



A man's guide
to intermittent self-catheterisation

SpeediCath[®]



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Your details

Name :

Hospital/Clinic:

Name of Nurse/GP:

Telephone Number:

Email:

Office Hours:

Name of Catheter I Use:

Order Code:

Size (CH/FG):

Catheterise (times per day):

Additional Information:

Choose a catheter that fits *your everyday life*

Finding the right catheter is a very personal choice and the best one for you might not be the first one that you try. Research shows that being satisfied with your catheter solution is very important for maintaining a good routine and thereby insuring good bladder health.* Therefore it is important to find the catheter solution that suits you.

Which catheter should I choose?

Different life situations or everyday activities sometimes require different intermittent catheterisation solutions. There are a number of different types of catheter you can use for intermittent catheterisation: standard length catheters, compact catheters and catheter sets where a urine bag is attached to the catheter.

Compact catheters are designed to be more discreet and they have a non-medical look to avoid unwanted attention. You might need to try different ones to find one that fits you the best.

Why is the coating important?

There are several types of coatings for catheters. Surveys suggest that hydrophilic-coated catheters are the most comfortable, convenient and easy to use. They have also been linked with lower rates of infection and urethral damage when compared with other catheters.

All SpeediCath catheters have a hydrophilic coating which is instantly ready to use and stays bonded, stays smooth, and stays hydrated for the protection of your urethra.



SpeediCath Flex &
SpeediCath Flex Pocket Size



SpeediCath Flex Set



SpeediCath Compact



SpeediCath Compact Set



SpeediCath Standard

*Barbosa et. al. 2012

Understanding how your body works

This will make it clearer exactly what you are doing with your catheter – and where it's going

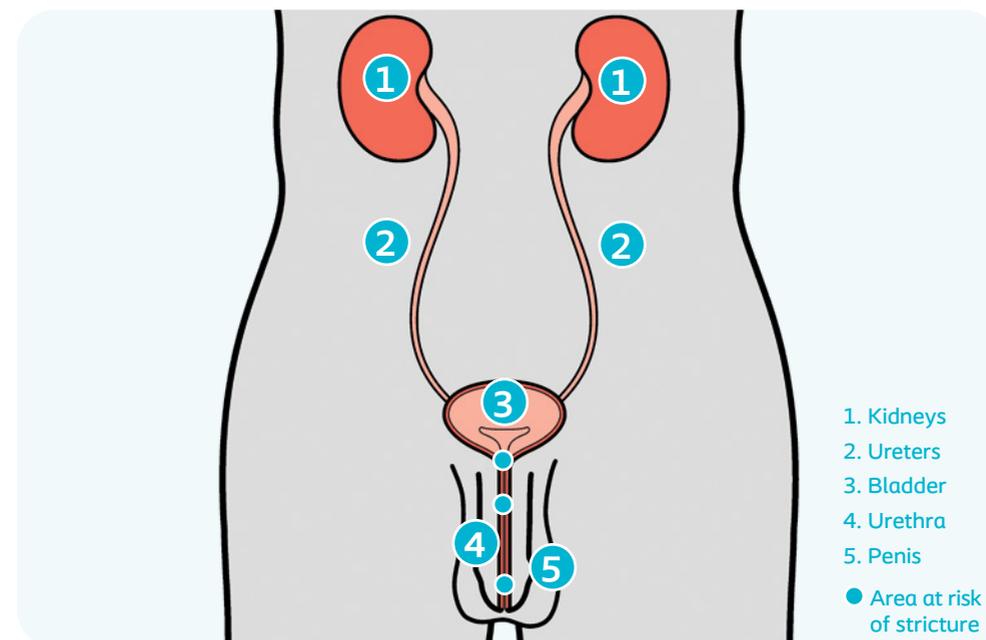
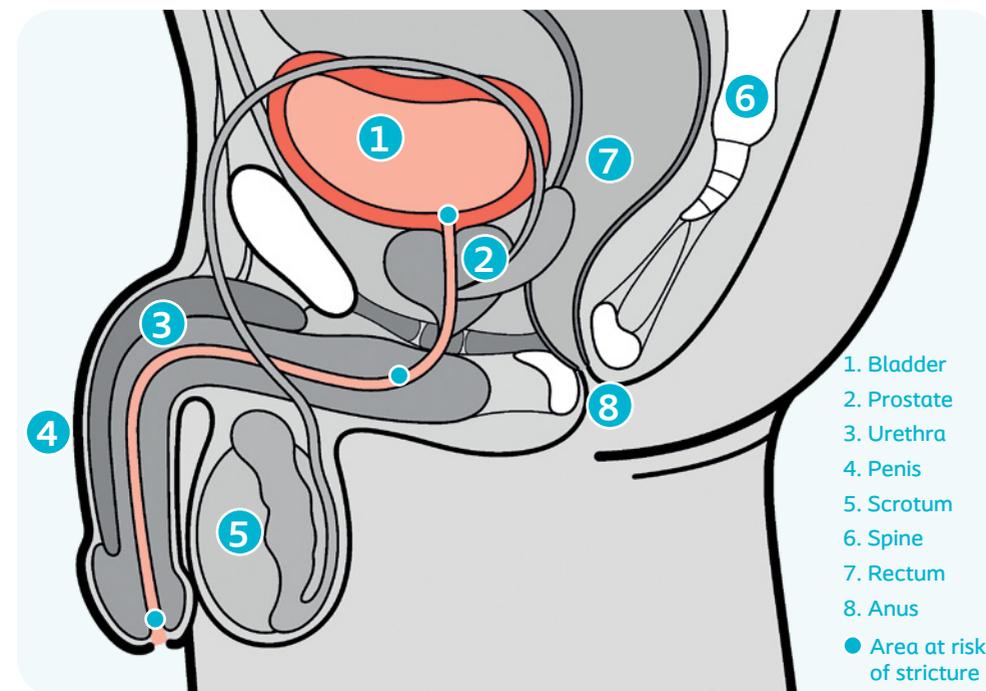
Waste products are filtered from the blood into the kidneys to produce urine. This runs from the kidneys through the ureters into the bladder where it is stored. When there is approximately 300 ml (2/3 of a pint) in the bladder, the urine must be emptied through the urethra, to avoid discomfort and to drain the bladder.

