



A woman's guide

to intermittent self-catheterisation

SpeediCath®

Your details

Name :

Hospital/Clinic:

Name of Nurse/GP:

Telephone Number:

Email:

Office Hours:

Name of Catheter I Use:

Order Code:

Size (CH/FG):

Catheterise (times per day):

Additional Information:

Choose a catheter that fits *your everyday life*

Finding the right catheter is a very personal choice and the best one for you might not be the first one that you try. Research shows that being satisfied with your catheter solution is very important for maintaining a good routine and thereby insuring good bladder health.* Therefore it is important to find the catheter solution that suits you.

Which catheter should I choose?

Different life situations or everyday activities sometimes require different intermittent catheterisation solutions. There are a number of different types of catheter you can use for intermittent catheterisation: standard length catheters, compact catheters and catheter sets where a urine bag is attached to the catheter.

Compact catheters are designed to be more discreet and they have a non-medical look to avoid unwanted attention. You might need to try different ones to find one that fits you the best.

Why is the coating important?

There are several types of coatings for catheters. Surveys suggest that hydrophilic-coated catheters are the most comfortable, convenient and easy to use. They have also been linked with lower rates of infection and urethral damage when compared with other catheters.

All SpeediCath catheters have a hydrophilic coating and are instantly ready to use.



SpeediCath Compact Eve
(see page 14)



SpeediCath Compact Set
(see page 18)



SpeediCath Compact
and SpeediCath Compact Plus
(see page 16)



SpeediCath Standard
(see page 20)

*Barbosa et. al. 2012

Understanding how your body works

This will make it clearer exactly what you are doing with your catheter – and where it's going

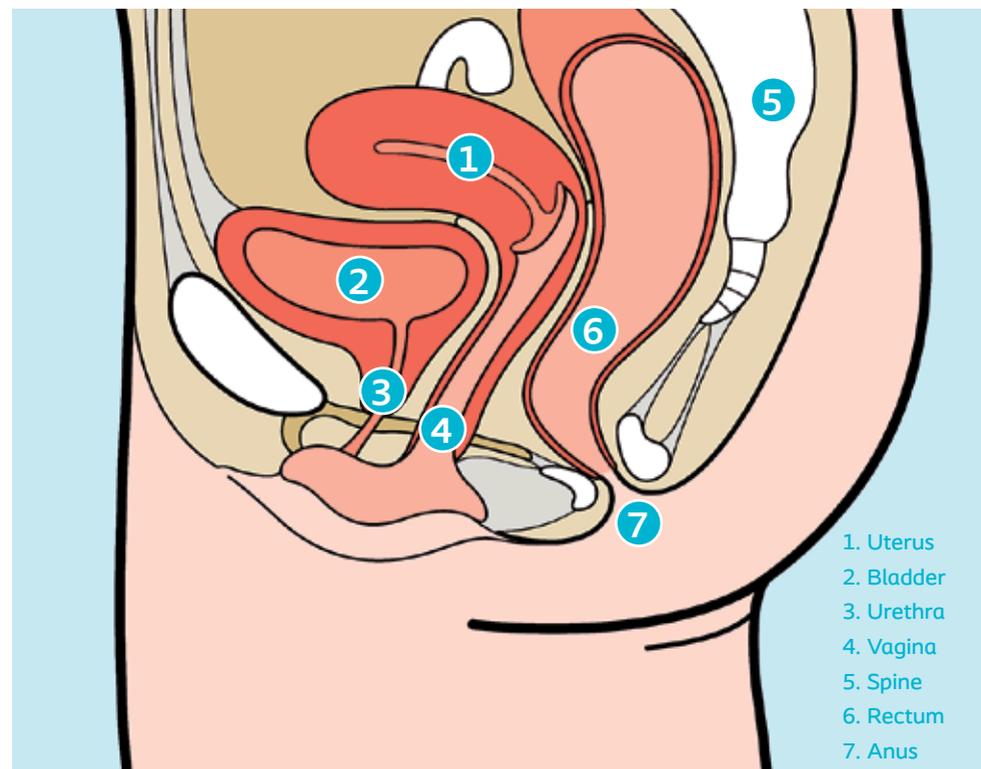
Waste products are filtered from the blood into the kidneys to produce urine. This runs from the kidneys through the ureters into the bladder where it is stored. When there is approximately 300 ml (2/3 of a pint) in the bladder, the urine must be emptied through the urethra, to avoid discomfort and to drain the bladder.

