

Intermittent catheterisation Guide

Version for MALE users

1. Make sure that you have all of the equipment that you will need ready before you start the catheterisation.

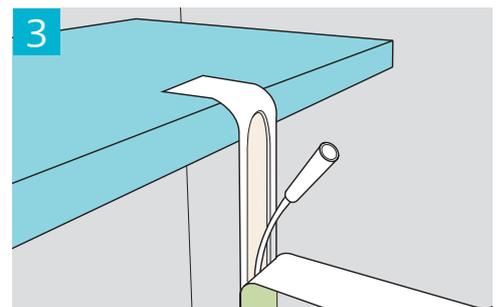
2. Start by washing your hands thoroughly with soap and water. Alternatively, you can use an anti-bacterial alcohol hand solution or cleansing wipes.



3. You can now get the catheter ready. This step will differ depending on the type of catheter you are using. Check the instructions for use that are supplied with the catheter for detailed instructions.

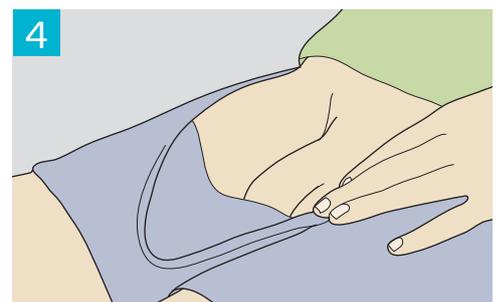
If you are using a ready-to-use SpeediCath® catheter, place the catheter vertically within easy reach. Open the upper end of the peel pouch, by only peeling until you see all of the funnel connector.

If you are not going to drain the urine directly into the toilet, connect a urine bag to the funnel connector of the catheter and place the urine bag in a secure position.



4. You can catheterise whilst sitting on the toilet or in a wheelchair. If you are able to stand, you may prefer to catheterise while standing. To ease the insertion make sure that you are in a comfortable, secure position and feel relaxed.

Pull your clothes down so that it is easy to reach your genitals. You can use a pantler to hold your clothes in place.

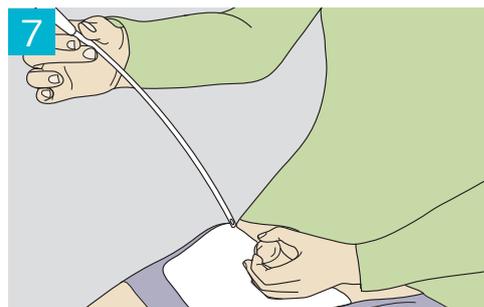


5. To avoid wetting your clothes if catheterising in a wheelchair, you may place a drape under your penis. Gently pull the foreskin back (if you have one) and wash the head and shaft of the penis. To prevent pushing bacteria into the urethra, wash in an outward motion starting at the urethra and working outwards. Only use each wipe once. From this point, make sure that you keep holding the foreskin back and make sure that the head of your penis does not touch your skin or your clothes.



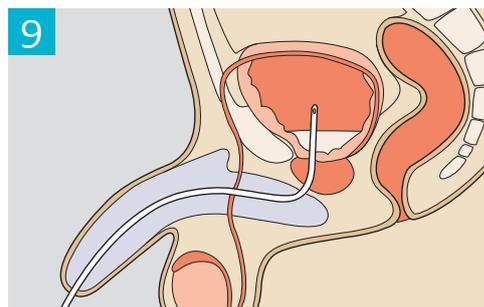
6. Hold your penis pointing upwards and close to your stomach, to ease the insertion of the catheter.

7. Take the catheter and make sure that the catheter does not touch anything before you insert it. If the catheter does touch something, for example the sink, then you must use a new catheter, to lower the risk of infection.



8. Provide a gentle amount of pressure to the head of your penis in order to open up the urethra. To help insertion of the catheter it is important that you relax.

9. Slowly and gently insert the catheter into your urethra as you have been instructed. It is normal that you feel resistance when the catheter reaches the sphincter or the prostate gland, so be gentle. If you bend the funnel end of the catheter upwards before the flow starts, this will avoid spillage.



Continue to insert the catheter until it reaches your bladder and the urine starts to flow.

When the urine flow stops, move a little and straighten yourself up and rotate the catheter slightly - more urine may flow. Finally withdraw the catheter slowly, in cm-by-cm steps to ensure complete emptying of the bladder.

10. You can dispose of your catheter and the packaging in your household rubbish. Do NOT flush it down the toilet. If you have used a drape and wipes, throw these away too in your household rubbish.

11. Wash your hands thoroughly to finish.



 Before use, always consult the 'Instructions for use' document delivered with the products.

Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology

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