The average male urethra is about 15–20cm in length and is shaped like an 'S'. It runs from the bladder to the tip of the penis.

The need for intermittent self-catheterisation

As its name implies, intermittent self-catheterisation is done by yourself as and when you need it. It's no more than if you had a normally functioning bladder, except instead of going to the toilet naturally, you have to use a catheter to empty your bladder.

SpeediCath catheters have been designed for your comfort and convenience.



Top image; side view of pelvis, showing lower urinary tract and reproductive organs.
Bottom image; front view of abdomen and pelvis, showing urinary system and external genitals.

Establish a routine that's healthy and convenient

- You should empty your bladder 4-6 times a day, or as recommended by your doctor or nurse, although frequency may be affected by your diet, choice of drinks and medication.
- Check you are emptying your bladder often enough by measuring the amount of urine you pass – it should be no more than 400 ml.
- Make sure that your bladder is completely empty each time you catheterise, as urine left in the bladder can become stale and urinary tract infections may develop.
- It is important not to miss catheterisations. If you realise you've missed one, do it as soon as you possibly can.

1 Create a routine that works for you

Choose convenient times to catheterise, such as coffee breaks and around meal times, so it becomes less disruptive and part of your daily rhythm.

2 Stay properly hydrated

Make sure you drink at least 1.5 - 2 litres of liquid a day, as this reduces the risk of urinary tract infections.

3 Leave reserve catheters at places you frequent

It's a good idea to leave some spare catheters at places where you go regularly, such as at friends' and relatives' homes, the car or your workplace.

4 Be prepared

Do your research before going to new places. It's a good idea to check the location of public toilets to know where you will be able to catheterise. You can download phone apps specifically made to locate public toilets.

Better hygiene for a healthier bladder

Even with single-use catheters, it is still essential to maintain good hygiene. Here's how you do it:

Wash your hands

Soap and water is fine, and an antibacterial hand gel or disposable wipes designed for intimate use, can be used instead if you are somewhere where water is not available.

Cleanse the genital area

This should be done from front to back. Mild soap and water is all that is required. Dry with a clean pad or towel. Do not touch anything else apart from your catheter after you washed your hands – and only touch the body parts that are meant to be touched to perform catheterisation.

What if I'm in a public bathroom?

The same rules of hygiene apply everywhere – both at home and on the go. If you need to touch anything after you wash your hands (the door or the handles for example), it's important to use antibacterial hand gel or wash your hands again.



How often should I discard my catheter?

According to international guidelines it is recommended to use a new sterile catheter each time you perform intermittent catheterisation. The reason is to obtain good bladder health and prevent urinary tract infections.

If you would like to watch the instruction videos on how to insert a catheter, where optimal hygiene before and after is introduced, you'll find them on our website at www.coloplast.co.uk/Bladder-and-Bowel/How-to-guides/



Your questions answered

How often should I catheterise?

This depends on the individual, the reason for catheterisation, how much fluid you drink and whether, for example, you have been prescribed additional medication. For some people it is necessary to empty their bladder every 3 to 4 hours during the day. Others may need to carry out the process once or twice a day. For those using it to dilate the urethra after an operation, then a typical routine is to do it twice a week for the first month and then once a week for the next 12 months.

Your nurse or other healthcare professional will advise you how often you need to do it. At first the nurse may ask you to keep a record of how much urine you pass each time; this is a good basis on which to work out the routine that is right for you. There is a table on page 4 of this booklet to help you.

How much should I drink?

You should drink around 1.5 – 2 litres (2.5 – 3.5 pints) of fluid per day. However do try and avoid too many drinks that contain caffeine such as coffee, tea and cola. The colour of your urine will help to tell you if you are drinking enough.

Which catheter should I use?

It is important that you use the correct catheter and size. Your nurse will help you find the right one for you. You can keep a record of this on page 3 of this booklet.

What shall I do if I can't insert the catheter?

If you have tried and failed, don't worry or panic, and don't try again immediately. Try to relax; you may find it beneficial to take a warm bath before you attempt it again. If you still cannot manage to insert the catheter, then contact your healthcare professional.

What shall I do if I can't remove the catheter?

This is very uncommon but do stay calm. Relax for 5-10 minutes and then try again. Taking deep breaths or coughing can often help you relax your muscles and make removal easier. A warm bath may also help you relax. If you still cannot remove the device then you should seek medical advice.