A woman's urethra is straight and about 3.5cm in length. It runs from the bladder to a point between the vagina and the clitoris called the urethral orifice.

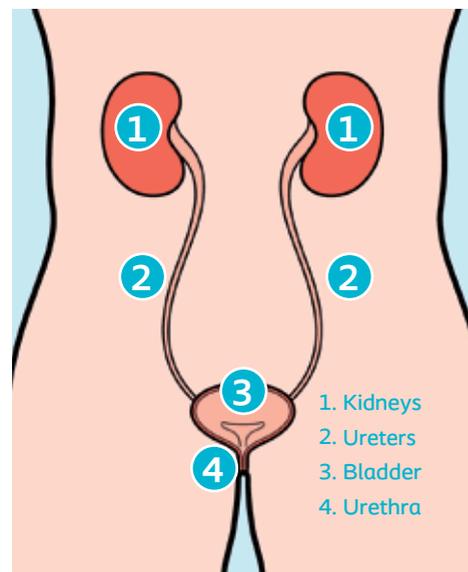
The need for intermittent self-catheterisation

As its name implies, intermittent self-catheterisation is done by yourself as and when you need it. It's no more than if you had a normally functioning bladder, except instead of going to the toilet naturally, you have to use a catheter to empty your bladder.

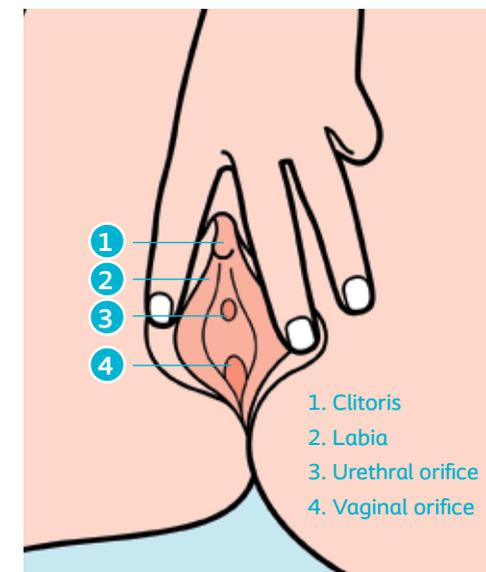
SpeediCath catheters have been designed for your comfort and convenience.



1. Uterus
2. Bladder
3. Urethra
4. Vagina
5. Spine
6. Rectum
7. Anus



1. Kidneys
2. Ureters
3. Bladder
4. Urethra



1. Clitoris
2. Labia
3. Urethral orifice
4. Vaginal orifice

Top image; side view of pelvis, showing lower urinary tract and reproductive organs.

Bottom left image; front view of abdomen and pelvis, showing urinary system.

Bottom right image; detail of external female genitals.

Establish a routine that's healthy and convenient

- You should empty your bladder 4-6 times a day, or as recommended by your doctor or nurse, although frequency may be affected by your diet, choice of drinks and medication.
- Check you are emptying your bladder often enough by measuring the amount of urine you pass – it should be no more than 400 ml.
- Make sure that your bladder is completely empty each time you catheterise, as urine left in the bladder can become stale and urinary tract infections may develop.
- It is important not to miss catheterisations. If you realise you've missed one, do it as soon as you possibly can.

1

Create a routine that works for you

Choose convenient times to catheterise, such as coffee breaks and around meal times, so it becomes less disruptive and part of your daily rhythm.

2

Stay properly hydrated

Make sure you drink at least 1.5 - 2 litres of liquid a day, as this reduces the risk of urinary tract infections.

