



Wellspect®
A REAL DIFFERENCE

For women

BLADDER
MANAGEMENT
AND INTERMITTENT
CATHETERISATION

LoFric®

Bladder dysfunction often has a major impact on daily life. Finding a working routine will put you in control, providing the confidence you need to be able to do the things you love to do. In this booklet we have put together information about the urinary tract, symptoms that can occur, and therapies that might help you managing your bladder. We hope that you will find it useful.

We would like to thank all the healthcare professionals who helped put this booklet together.



TABLE OF CONTENTS

The urinary tract and your health	4
Bladder management	7
Urinary tract infections	8
Catheterisation	11
What is Intermittent Catheterisation (ISC)?	12
How can ISC solve your problem?	13
Instructions for performing ISC	14
Catheter Types	16
Good advice and tips	18
ISC Personal Plan	19
Monitoring your urine output and frequency	20
Select - Your bladder and bowel prescription service	21

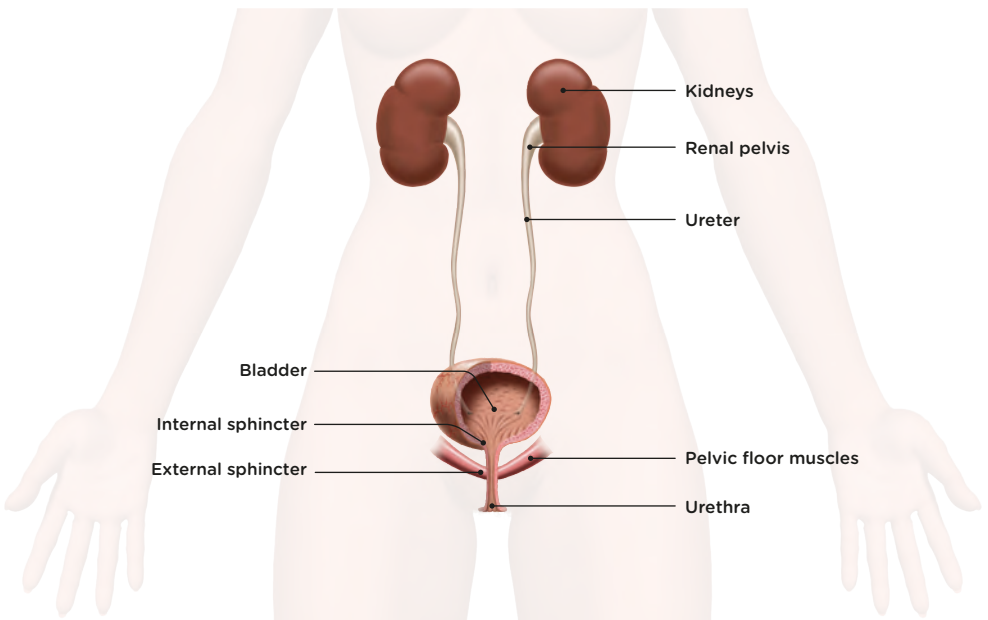


THE URINARY TRACT AND YOUR HEALTH

A healthy, functioning urinary tract is important to our well-being. In fact, our lives depend on it.

The kidneys have two primary functions: eliminating waste products from the blood and regulating the body's salt and water balance. The kidneys excrete waste products in the form of urine. The urine is collected in the bladder, which serves as a reservoir. The bladder is actually a large muscle which can expand and contract.

The bladder volume shrinks, and the urine passes via the internal sphincter. It works like a safety valve and is either open or closed. When it is open, the urine can flow out and into the toilet. Bladder emptying is controlled by the central nervous system, coordinated by conscious and unconscious intent. Urine volume varies individually, but the norm is 200-400 ml each time and 1-2 liters every 24 hours. Most people urinate four to eight times a day.







BLADDER MANAGEMENT

Three main treatment approaches:

- Preventing urine reflux and kidney damage
- Preventing complications, such as large quantities of residual urine and urinary tract infections
- Improving quality of life by reducing incontinence and frequency.

