

# Wellness Education

## Why intermittent catheterization?

### Keep your bladder healthy

**Intermittent catheterization (IC) is often considered the preferred method for emptying your bladder for certain medical conditions.**

It is important that you empty your bladder regularly as prescribed by your doctor or nurse. If you cannot empty your bladder naturally, IC is often considered the preferred method for bladder management.

Other bladder emptying methods include:

- Manually pressing down on the bladder (Credé)
- Inserting a more permanent catheter through the urethra (indwelling catheters)
- Inserting a more permanent catheter through the belly (supra-pubic catheters)

Always follow the advice of your physician or healthcare professional and product insert for instructions for use.

#### **Why do healthcare providers often choose IC as the preferred bladder management solution?**

The reason why IC is widely thought to be the preferred method is that it has a lower risk of complications as compared to an indwelling (more permanent) catheter. <sup>1</sup>

Learn more about hydrophilic catheters ...  
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#### **Why do individuals with catheterization needs often choose IC as their bladder management solution?**

One explanation is that many people using intermittent catheterization may find it more comfortable and convenient compared to an indwelling catheter.

Once you master the routine, you will be able to determine and maintain your own schedule to catheterize and empty your bladder, as prescribed by your physician.

#### **Why might I choose one catheter over another?**

People who use intermittent catheters have different preferences and needs. Surveys suggest that hydrophilic catheters, which have a special smooth and low friction coating, are more comfortable, convenient and easy to use.

Other benefits of intermittent catheterization include more independence and better overall quality of life.<sup>2</sup>



Coloplast does not practice medicine. The recommendations and information in this material are not medical advice. Contact your healthcare provider for professional medical advice or diagnosis. IF YOU THINK YOU HAVE A MEDICAL EMERGENCY, CALL 911.

1. Diagnosis, Prevention, and Treatment of Catheter-Associated Urinary Tract Infection in Adults: 2009 International Clinical Practice Guidelines from the Infectious Diseases Society of America. Thomas M. Hooton, Suzanne F. Bradley, Diana D. Cardenas, Richard Colgan, Suzanne E. Geerlings, James C. Rice, a Sanjay Saint, 3 Anthony J. Schaeffer, Paul A. Tambyah, Peter Tenke, and Lindsay E. Nicolle published in Urinary Catheter Guidelines • CID 2010:50 (1 March) 625-663

2. EAUN guidelines: S.Vahr, H.Cobussen-Boekhorst, J.Eikenboom, V.Geng, S Holroyd, M Lester, I Pearce, C. Vandewinkel. Evidence-based Guidelines for Best Practice in Urological Health Care Catheterisation-Urethral Intermittent in adults. European Association of Urology Nurses 2013

# Tips for intermittent catheterization

Privacy, cleanliness and suitable facilities are key to feeling confident when catheterizing at home and on the go.

## Where can I perform intermittent catheterization (IC)?

A place where you feel comfortable, such as your home, is suitable for your IC. If needed, it may help to map out your neighborhood and other places you frequent in order to be able to plan where you can do IC comfortably. There are three things that determine whether a place is suitable for doing intermittent catheterization:

### 1. Privacy

To have privacy when doing IC is really important. Find out where there are restrooms that give you the privacy you need. Plan your day so you can visit the restroom at the needed time, according to your routine.

### 2. Cleanliness

When IC is performed, there is typically a risk of infection. Whatever the location or circumstance, always wash your hands immediately before touching the catheter. If you need to touch anything (wheelchair rims, crutches or a restroom door handle) after you've washed your hands, use hand sanitizing gel or an antiseptic wipe before touching the catheter. Do not touch any portion of the catheter that goes inside your body.

If you are prone to developing UTIs, you might be concerned about catheterizing outside your home. Just remember, it is important that you empty your bladder regularly, as urine left in the bladder for long periods of time is one of the main reasons for getting UTIs. So, when you are out and about, even though it may be difficult to find a clean restroom, it is not a good idea to skip catheterization.

### 3. Facilities

The layout in a restroom also affects how easy it is to use: how much space you have, where the sink is placed relative to the toilet, or if you're in a wheelchair, the width of the door and whether there is a ramp (and how steep it is).

Enroll in Coloplast® Care to read more about UTIs, access how-to IC videos, and learn more about how the bladder works.



## Less struggle. More living.

### Coloplast® Care:

The support program for intermittent catheter users



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