3

Leave reserve catheters at places you frequent

It's a good idea to leave some spare catheters at places where you go regularly, such as at friends' and relatives' homes, the car or your workplace.

4

Be prepared

Do your research before going to new places. It's a good idea to check the location of public toilets to know where you will be able to catheterise. You can download phone apps specifically made to locate public toilets.

Better hygiene for a healthier bladder

Even with single-use catheters, it is still essential to maintain good hygiene. Here's how you do it:

Wash your hands

Soap and water is fine, and an antibacterial hand gel or disposable wipes designed for intimate use, can be used instead if you are somewhere where water is not available.

Cleanse the genital area

This should be done from front to back. Mild soap and water is all that is required. Dry with a clean pad or towel. Do not touch anything else apart from your catheter after you washed your hands – and only touch the body parts that are meant to be touched to perform catheterisation.

What if I'm in a public bathroom?

The same rules of hygiene apply everywhere – both at home and on the go. If you need to touch anything after you wash your hands (the door or the handles for example), it's important to use antibacterial hand gel or wash your hands again.



How often should I discard my catheter?

According to international guidelines it is recommended to use a new sterile catheter each time you perform intermittent catheterisation. The reason is to obtain good bladder health and prevent urinary tract infections.

If you would like to watch the instruction videos on how to insert a catheter, where optimal hygiene before and after is introduced, you'll find them on our website at www.coloplast.co.uk/Bladder-and-Bowel/How-to-guides/



Before use, always consult the "instructions for use" document delivered with the products

Your questions answered

How often should I catheterise myself?

This depends on the individual, the reason for catheterisation, how much fluid you drink and whether for example, you have been prescribed additional medication. For some people it is necessary to empty their bladder every 3 to 4 hours during the day. Others may need to carry out the process once or twice a day. For those using it to dilate the urethra after an operation, then a typical routine is to do it twice a week for the first month and then once a week for the next 12 months. Your nurse or other healthcare professional will advise you how often you need to do it. At first the nurse may ask you to keep a record of how much water you pass each time; this is a good basis on which to work out the routine that is right for you. There is a table on page 4 of this booklet.

Which catheter should I use?

It is important that you use the correct catheter and size. Your nurse will help you find the right one for you. You can keep a record of this on page 3 of this booklet.

What shall I do if I can't insert the catheter?

If you have tried and failed, don't worry or panic, and don't try again immediately. Try to relax; you may find it beneficial to take a warm bath before you attempt it again. If you still cannot manage to insert the catheter, then contact your healthcare professional.

What shall I do if I can't remove the catheter?

This is very uncommon but do stay calm. Relax for 5-10 minutes and then try again. Coughing can often help you relax your muscles and make the catheter easier to remove. A warm bath can also help you relax. If you still cannot remove the device then you should seek medical advice.

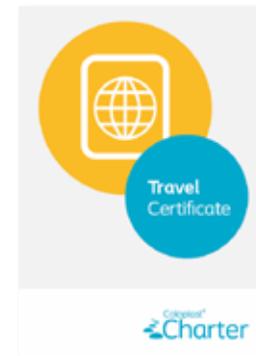
How much should I drink?

You should drink around 1.5 – 2 litres (2.5 – 3.5 pints) of fluid per day. However do try and avoid too many drinks that contain caffeine such as coffee, tea and cola. The colour of your urine will help to tell you if you are drinking enough.

What happens when I travel abroad?

SpeediCath catheters are not yet available in all countries and, even if they are, you don't want the worry of getting a doctor's prescription while you are away. So, pack as many catheters as you will need for the duration of your holiday or business trip.

To avoid any possible problems with customs, ask your GP for a written statement saying that the catheters are necessary for medical reasons and are for your personal use. Or you can fill out a Coloplast Travel Certificate (as shown here).



What if I see blood?

Don't worry. It is quite common to see a few drops of blood – which are caused by the catheter itself. This is usually only temporary.

However, if bleeding is continuous, seek medical advice immediately.

Are there symptoms I should look out for?

