What is Intermittent Catheterisation?

Intermittent catheterisation is a simple procedure which you can perform yourself to empty your bladder. It involves the temporary insertion of a small, clean, hollow tube, called a catheter, into the urethra (this is the opening to the bladder) which is removed once the urine is drained.

Intermittent catheterisation may be recommended when the bladder does not empty properly, to reduce the risk of kidney damage and urinary tract infections, or it may be used to dilate the urethra for people with urethral strictures.

People who use intermittent catheterisation as a method of emptying their bladder may need to do this up to four to six times a day. Your healthcare professional will advise you how often you need to catheterise and how much fluid you should drink.

Supplies can be carried discreetly in your pocket or bag, and the procedure can be done fairly quickly. To learn the procedure you must know where the catheter is inserted and how to use the product. You must also be able to reach your urethra and be able to manipulate the catheter.

You can drain the urine through the catheter and into the toilet or collection device. Women can’t always see their urethra and may learn to do the procedure by touch or by using a mirror.

Intermittent Catheterisation is easy to learn for people of all ages.

The procedure can also be performed by a caregiver or family member if you are unable to perform the procedure yourself.

This booklet is designed as a guide to supplement the information and care given by your healthcare professional. It is not designed to replace it.

You are reading this booklet because you are likely to be using the Apogee Intermittent Catheter. This booklet provides further information for use on using the Apogee products.
1 Urine is produced by the kidneys, which filter out the waste products of your body.

2 The liquid waste is passed via tubes called ureters to your bladder, the organ that stores urine.

3 When the bladder becomes full, a signal is sent to the brain to tell the urethral sphincter muscle to relax and the bladder to contract.

4 Urine flows down the urethra, the natural tube through which urine exits the bladder, and out of the body.

**Self-Intermittent Catheterisation (SIC)**

When the bladder does not empty on its own, SIC may be recommended. It involves using a catheter to drain urine from your bladder via the urethra. Urine should be expelled on a regular basis throughout the day to keep the body healthy.
Guide for Use

Wash hands with mild soap and water. Apply lubrication to catheter on the end with drainage eyelets (see below).

With one hand, spread the labia. Wash the area around the urethral opening above the vagina thoroughly with soap and water, or a towelette.

With your other hand ensure the catheter funnel, or open end, is directed into the toilet or collection receptacle. Insert the catheter into the urethral opening.

When urine drainage is complete, slowly remove the catheter and discard properly. Wash hands.

How to Lubricate a Catheter

- Tear off top of lubricant packet (or open tube of lubricant) and apply lubricant to the tip and along the length of the catheter. Take care not to touch tip of catheter.

OR

- Tear off each end of the lubricant packet, insert catheter through the packet, and slide back and forth.
Helpful Hints...

- Most people should drink between 1500 ml to 2000 ml a day. This is 6 to 8 large glasses of fluid a day. Your healthcare professional will advise how much you should drink.

- Check with your healthcare professional regarding how often you will need to catheterise to avoid over distention (this means you have too much urine in your bladder).

- Look at your urine for changes. If you experience offensive odour, cloudy urine, or blood in your urine contact your Doctor or Continence Nurse Advisor.

- If no urine is draining check that the eyelet of the catheter is not blocked with lubricant. Ensure the catheter has been inserted far enough to reach the bladder.

- If you are unable to drain urine within 6–8 hours contact your Doctor or Continence Nurse Advisor.

- Some women may find it helps to stand with one foot on the toilet seat. This enables better visibility of area.

- Store products in a cool dry area.

- Avoid constipation.
My Information

Type of Catheter: 

Size: 

Questions/Additional Information: 

A Variety of Options

**Apogee: Intermittent Catheter**

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* Coming soon to NZ
Hollister Suppliers of Continence Products

**Victoria**

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www.capesmedical.co.nz

**USL Medical**
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0800 658 814
www.uslmedical.co.nz
Warning: To help reduce the risk of infection and/or other complications, do not reuse.

Information for Use: This intermittent catheter is a flexible tubular device that is inserted through the urethra by male, female, and paediatric patients who need to drain urine from the bladder. Please consult a medical professional before using this product if any of the following conditions are present: severed urethra, unexplained urethral bleeding, pronounced stricture, false passage, urethritis—inflammation of the urethra, prostatitis—inflammation of the prostate gland, epididymitis—inflammation of the epididymis (testicle tube).

This product is designed for single use and should be disposed of appropriately after procedure. Self-catheterisation should only be carried out under medical advice and only in accordance with instructions provided. You should always follow the plan of care and advice given by your healthcare professional. Generally, for urethral intermittent self-catheterisation (ISC), it is typical to catheterise at least 4 times a day between 6-8 hour intervals. If you are unsure about your catheterisation, please contact your regular healthcare professional.

If discomfort or any sign of trauma occurs, discontinue use immediately and consult your clinician.

For more information or samples please call Customer Engagement on

Australia  1800 219 179
New Zealand  0800 678 669

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