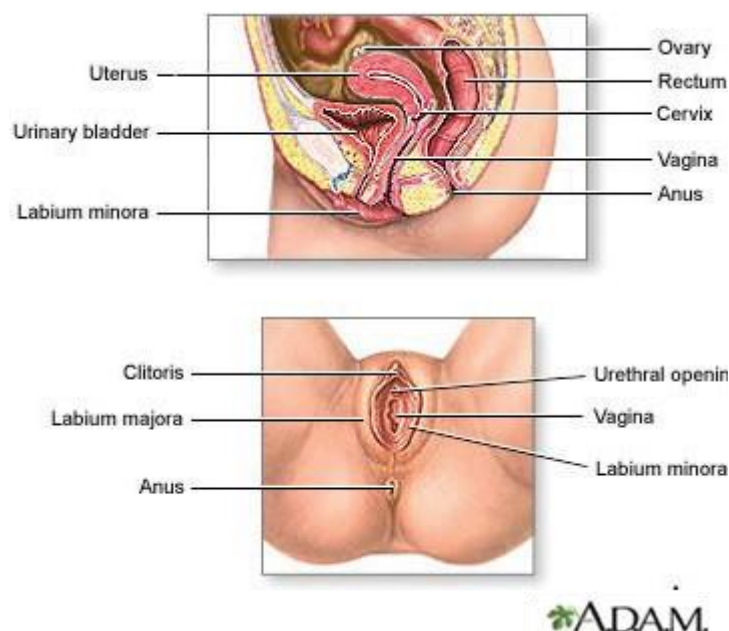


# Clean Intermittent Self Catheterisation (ISC) - women

**Intermittent self-catheterisation (ISC) is when you pass a thin, hollow plastic tube (catheter) through the urethra into your bladder to drain your urine.**

ISC lets you to empty your bladder completely. It is intended to improve your health and allow you to lead your usual lifestyle.

Before you can learn the procedure for clean ISC you will need an understanding of your anatomy.



## Why do I need to ISC?

- It is important to empty your bladder at regular intervals throughout the day
- Urine that is left in the bladder for long periods of time can become infected. Infections can lead to kidney damage
- The bladder can become over stretched and may cause you to be incontinence of urine (wet yourself). Over stretching the bladder can also lead to kidney damage
- Sometimes being unable to completely empty your bladder is a temporary problem and ISC will be a short term solution.

## How often do I need to ISC?

You will be guided by your Specialist Doctor/Nurse. Most people find ISC four times a day is enough. It will also be related to how much fluid you drink.

The timing of your ISC may have to be changed to fit in with your family activities, social or job commitments. Emptying your bladder before going to sleep at night can help you have a good night's sleep.

When you first start to ISC you will be asked to keep a record of the amount drained by ISC as well as the amount of urine you pass in the normal way. Your nurse will then be able to guide you accurately.

## How much fluid should I drink?

Unless your doctor has told you otherwise, you will need to drink about 2 litres of fluid a day. This is about 8 – 10 cups.

## What equipment do I need?

- Disposable, moist "Wet Wipes" (optional)
- A measuring jug
- A magnifying mirror (optional)
- A bag for putting the rubbish in.

## What equipment is supplied?

- Catheters
- Lubricant

There is no charge for these items. Your on-going supplies will be sent directly to your home. Your nurse will tell you in more detail. You will need to take your supplies with you when you go on holiday or if you go in to hospital.

The catheter you are using is:

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## How do I ISC?

You can ISC in any private location. Most people use the toilet. Having a hand basin close by is helpful. It is useful to have a magnifying mirror and good lighting. You will need to have good movement in both of your hands.

## How to ISC step by step

- Try to pass urine in the normal way before you catheterise
- Wash and dry your hands
- Put out your equipment on a clean, easily reachable surface. Have a rubbish bag ready
- Get into the position most comfortable for you, lying, sitting or standing
- Separate your labia and wash/wipe from front to back with your wipes. Throw away the wipe into the rubbish bag
- Wash and dry your hands again
- Lubricate the tip of the catheter for about 5cms
- Separate your labia and insert the catheter slowly into the urethra about 6cm (3 inches) until urine begins to flow. If you miss your urethra and put the catheter into your vagina, use a new catheter and try again.



- Leave the catheter in the urethra and hold securely until the urine stops flowing. When this happens slowly withdraw the catheter. If urine begins to flow again, wait until there is no more urine flowing. Remove the catheter and dry yourself. (If you cannot remove the catheter when you finish emptying the bladder, wait for a few minutes, relax and try again. A cough may help. Otherwise contact your nurse or GP)
- Wash and dry your hands.

**Remember it is important to always wash your hands thoroughly and follow the guidelines when you ISC.**

## How do I care for the catheter?

- Your Catheter is a single use item to be discarded once your bladder is empty

## Useful Tips

Sometimes you may see some debris or floating particles in your urine, especially toward the end of the urine draining. This may be crystals or salts in your urine and you may need to drink more fluid.

If you are not able to insert the catheter, don't keep trying as you will become sore. Try again later. A warm bath may help you relax. If you cannot insert a catheter and cannot pass urine in the normal way within six hours seek help.

## How do I know I have an infection?

If you follow the clean technique, you should stay free of infections. If you have some or all of the following signs and symptoms, contact your GP (family doctor) promptly as they indicate a urinary tract infection. Take a urine specimen with you to your doctor.

- Do you feel unwell? Tired, loss of appetite, vomiting?
- Do you have a fever, shivering, and chills?
- Do you have pain over the bladder?
- Do you have pain or aching in the back?
- Is your urine cloudy or have an offensive smell?
- Is there blood in your urine?

## Contact us

If you wish to contact a continence nurse  
phone:

Kapiti: (04) 903 0224

Kenepuru: (04) 918 2011

Wellington: (04) 806 2556