Yes, if you notice any of the following, then you must contact your healthcare professional; if your urine is cloudy, dark coloured, has an unpleasant odour or if you feel a burning sensation when you go to the toilet or catheterise, or if you are noticeably going to the toilet more frequently and urgently.

Similarly if you feel feverish, this could be a sign of infection and you should seek urgent medical advice.

How do I get my catheters?

Your healthcare professional will complete your details and prescription card to ensure you get the catheter recommended for you. Should you experience any difficulties in obtaining supplies or have any questions please contact our **FREE continence care advice line** on **0800 220 622**.

There are various different methods available in order for you to receive your products. One of the easiest ways is to get them delivered direct to your door. Coloplast Charter is one such option available to you. If you would like more information on this service, call **Coloplast Charter** on **Freephone 0800 132 787**.

How to use *SpeediCath Compact Eve* catheters



reddot award 2015
best of the best



SpeediCath Compact Eve[®]



Step one. Wash your hands with soap and water and dry them.



Step two. If there is a possibility you might be able to urinate, always try before you use a catheter. Spread the labia apart and wash the urethral orifice. Wash from front to back in order not to transfer any bacteria and cause an infection.



Step five. You will see two rings below the handle when the catheter is locked in place and ready to use. The water that is contained in the lower tube can be discarded.



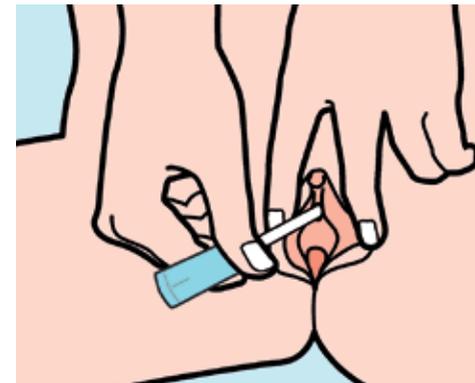
Step six. Gently insert the catheter into your urethra as you have been instructed until it reaches the bladder and urine starts to flow.



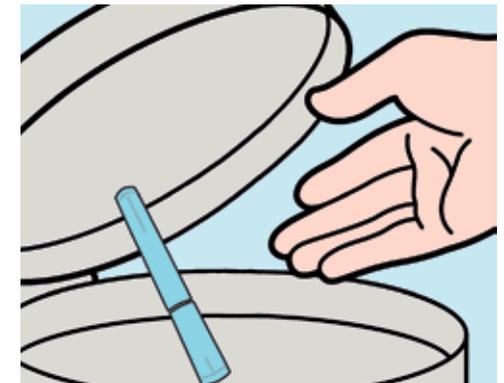
Step three. Hold the catheter with the wider end to the top. Open the catheter by twisting the lid to the left or right.



Step four. Keep the catheter vertical and pull the two tubes apart until the connector appears.



Step seven. When the flow stops, ease out the catheter 2–3cm to make sure the bladder is completely empty. The catheter can then be replaced in the inner tube before discarding.



Step eight. Dispose of the catheter properly in the household rubbish. Do NOT flush it down the toilet. Wash your hands again and the process is complete.

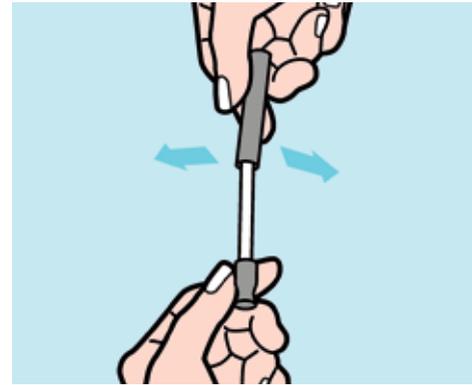
How to use *SpeediCath Compact Female* catheters



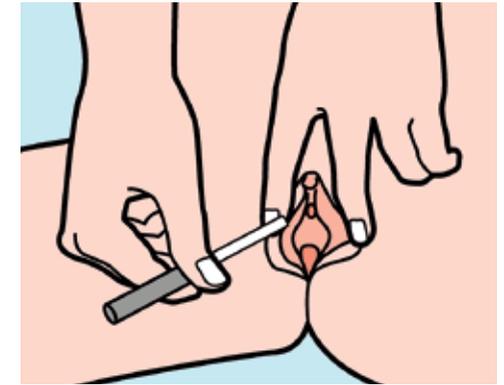
Step one. Wash your hands with soap and water and dry them.