Management and treatment

Healthcare professionals can customise a treatment to handle your specific problems. For mild problems, the treatment normally begins with advice and tips on how to handle your problems.

Bladder emptying

Bladder catheterisation is a treatment, if you are having a difficult time emptying the bladder or the bladder does not empty adequately when you urinate (residual urine). There are two different catheterisation methods: intermittent catheterisation (ISC) and a permanent catheter.

Medicine

Medicines (tablets) are available to reduce urges to urinate. These relax the bladder muscle.

There is also a medicine, which is injected into the bladder muscle wall. This medicine may reduce the overactivity of the bladder. Self-catheterisation will occasionally be

necessary after the treatment because the medicine is so effective, the bladder muscle is unable to contract to empty the bladder.

Accessories and aids

Incontinence protection is used for urine leakage. The protection should be tested and adapted to individual needs.

Some treatments are often combined:

- For example, medicine for calming an overactive bladder.
- Intermittent catheterisation (ISC). The bladder is emptied completely using a disposable catheter.
- Use of incontinence protection
- Bladder training and/or pelvic floor muscle training

Speak with your doctor or nurse. There are many ways to improve your quality of life

URINARY TRACT INFECTIONS

A neurogenic condition may affect bladder emptying, leaving the urinary system particularly vulnerable to complications.

Urinary tract infections (UTI) are common in people with conditions affecting the ability to empty the bladder - completely or partially.

A UTI is a bacterial infection affecting some portions of the urinary tract. Urine contains a number of fluids, salts and waste products. Urine does not normally contain bacteria. When bacteria manages to enter the bladder or kidneys and multiply in the urine, they attack the bladder lining and cause a UTI.

Urinary tract infections are divided into asymptomatic and symptomatic UTIs. An asymptomatic UTI means you have bacteria in the urine without symptoms.

Bacteria in the urine without symptoms (see signs of symptomatic UTI) does not necessarily mean you have a UTI or require any antibiotic treatment.

Your HCP may ask you to provide a urine sample if you suspect a UTI, so you get the correct antibiotic.

Signs of symptomatic UTI:

- Changes in bladder function
- Leakage/increased leakage
- Burning sensation when emptying the bladder
- Frequent urges
- Pain across the lower abdomen or back
- Blood in the urine
- Fever and/or general deterioration in your medical condition
- Increased spasticity (increased muscle tension)
- Increased autonomic reactions, such as sweating and chills.

If you have symptoms of a urinary tract infection - contact a healthcare professional for further medical advice.

Prevent UTI and download the STOP UTI app







CATHETERISATION

Catheter-assisted bladder emptying

For a bladder that is unable to fully empty, catheterisation is the solution. There are two different catheterisation methods: Intermittent Catheterisation (ISC) and a permanent catheter, often referred to as an "indwelling catheter". ISC is the first-line choice and involves emptying the bladder regularly with a disposable catheter.^{1,2}

The benefits of ISC^{1,2}

There are many benefits of using ISC compared to using a permanent catheter. The purpose of ISC is to empty your bladder completely on a regular basis and prevent UTIs, urine leakage and frequent urges to urinate. Using ISC supports a sexually active life.

Indwelling catheters

An indwelling catheter will drain urine from the bladder continuously as the catheter remains in place for many days or weeks. It is held in position by an inflated balloon in the bladder. The catheter can be inserted either through your urethra (urethral indwelling catheter) or through a little hole in your abdomen and into your bladder (suprapubic catheter).

There are many benefits to ISC with a disposable catheter, including^{1,2}:

- **Protection of the lower and upper urinary tract**
- **Complete emptying of the bladder, reducing the risk of a urinary tract infection**
- **Improvement in quality of life by reducing incontinence and frequent urges**
- **More independence and freedom.**

WHAT IS INTERMITTENT CATHETERISATION?



Intermittent Catheterisation (ISC) is a method for emptying the bladder regularly using a disposable catheter. The method is effective whether you have problems storing urine, or emptying the bladder.