What if I see blood?

Don't worry. It is quite common to see a few drops of blood – which are caused by the catheter itself. This is usually only temporary.

However, if bleeding is continuous, seek medical advice immediately.

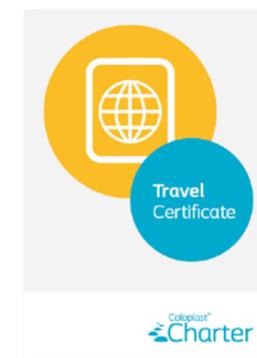
Are there symptoms I should look for?

Yes, if you notice any of the following, then you must contact your healthcare professional if your urine is cloudy, dark coloured, has an unpleasant odour or if you feel a burning sensation when you go to the toilet or catheterise, or if you are noticeably going to the toilet more frequently and urgently.

Similarly if you feel feverish, this could be a sign of infection and you should seek urgent medical advice.

What happens when I travel abroad?

SpeediCath catheters are not yet available in all countries and, even if they are, you don't want the worry of getting a doctor's prescription while you are away. So, pack as many catheters as you will need for the duration of your holiday or business trip.



To avoid any possible problems with customs, ask your GP for a written statement saying that the catheters are necessary for medical reasons and are for your personal use. Or you can request a Coloplast Travel Certificate for you to fill out (as shown above).

How do I get my catheters?

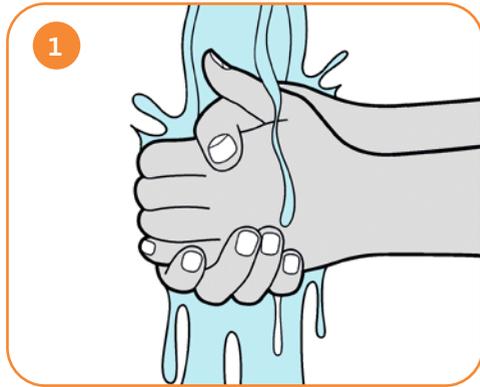
Your healthcare professional will complete your details and prescription to ensure you get the catheter recommended for you. Should you experience any difficulties in obtaining supplies or have any questions please contact our **FREE continence care advice line on 0800 220 622**.

There are various different methods available in order for you to receive your products. One of the easiest ways is to get them delivered direct to your door. Coloplast Charter is one such option available to you.

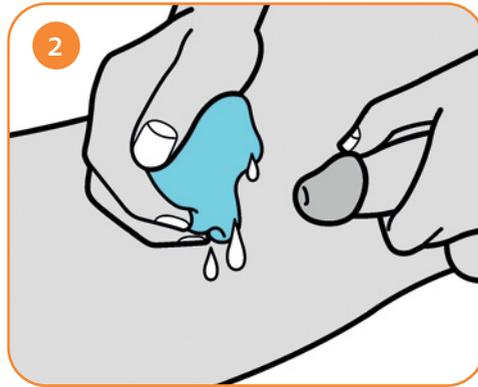
If you would like more information on this service, call **Coloplast Charter on Freephone 0800 132 787**.

How to use *SpeediCath Flex* catheters

You can also find animated guides to catheterisation on our website:
www.coloplast.co.uk/Bladder-and-Bowel/how-to-guides/



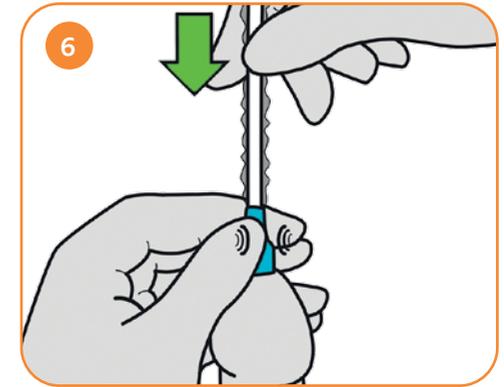
1 Wash your hands with soap and water and dry them.



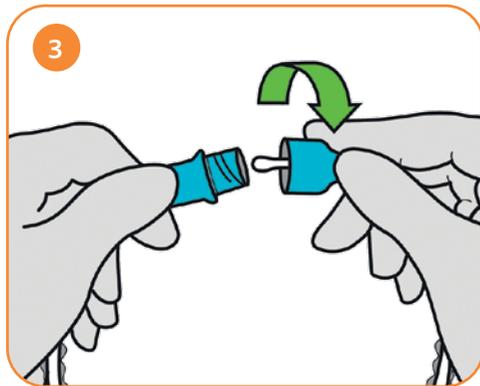
2 If there is a possibility you might be able to urinate, always try before you use a catheter. Gently pull the foreskin back, if you have one, and wash the head of the penis with water.



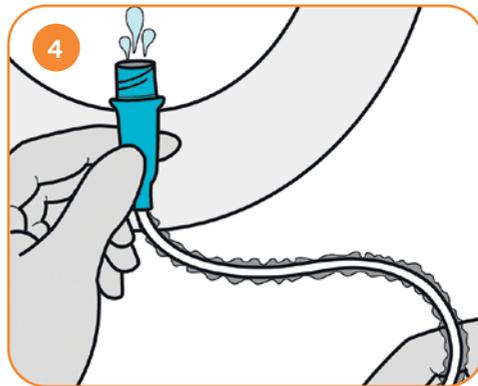
5 Hold your penis pointing upwards and close to your stomach to ensure that the urethra is straight, but be careful not to squeeze.