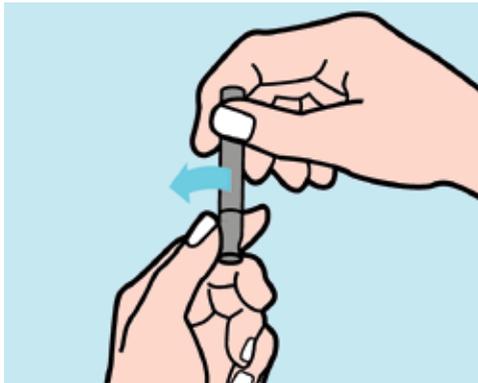
Step two. If there is a possibility you might be able to urinate, always try before you use a catheter. Spread the labia apart and wash the urethral orifice. Wash from front to back in order not to transfer any bacteria and cause an infection.



Step five. Bend the grip (upper hand) slightly forwards and backwards to release the catheter. It is now ready to use. The water that is contained in the lower tube can be discarded.



Step six. Gently insert the catheter into your urethra as you have been instructed until it reaches the bladder and urine starts to flow.



Step three. Break the transparent label by twisting the inner and outer tube in opposite directions.



Step four. Keep the catheter vertical and pull the two tubes apart until the connector appears. You will feel a resistance and the catheter will click into place.



Step seven. When the flow stops, ease out the catheter 2–3cm to make sure the bladder is completely empty. The catheter can then be replaced in the inner tube before discarding.



Step eight. Dispose of the catheter properly by putting it in a disposal bag before putting it in the household rubbish. Do NOT flush it down the toilet. Wash your hands again and the process is complete.

How to use SpeediCath Compact Set catheters



reddot design award
winner 2013



WINNER

2013

SpeediCath® Compact Set



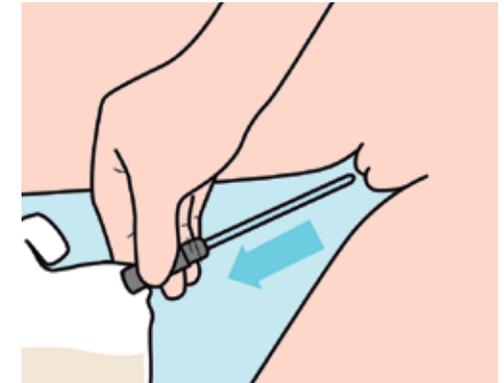
Step one. Wash your hands with soap and water and dry them.



Step two. If there is a possibility you might be able to urinate, always try before you use a catheter. Spread the labia apart and wash the urethral orifice. Wash from front to back in order not to transfer any bacteria and cause an infection.



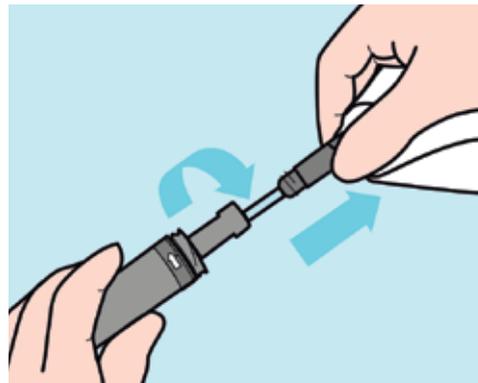
Step five. Gently insert the catheter into your urethra as you have been instructed until it reaches the bladder and urine starts to flow.



Step six. When the flow stops, ease out the catheter 2–3cm to make sure the bladder is completely empty and then slowly remove the catheter. You can then put the catheter back in the tube to reseal and to ensure no leakage of urine.