How ISC works

ISC involves inserting a catheter into the bladder regularly to drain the urine. This helps the bladder empty completely. When the bladder is empty, the catheter is removed and discarded. Most people learn how to self-catheterise very quickly. With a little training, it only takes a few minutes.²⁻⁴ ISC may sound a little scary, difficult or uncomfortable. As with any new technique, practice makes perfect. Thousands of women, men and children around the world use self-catheterisation every day. It also prevents the risk of kidney damage and urinary tract infections.^{1,2}

How often?

The number of catheterisations depends on the urine quantity. The urine quantity should not exceed 400 ml on each occasion. The number of times the catheterisation must be performed varies individually and depend upon fluid intake. ISC is normally performed four to six times per day, rarely at night.

The purpose of treatment²

- Prevent urine reflux and kidney damage.
- Prevent complications, such as large quantities of residual urine and urinary tract infections.
- Improve quality of life by reducing incontinence and frequent urges.

HOW CAN ISC SOLVE YOUR PROBLEM?

Reduce the risk of urinary tract infections

Complete emptying of the bladder reduces the risk of a urinary tract infection.^{1,2} To prevent urinary tract infections, you should empty your bladder completely on a regular basis.

Improve your quality of life

Minimizing the risk of urinary tract infections and/or incontinence can help you lead a more fuller life, free from worrying about embarrassing urine odor or wet clothes. This can give you better control and improve the quality of your life. When the bladder is emptied completely, visits to the toilet also become less frequent.

Save time

Many people need to sit on the toilet for a long time to empty the bladder, or need to return after having just gone. ISC only takes a few minutes, and you empty the bladder completely.

Prevent incontinence and frequent urges to urinate

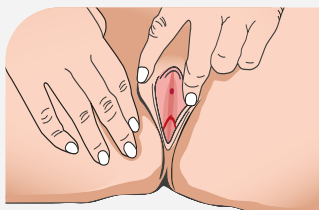
Emptying your bladder completely on a regular basis will help you avoid leakage and frequent urges to urinate. An overfilled bladder may cause uncontrolled leakage.

Maintain normal kidney function

Emptying your bladder completely on a regular basis prevents kidney damage, especially if you have a neurological disorder causing abnormal bladder pressure.

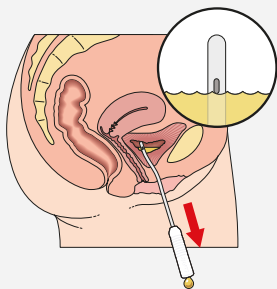
HOW TO PERFORM ISC

1. Prepare your catheter so it is ready to use.

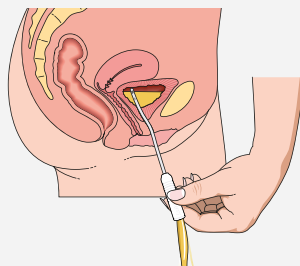


2. Wash your hands with soap and water, before and after catheterisation. Touch the the catheter tube as little as possible after you have washed your hands, before self-catheterisation.

3. Spread the labia and lift slightly to locate the urethra.



4. Slowly insert the catheter into the urethra. When urine starts to flow, push the catheter one or two centimeters further in.



5. When the urine flow stops, slowly remove the catheter a little. If urine starts flowing again, wait for it to stop completely, then remove.



LoFric® Elle™ is a ready-to-use, single-use hydrophilic catheter where the container becomes a handle when connected to the catheter. The handle offers a new way to catheterise that is easy to teach, learn and perform.

Read more about choice of catheter on page 17.

Find a position you are comfortable with and use any accessories you need.



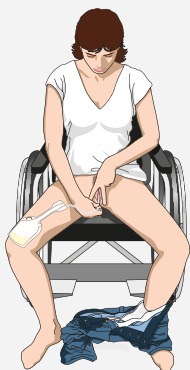
In the beginning it can be helpful to use a mirror to localise the urethra. After some practice you can find the urethra by feeling it with your finger.



