

Self Catheterisation for Women (Intermittent Catheter)

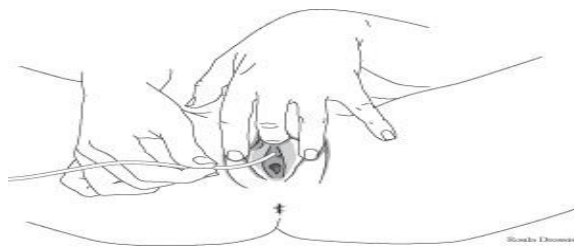
If you have a condition where you can't empty your bladder completely intermittent catheterisation may be needed.

What equipment do I need?

- Catheter
- Moist towelettes or clean washer
- Antimicrobial hand gel
- Water based lubricant
- Container to collect urine
- Mirror (if needed)

How to insert your catheter

- 1 Wash your hands thoroughly with soap and water and place equipment on a clean accessible area
- 2 Open the catheter and apply lubricant to the tip
- 3 Remove your clothes from the lower portion of your body or move your clothing out of the way
- 4 Position yourself by either sitting on the toilet, standing with one foot on the toilet seat, or lying down with your knees bent
- 5 Clean your genitals thoroughly with a clean washer or moist towelettes, wiping front to back
- 6 Clean your hands with antimicrobial gel
- 7 With your non-dominant hand, spread the labia apart with the first and third fingers and find the urethral opening above the vagina. You may need to use a mirror initially. Feel the urethra with your second finger and leave it over the opening



- 8 With your dominant hand grasp the catheter about 7cm from the tip and gently insert the catheter by sliding it under the second finger into the urethra in an upward and backward motion until urine begins to flow. Take care not to touch the part of the catheter entering your body. When the urine stops flowing, slowly withdraw the catheter - stop each time more urine starts to flow - until the catheter is completely out
- 9 Dispose of the catheter into the household waste bin (if single use), or clean the catheter according to manufacturer's recommendations, then wash your hands thoroughly with soap and water.

Potential problems and complications:

No flow

Lubricant may block the catheter tip temporarily - wait while the lubricant melts and allows your urine to flow

Difficulty inserting or removing the catheter

Relax and breathe deeply, coughing sometimes helps. **Never use force.**

Contact your GP if you experience any of the following symptoms:

- Blood or sediment in your urine
- Back or abdominal discomfort
- Fever— a temperature of 38°C or above
- Painful urination

How do I get additional equipment?

The community nurse will advise you on the equipment you need and where to purchase it.
Always ensure you have a supply of extra catheters on hand.

You may be eligible for an equipment subsidy scheme to assist with purchasing your equipment. Please check with your community nurse.

Equipment description

Source of supply

Contacts

- Your GP
- National Continence Helpline – 1800 33 00 66 between 8am-8pm Monday to Friday
- ACT Health Community Health Intake - (02) 6207 9977 between 8am-5pm Monday to Friday, 8am-3.30pm Wednesdays (excluding public holidays)

Accessibility

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