Step three. To open the catheter tube, twist the two sections of the tube to break the seal and then remove the lid.



Step four. Unfold the bag and then gently unscrew the catheter. Pull the catheter upwards and away from the tube.



Step seven. When you are ready to drain the bag of urine, tear the tab and discard the contents.



Step eight. After emptying the bag, you can wrap it around the handle and put the lid back on. Dispose of the catheter properly in the household rubbish. Do NOT flush it down the toilet. Wash your hands again and the process is complete.

How to use SpeediCath Standard catheters



Step one. Wash your hands with soap and water and dry them.



Step two. Open the upper end of the peel pouch near the ring-pull. You can hang the peel pouch up using the adhesive spot or rest it in the sink. Sit on the toilet or make sure you have a suitable container to hand.



Step five. Gently insert the catheter into your urethra as you have been instructed until it reaches the bladder and urine starts to flow.



Step six. If you bend the funnel end of the catheter before the flow starts, this will avoid spillage.



Step three. If there is a possibility you might be able to urinate, always try before you use a catheter. Spread the labia apart and wash the urethral orifice. Wash from front to back in order not to transfer any bacteria and cause an infection.



Step four. Remove the SpeediCath catheter from the packaging. You will notice that the first 5cm are lubricant-free to make it easier for you to hold.



Step seven. When the flow stops, move a little to make sure that the bladder is completely empty and then slowly remove the catheter.



Step eight. Dispose of the catheter properly by putting it in a disposal bag before putting it in the household rubbish. Do NOT flush it down the toilet. Wash your hands again and the process is complete.

Ordering information

SpeediCath Compact

The ultra-discreet, instantly ready-to-use intermittent catheter, tailor-made for women. Box of 30

	SpeediCath Compact	SpeediCath Compact Plus	SpeediCath Compact Eve
6 CH	28576		
8 CH	28578		
10 CH	28580	28810	28110
12 CH	28582	28812	28112
14 CH	28584	28814	28114
SpeediBag Compact*	28592		

SpeediCath Compact Set

Catheterise anytime, anywhere with this innovative discreet compact catheter set. Box of 20

10 CH	28520
12 CH	28522
14 CH	28524

SpeediCath Standard

The original instantly ready-to-use, sterile, hydrophilic-coated catheter for ISC. Box of 30

	Female	Paediatric
6 CH	28506	28706
8 CH	28508	28708
10 CH	28510	28710
12 CH	28512	
14 CH	28514	
16 CH	28516	

It is very important not to change the size of the catheter recommended to you without a further consultation with your healthcare professional.

* For use with SpeediCath Compact and SpeediCath Compact Plus.

Useful contacts

Back-Up Trust
020 8875 1805
www.backuptrust.org.uk

Bladder & Bowel UK
(formerly PromoCon)
0161 607 8219
www.disabledliving.co.uk/bladderandboweluk

Cauda Equina Syndrome Association
Helpline: 03335 777113
www.ihavecaudaequina.com

Cystitis & Overactive Bladder Foundation
0121 702 0820
www.cobfoundation.org

Disability Rights UK
(incorporating Radar)
020 7250 3222
www.disabilityrightsuk.org

Disabled Living Foundation
Helpline: 0845 130 9177
Switchboard: 020 7289 6111
www.dlf.org.uk
Multiple Sclerosis Society
0808 800 8000
www.mssociety.org.uk

Multiple Sclerosis Trust
Helpline: 0800 032 3839
Switchboard: 01462 476 700
www.mstrust.org.uk

Shine
(Spina Bifida - Hydrocephalus - Information - Networking - Equality)
01733 555988
www.shinecharity.org.uk

Spinal Injuries Association
Helpline: 0800 980 0501
Switchboard: 0845 678 6633
www.spinal.co.uk



Coloplast Charter home delivery
Call your local specialist:
England & Wales: 0800 132 787
Scotland: 0800 917 8639
Northern Ireland: 0800 581 220



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