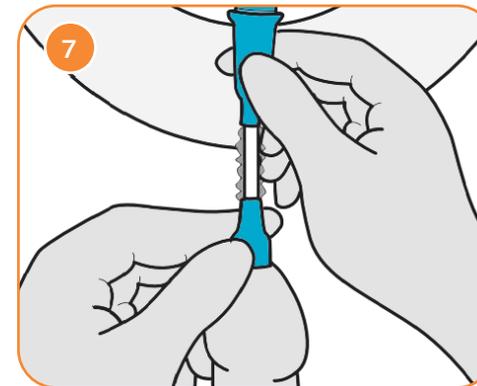
6 Use the grip to guide the flexible tip into the urethra. Pull the dry sleeve to move the catheter gradually to the bladder. Softly squeezing the grip enables you to pause the movement of the catheter.



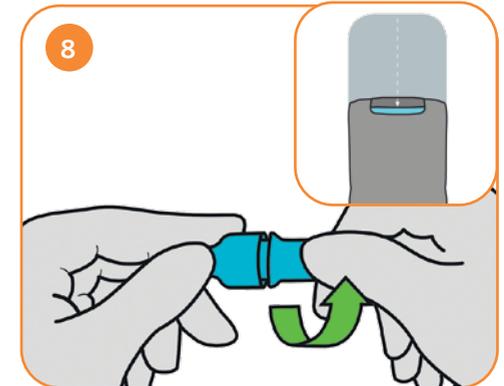
3 Use the two pull rings to open the packaging. Remove the catheter and then twist it open.



4 Empty the lubricating liquid through the drainage end into the toilet or sink before catheterisation. If needed, connect a urine bag to the drainage end.



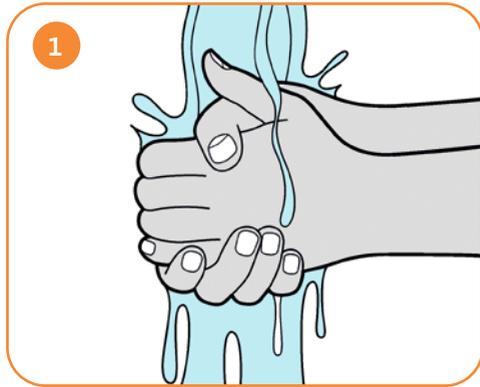
7 You can then lower your penis to a horizontal position and continue to insert the catheter until the urine starts to flow. Insert the catheter a further 1-2cm to ensure all drainage eyelets are in the bladder. When the flow stops, move a little to make sure that the bladder is empty then slowly remove the catheter.



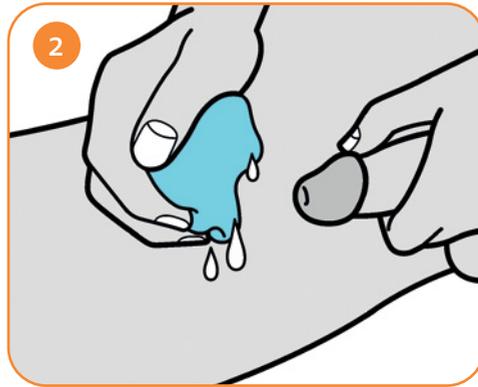
8 After use, reclose the two ends and return the catheter to its packaging. Use the peelable label to close the packaging for discreet disposal.

How to use *SpeediCath Flex Set* catheters

You can also find animated guides to catheterisation on our website:
www.coloplast.co.uk/Bladder-and-Bowel/how-to-guides/



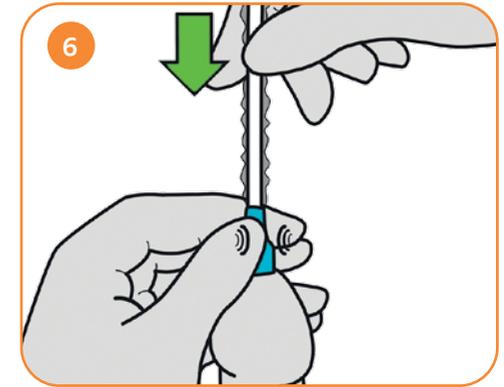
1 Wash your hands with soap and water and dry them.



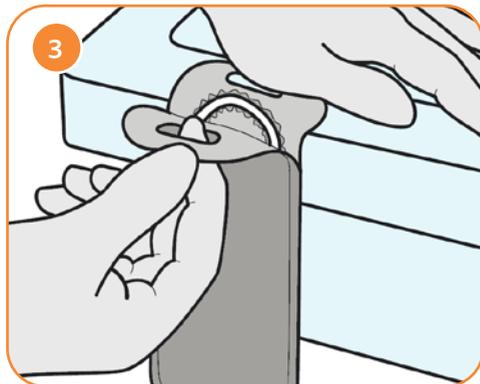
2 If there is a possibility you might be able to urinate, always try before you use a catheter. Gently pull the foreskin back, if you have one, and wash the head of the penis with water.



