help or try relaxing in a warm bath. If you still have difficulty, contact your nurse specialist who will give further advice.

What if there is blood in my urine?
Sometimes there will be specks of blood on the catheter or slight bleeding after removal. Don’t worry, as this will usually clear up in a couple of days. If the bleeding persists, you should contact your nurse specialist or GP for advice.

What if the catheter will not come out?
When you are tense your muscles can go into spasm and prevent the catheter from coming out. Eventually these muscles will relax and allow you to remove the catheter, so rest for a few minutes then try again. Coughing several times as you begin to remove the catheter will also help. If the catheter still won’t come out, don’t panic, run yourself a warm bath and lie in it to help relax. If these suggestions don’t work you should contact your nurse specialist for help.

Can I travel overseas?
Script-easy® can provide you with a travel medical certificate which you can ask your GP to sign. This can be used every time you travel and will clearly define and approve your medical problem. Alternatively, ask your GP for a letter stating that you are carrying the catheters to manage a medical problem.

Does ISC hurt?
It may feel like a strange sensation at first, but ISC should not be painful. For some, the urethra is more sensitive when first learning, but ask for advice if this does not settle with time.

Will I always have to catheterise from now on?
This will depend on the underlying reasons for catheterisation. Sometimes ISC is a temporary measure until your bladder regains its normal function. You should report any changes in drainage volumes or pattern of passing urine to your nurse specialist who will review the clinical need for continuing ISC, or alter the frequency.

What should I do if I forget to catheterise?
You should catheterise as soon as you remember. Then continue as normal at the regular intervals you have been advised. Remember that you must completely empty your bladder to remove any residual urine and reduce the risk of infection.

What happens if I do not catheterise as often as I should?
If you miss catheterisations once or twice don’t worry, but if this happens often it can cause urinary tract infection and urinary leakage. If the pressure in your bladder becomes too high, there is a risk that your urine will back up to your kidneys, which can cause serious injury.
Each day record the time and amount of urine you voided normally or via a catheter (measured in ml).

P = Urine was passed normally
C = Urine was passed via catheter

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**URINE OUTPUT CHART**

**HOW TO OBTAIN YOUR SUPPLIES**

SCRIPT-EASY® is a FREE home delivery service provided by Bard Limited. A Dispensing Appliance Contractor (DAC) registered with the NHS, SCRIPT-EASY® can dispense continence and stoma appliances on receipt of your prescription. Delivery is free of charge. Only the prescription fee is payable if you are not exempt.

**Discreet Delivery**

SCRIPT-EASY® dispenses NHS prescription items in plain packaging and will deliver to your home or to an alternative address of your choice within the UK.

**Advice and Help**

SCRIPT-EASY® staff are all trained to a high standard and can offer advice and help in the selection of appliances. A nurse helpline is also available or we can direct you to other sources of advice.

**Complimentary Items**

When you register with SCRIPT-EASY® you will receive complimentary items associated with your specific products, which have been designed to help you get on with your day to day life.

*Your free wallet is available on your first order from SCRIPT-EASY®*
Welcome to Bardcare.uk

We’re making a promise to people who use continence products and to those who care for them. A promise to deliver great resources, support and products, to make your life easier as you go out and do the things you love to do. Offering customised education, resources and tools, get answers to the questions you may have and learn more about the products we offer.

Visit Bardcare.uk today to find out more.
Please consult product labels and inserts for any indications, contraindications, hazards, warnings, cautions and directions for use.

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