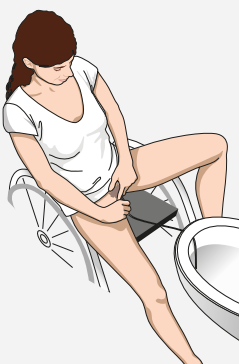
Sometimes it is easier to find the urethra if you stand up.



Spread the labia and insert the catheter. Drain the urine in the toilet.



If you are in a wheelchair a urine bag or a kit product, such as LoFric Hydro-Kit, can be of use.



This is an example of emptying the bladder using an extension. A tip would be to put the tube between the toilet base and the toilet seat, to keep it still.



A hand-held mirror maybe of help to women, especially when they are new to intermittent catheterisation

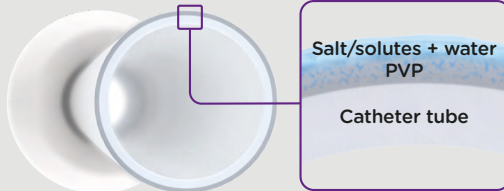
GOOD TO KNOW ABOUT CATHETER TYPES

It's always a great advantage to get a good start with a new technique. The same applies when you start to catheterise. Selecting a suitable catheter, based on informed knowledge of what is available, is the first step.

Most people prefer catheters that are simple to use and easy to insert. Taking the long-term perspective is as important as getting a good start.

The surface of the catheter is important. The surface of the catheter is in direct contact with the urethra during each catheterisation. A smooth, well lubricated, hydrophilic-coated surface can make a difference, especially when used for a long time.^{1,5}

LoFric® is a single-use hydrophilic-coated catheter, adapted to the natural conditions of the urethra that minimizes complications of catheterisation, also after long term use.^{5,6}



The outer layer of the catheter consists of a thin layer of PVP that together with salt/solutes, in the right concentration, binds water on the surface of the catheter. This ensures the catheter surface remains smooth and comfortable throughout catheterisation.

LOFRIC - THE CHOICE YOU CAN ALWAYS TRUST

LoFric Elle

LoFric® Elle™ is our new, ready to use, female, hydrophilic catheter with unique ergonomic design.

The container can be connected to the catheter to become a handle. The handle offers a new way to catheterise that is easy to teach, learn and perform.



LoFric Sense

LoFric® Sense™ is an instantly activated (by squeezing) hydrophilic catheter for women. LoFric Sense offers a more traditional way to catheterise and for years has been valued by hundreds of women worldwide.



LoFric Hydro-Kit

LoFric® Hydro-Kit™ is an all-in-one hydrophilic catheter kit for intermittent catheterisation. It has an integrated collection bag and is ready to use anywhere.



**All LoFric hydrophilic catheters are for single use only.*

Ensure proper training on the catheterisation procedure is provided to user. LoFric is for prescription use only.



Drinking

The body generally needs 1.5-2 litres of fluid intake daily. This fluid flushes the bladder and reduces the risk of urinary tract infection.

Good hygiene

Daily hygiene in the genital area is recommended. It is wise to wash your hands before and after self-catheterisation.

Catheterising frequencies

Your healthcare professional will advise you on how often to catheterise. The normal frequency is 4-6 times a day. It varies from person to person and your healthcare professional's advice will be tailored to your needs. As a general rule, your bladder should not contain more than 400ml of urine.

Empty your bladder completely

You can do this by changing your body position while the catheter is still in your bladder. Withdraw the catheter slowly to empty all of the urine. Don't be in a hurry. Residual urine inside the bladder increases the risk of urinary tract infection. The bladder is emptied most effectively while sitting or standing.

Difficulty inserting the catheter

If you are tense, the sphincter muscle around your urethra may tighten up, making it more difficult to insert the catheter. Don't try to force the catheter in. Find a good position, cough a little and relax. Try to reinsert the catheter. When you start the treatment, you may see a little blood in your urine or on the catheter. This is quite normal and usually clears up very soon, but if in doubt, contact your healthcare professional.