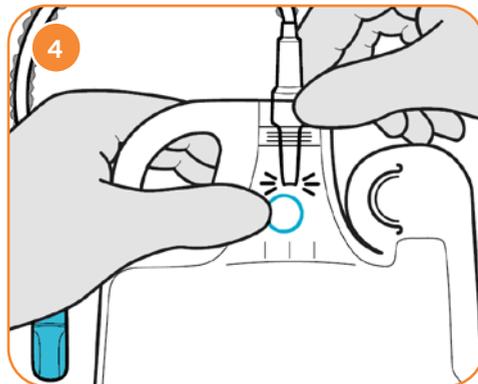
5 Lift and support the penis to straighten the urethra but be careful not to squeeze. When tip is inserted, hold the penis and turquoise handle in the same hand.



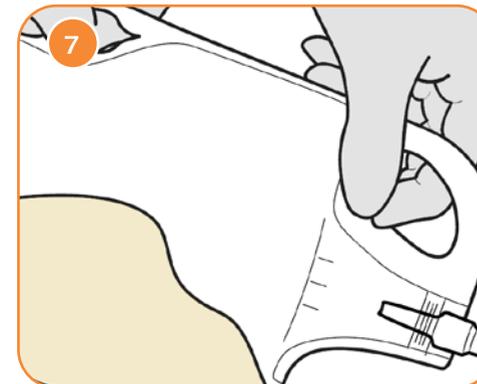
6 Gently pull the sleeve to insert catheter with the other hand. Pinch the soft section of the turquoise handle for control. Release pressure on the handle while pulling the sleeve to advance the catheter. When urine starts to flow, stop inserting the catheter. Support the bag while it fills.



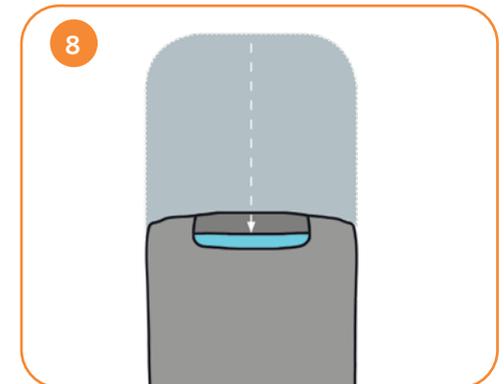
3 Use the two rings to open the packaging. If preferred, you can stick the back of the pack to a surface using the upper part of the adhesive label to aid opening. Remove the catheter.



4 The turquoise symbols printed on the bag indicate action points. Break off the tab inside the bag. Hold the catheter straight up and glide fingers down the sleeve to drain the solution into the bag. Unscrew the turquoise cap and catheter is ready to use.



7 When urine stops, pull catheter out 1-2 cm. If urine flows again, wait until it stops. Repeat until the bladder is empty. Remove catheter and re-close the turquoise cap. Open the bag by pulling horizontally on the pull tab, along the pre-cut tear line. Empty the bag using top and bottom handles.



8 Return the catheter to the packaging and use the backside sticker to re-close.

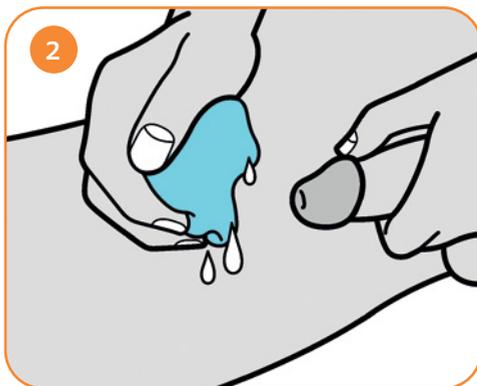
Please dispose with household waste

How to use *SpeediCath Compact Male* catheters

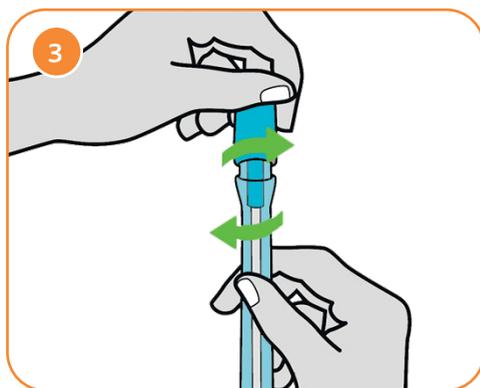
You can also find animated guides to catheterisation on our website:
www.coloplast.co.uk/Bladder-and-Bowel/how-to-guides/



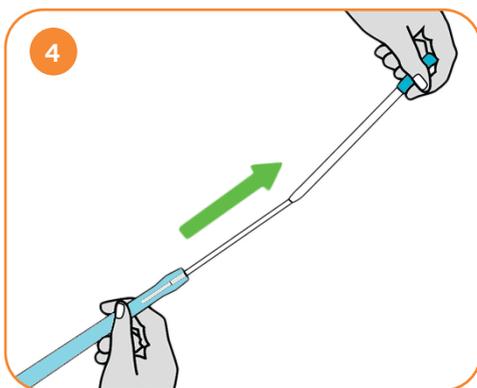
1 Wash your hands with soap and water and dry them.



