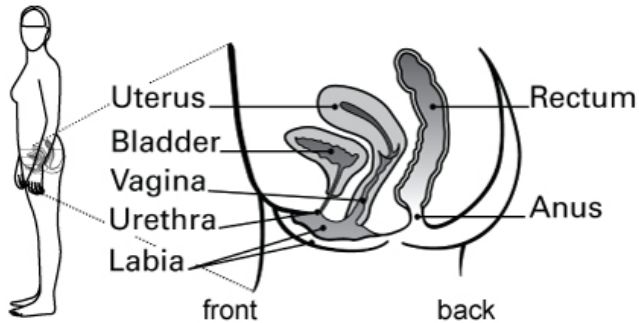


Female Clean Intermittent Catheterization



TGH

Information for patients



What steps do I take to catheterize myself?

1. If able, you should try and pass your urine normally before you catheterize yourself.
2. Wash your hands. Gather your supplies (catheter, lubricant, hand-held mirror, etc.).
3. Wash your genital area thoroughly with special attention paid to your urethra (urinary opening).

- Use a mild soap without perfume (such as Ivory soap) and water
- Apply a front to back motion and rinse thoroughly.



Wash your hands well for at least 15 seconds.

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Authors: Prepared by John White R.N. and Liz Allen R.N. Toronto General Hospital – Revised in March 2009 by Audrey Bunce, Nedy Crossland, Deborah Hurn, Leah Jamnicky, Salin Kim, Galabina Nedeltcheva, and Monica Zarrello

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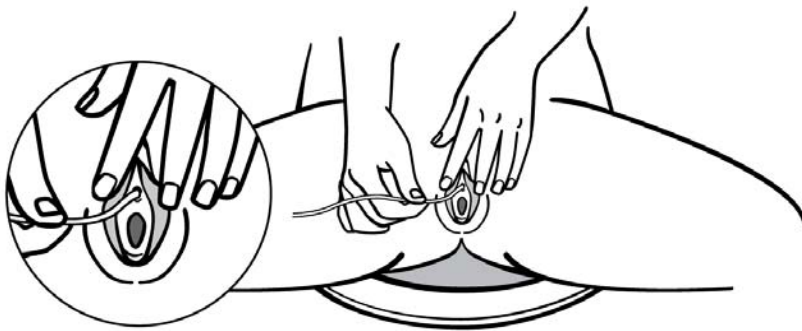
Form: D-5605



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4. Lubricate the tip of the catheter with a water-soluble gel.
5. Position yourself in a lying or sitting position.
6. Use your non-dominant hand separate the labia.
7. Hold the catheter in your dominant hand and insert it into the urethra (urinary opening), directing it upward and forward toward the umbilicus (belly button) until you see urine draining from it.



8. You will probably need to:
 - Slide the catheter in approximately 2 to 3 inches
 - Continue to insert the catheter until you start to see urine draining from it
 - Once you see urine draining, advance the catheter 1 more inch (2.5cm) then stop.
9. Wait for all the urine to drain from the bladder.
Once the urine has stopped draining, slowly remove the catheter.
If more urine starts to drain as you are sliding out the catheter, stop and let it drain.
10. If you have difficulty inserting the catheter:
 - Try taking a couple of deep breaths and exhale slowly.
This helps to relax your muscles.
 - You can also try and turn the catheter as you are inserting it into the urethra.
 - NEVER force the catheter.
 - If you are unable to insert the catheter, call your doctor.
 - Please do not be alarmed if you are seeing some pink urine with catheter insertion or removal.
11. If you have unintentionally penetrated your vagina with the catheter, use a clean catheter to reinsert into the urethra (urinary opening) to avoid potential contamination.

12. If you have been asked to keep a voiding diary, make sure you keep track of all your urine output in the chart in this booklet. If this diary is needed for a longer time, you may want to purchase a notebook.

Note: For catheterization outside your home, we recommend you purchase a small travelling bag to carry your supplies.

What steps do I take to clean the catheter?

1. Wash the catheter in warm water, using a mild soap.
Then, rinse it inside and out.
 - a. Use a catheter-tip syringe to wash, rinse and blow out the catheter with air.
 - b. Dry catheter well with a clean towel or paper towel
 - c. Leave catheter open to the air to dry until next use.
 - d. If travelling and storing the catheter, place in a paper towel inside a Ziploc® bag. Leave bag open to prevent condensation.
2. Throw out the catheter if you notice it has become brittle or cracked. We recommend that a catheter can be used for about 3-4 weeks before you should throw it away and use a new catheter

What else should I be thinking about?

1. Drinking fluids will help to produce urine and keep your bladder flushed. You should drink about 6 to 8 (8oz.) glasses a day. Water is preferred and you may want to lower your amount of alcohol, spicy food and caffeine containing drinks such as colas, coffee and tea. These may irritate your bladder.
2. Look at the urine for **changes**. If you see any change in color or odour or if the urine appears cloudy, contact your physician. Also call if you have:
 - On-going bleeding
 - Sediment in the urine
 - Back or abdominal discomfort accompanied by a fever
 - Trouble passing the catheter
 - Increased discomfort when passing the catheter
3. If you have been told to irrigate your catheter, please see the "Catheter Irrigation" brochure.

Follow Up information

- You will be given a follow-up appointment to return to the Cystoscopy Department in 4 weeks
- Should you have any questions or concerns, please contact the Cystoscopy Department at 416 340-3882 and ask to speak to a nurse.

Voiding Diary

Record the number of times you catheterize yourself every day.

You should record the voided amount and the catheterized amount on this sheet. Please bring this diary with you when you come back to see your urologist.

Voiding Diary				
Date	Time	Amount Voided	Catheter Amount	Total (All Voided + catheter amounts)
EXAMPLE March 9	8:00 a.m.	50ml	250ml	300ml
March 9	2:00 p.m.	0ml	300ml	300ml
March 9	10:0 0	70ml	280ml	350ml

References:

(Fellow J, Crestodina L. Home-prepared Saline: A Cost-Effective Alternative for Wound Cleansing in Home Care J WOCN November/December 2006 p606-609)