When travelling

Carry your catheters and accessories with you when you travel. Since there is always a slight risk of luggage getting lost, always keep a few days' supply of catheters in your hand luggage. You can order a Medical Validation Certificate from us at [Wellspect HealthCare](http://WellspectHealthCare).

[Read more about travelling with catheters at wellspect.co.uk](http://WellspectHealthCare)

ISC PERSONAL PLAN

To make sure that you have all the information you need to get started with and maintain self-catherisation, please fill in the below with your healthcare professional.

Information about ISC

Start date of catheterisation:

Healthcare Professional name, hospital/clinic and contact number:

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Catheter selection, LoFric CH: Length (cm):

Number of catheterisations per day:

Additional information

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Select YOUR BLADDER AND BOWEL PRESCRIPTION SERVICE



For people living with bladder or bowel conditions, Select is the free home delivery prescription service that gives you more time for life.

We are committed to delivering a real difference through expert advice, confidential support and a convenient service built around you.

How it works:



Place an order:

You can do so **online**, by **email**, **phone**, **text** or **post**. Your order details will be stored securely to make it easy to reorder every time.



Advisors:

Our friendly and knowledgeable customer care advisors will process your order.



Free Delivery:

Your order will be discreetly delivered within a 1 hour timeslot for your convenience.



Ongoing Support:

We can arrange a call with one of our specialist continence nurses, or someone else living with a similar condition.

Get in touch today for the simplest way to order your ISC supplies:



Freephone: 0800 783 7027



select.uk@wellspect.com



BLADDER AND BOWEL INTERACTIONS

Bladder and bowel dysfunctions often appear together. In a lot of cases, these symptoms co-exist and interact. If you have a neurogenic condition, they can have a huge impact upon quality of life. If bladder symptoms are getting worse, this often also means the bowel symptoms will also. But they are rarely addressed together, even though it may be beneficial for the outcome.

A combined treatment approach

Therapies that relieve one of these conditions often relieve the other at the same time. A combined treatment approach increases the effectiveness of each therapy, and regaining control of both your bladder and bowel will significantly improve your quality of life. Ask your healthcare professional for more information.

WOULD YOU LIKE TO KNOW MORE ABOUT GETTING A GOOD START?

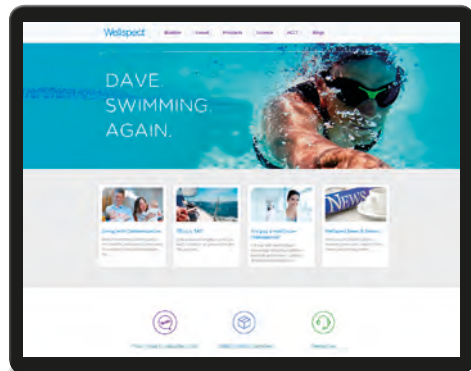
- Learn more about your body and different diagnoses
- Discover the benefits of Intermittent Catheterisation (ISC) with LoFric
- Download a digital version of this guide
- Read user testimonials

You find all this and instruction videos at:
wellspect.co.uk/getting-started

Contact us

If you have any questions or need more information about LoFric and how TAI (Transanal Irrigation) with Navina Systems can help you regain control, do not hesitate to contact us directly.

You will find all contact details on wellspect.co.uk



References

1. Lamin and Newman. Int Urol Nephrol. 2016;48:931-9.
2. Vahr et al. EAUN guideline urethral intermittent catheterization. EAUN 2013.
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At Wellspect we develop innovative continence care solutions that change people's lives. We are committed to inspire our users to build self-confidence and independence as well as good health and well-being. We have been leading the industry for over 30 years with our product brands LoFric® and Navina™. We create reliable and user-friendly products for bladder and bowel management with as little environmental impact as possible. We passionately strive to become climate neutral and work closely together with users and healthcare professionals who constantly inspire us to improve our products and services in a sustainable way, now and for the future.

Wellspect. A real difference.

For more information about our products and our initiative Advancing Continence Care Together (ACCT), please visit [Wellspect.com](https://www.wellspect.com).

[wellspect.co.uk](https://www.wellspect.co.uk)



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