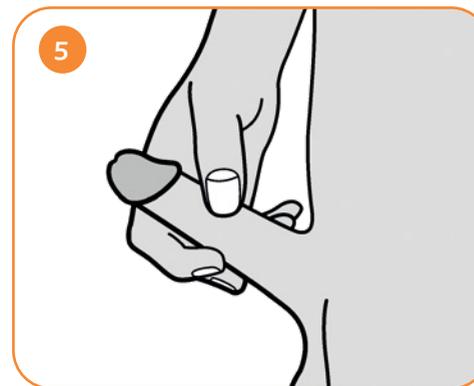
2 If there is a possibility you might be able to urinate, always try before you use a catheter. Gently pull the foreskin back and wash the head of the penis with water.



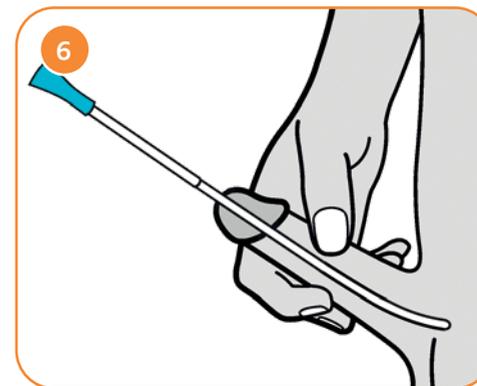
3 Sit on the toilet or make sure you have a suitable container to hand. Open the catheter lid by twisting it anti-clockwise.



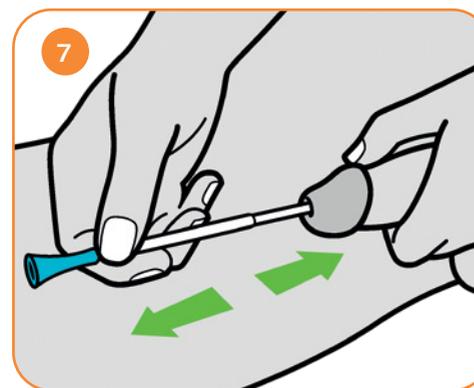
4 To release the catheter, hold the connector and pull the catheter upwards away from the tube.



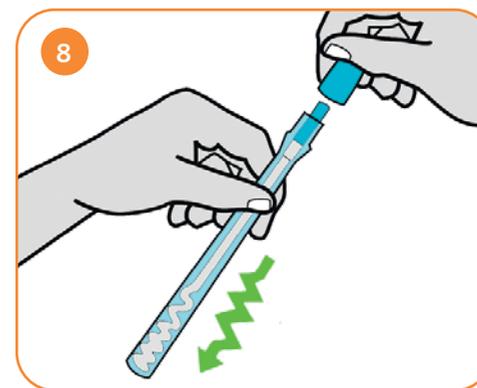
5 Hold your penis pointing upwards and close to your stomach to ensure that the urethra is straight, but be careful not to squeeze.



6 Gently insert the catheter until you reach the transition point towards the middle of the catheter.



7 Then lower your penis to a horizontal position and continue to insert the catheter until the urine starts to flow. Insert the catheter a further 1-2cm to ensure all drainage eyelets are in the bladder. When the flow stops, move a little to make sure that the bladder is empty then slowly remove the catheter.



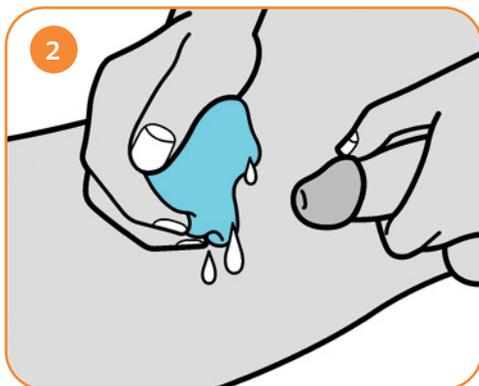
8 After use, insert the catheter back into the tubing and push firmly down into the tube. Screw the lid back on in a clockwise direction, then dispose of it properly in the household rubbish. Do NOT flush it down the toilet. Wash your hands again and the process is complete.

How to use *SpeediCath Compact Set* catheters

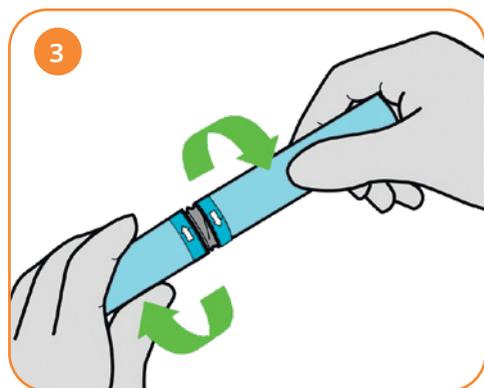
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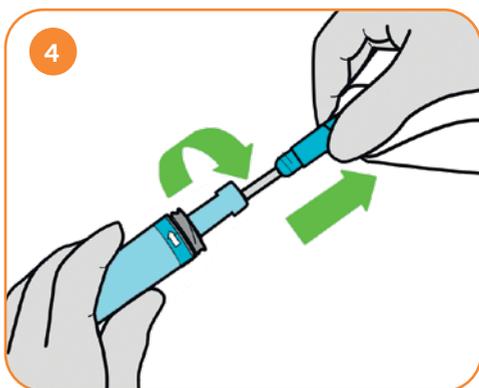
1 Wash your hands with soap and water and dry them.



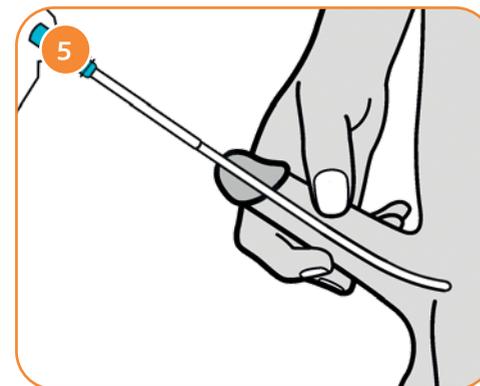
2 If there is a possibility you might be able to urinate, always try before you use a catheter. Gently pull the foreskin back and wash the head of the penis with water.



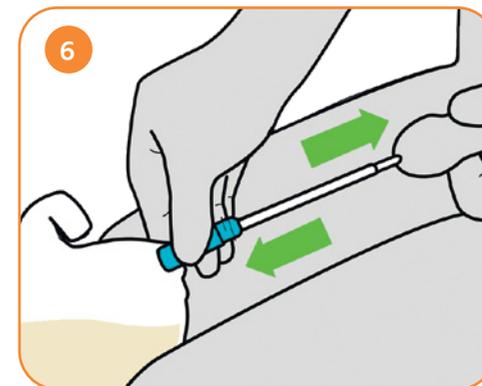
3 To open the catheter tube, twist the two sections of the tube to break the seal and then remove the lid.



4 Unfold the bag and then gently unscrew the catheter. Pull the catheter upwards and away from the tube.



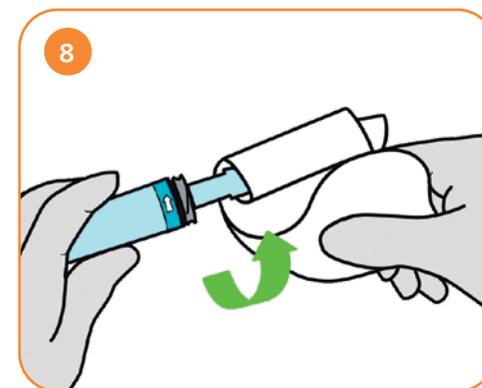
5 Hold your penis pointing upwards and close to your stomach to ensure that the urethra is straight, but be careful not to squeeze. Gently insert the catheter until you reach the transition point towards the middle of the catheter.



6 Then lower your penis to a horizontal position and continue to insert the catheter until the urine starts to flow (you may feel a slight resistance from the sphincter). When the flow stops, move a little to make sure that the bladder is completely empty and then slowly remove the catheter.

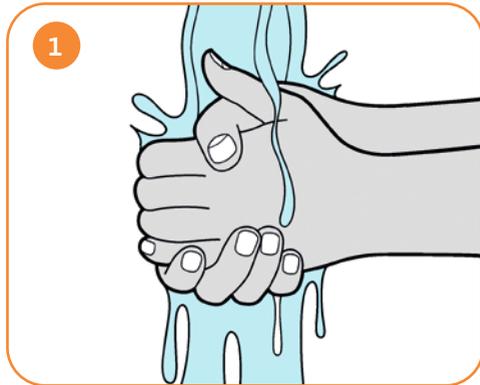


7 You can then put the catheter back in the tube to reseat and to ensure no leakage of urine. When you are ready to drain the bag of urine, tear the tab and discard the contents.

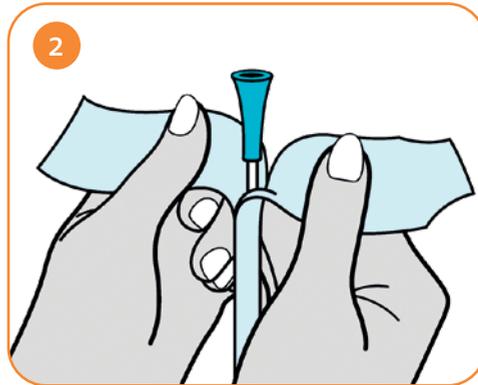


8 After emptying the bag, you can wrap it around the handle and put the lid back on. Dispose of the catheter properly in the household rubbish. Do NOT flush it down the toilet. Wash your hands again and the process is complete.

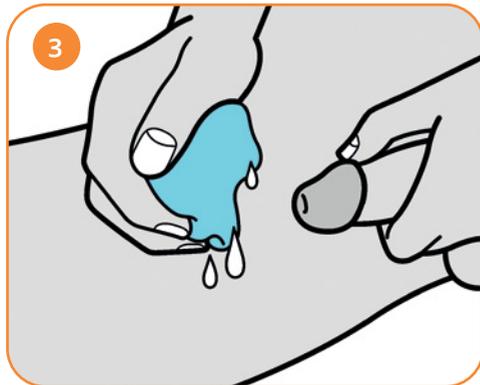
How to use SpeediCath Standard catheters



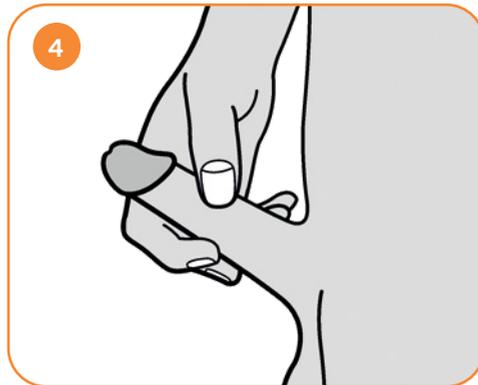
1 Wash your hands with soap and water and dry them.



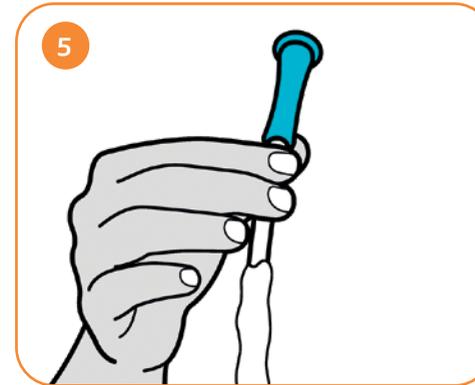
2 Open the upper end of the peel pouch near the ring-pull. You can hang the peel pouch up using the adhesive spot or rest it in the sink. Sit on the toilet or make sure you have a suitable container to hand.



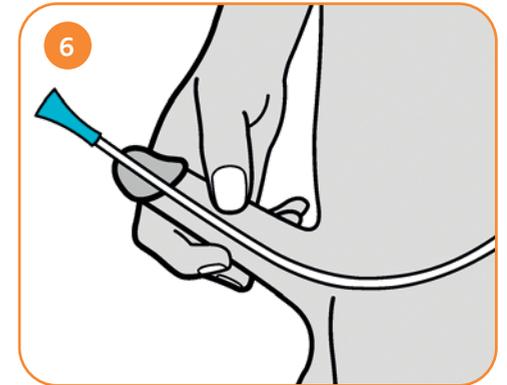
3 If there is a possibility you might be able to urinate, always try before you use a catheter. Gently pull the foreskin back and wash the head of the penis with water.



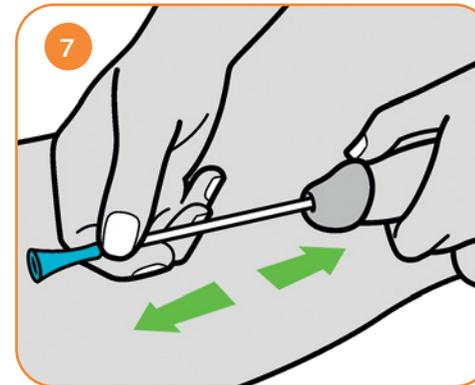
4 Hold your penis pointing upwards and close to your stomach to ensure that the urethra is straight, but be careful not to squeeze.



5 Remove the SpeediCath catheter from the packaging. You will notice that the first 5cm are lubricant-free so it is easier for you to hold.



6 Gently insert the catheter into your urethra as you have been instructed until it reaches your bladder (you may feel a slight resistance from the sphincter). Continue to insert the catheter until the urine starts to flow. If you bend the funnel end of the catheter before the flow starts, this will avoid spillage.



7 When the flow stops, move a little to make sure that the bladder is completely empty and then slowly remove the catheter.



8 Dispose of the catheter properly by putting it in a disposal bag before putting it in the household rubbish. Do NOT flush it down the toilet. Wash your hands again and the process is complete.

Useful contacts

Back-Up Trust
020 8875 1805
www.backuptrust.org.uk

Bladder & Bowel UK
(formerly PromoCon)
0161 607 8219
www.disabledliving.co.uk/bladderandboweluk

Cauda Equina Syndrome Association
Helpline: 03335 777113
www.ihavecaudaequina.com

Coloplast Charter
(home delivery service)
0800 132 787
www.coloplastcharter.co.uk

Cystitis & Overactive Bladder Foundation
0121 702 0820
www.cobfoundation.org

Disability Rights UK
(incorporating Radar)
020 7250 3222
www.disabilityrightsuk.org

Disabled Living Foundation
Helpline: 0845 130 9177
Switchboard: 020 7289 6111
www.dlf.org.uk

Multiple Sclerosis Society
0808 800 8000
www.msociety.org.uk

Multiple Sclerosis Trust
Helpline: 0800 032 3839
Switchboard: 01462 476 700
www.mstrust.org.uk

NHS
111
www.nhs.co.uk

Shine
(Spina Bifida - Hydrocephalus -
Information - Networking - Equality)
01733 555988
www.shinecharity.org.uk

Spinal Injuries Association
Helpline: 0800 980 0501
Switchboard: 0845 678 6633
www.spinal.co.uk





Call your local specialist:
England & Wales: 0800 132 787
Scotland: 0800 917 8639
Northern Ireland: 0800 581 220



help@coloplastcharter.co.uk



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Coloplast develops products and services that make life easier for people with very personal and private medical conditions. Working closely with the people who use our products, we create solutions that are sensitive to their special needs. We call this intimate healthcare. Our business includes ostomy care, continence care, wound and skin care and urology care. We operate globally and employ more than 10,000 employees.

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