

Guide to intermittent self-dilatation

for men and women

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 (how often):

Additional Information:

Intermittent self-dilatation (ISD)

ISD is simply a term to describe the process of regular introduction of a catheter into the urethra to ease any narrowing or blockages.

SpeediCath catheters

Coloplast provide a range of catheters under the name of SpeediCath.

SpeediCath catheters are specifically designed to help make the process of catheterisation as comfortable and convenient as possible.

There are a variety of products within the range and your healthcare professional will discuss with you which is most suited to your needs.

All SpeediCath catheters are:

- Instantly ready to use
- Pre-lubricated, requiring no added water or gel
- Individually packaged
- Sterile
- Designed for single use after which they must be discarded

The following pages explain dilatation in more detail and show the technique when using SpeediCath catheters.

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Understanding how your body works for men

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

What is the urethra?

The urethra is the passage by which urine leaves the body.

The male urethra is usually 15-20cm in length. As you can see from the diagram, it is S-shaped and runs from the bladder to the tip of the penis.

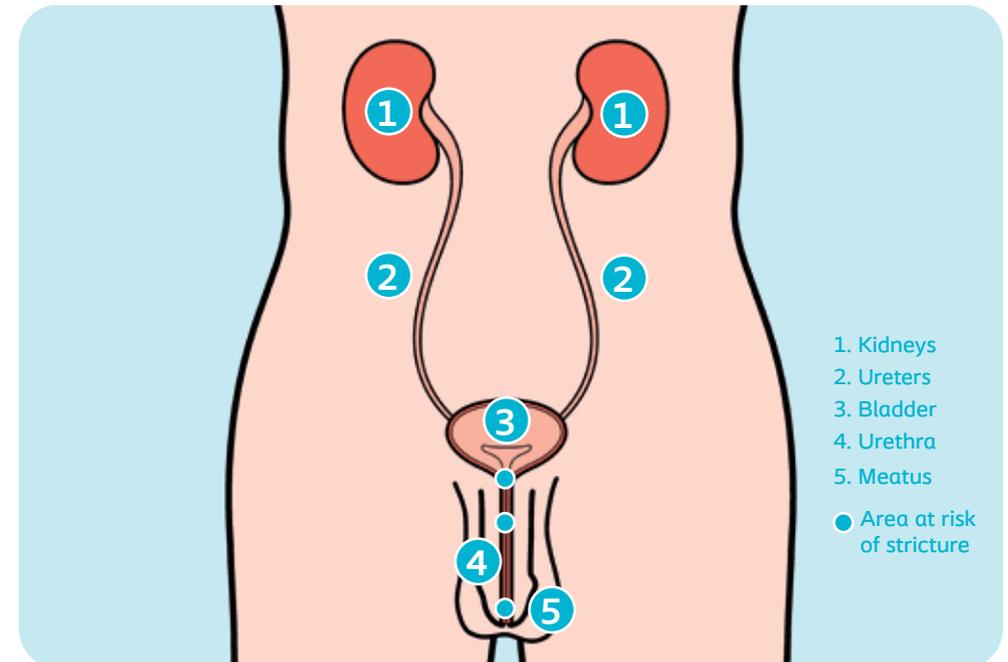
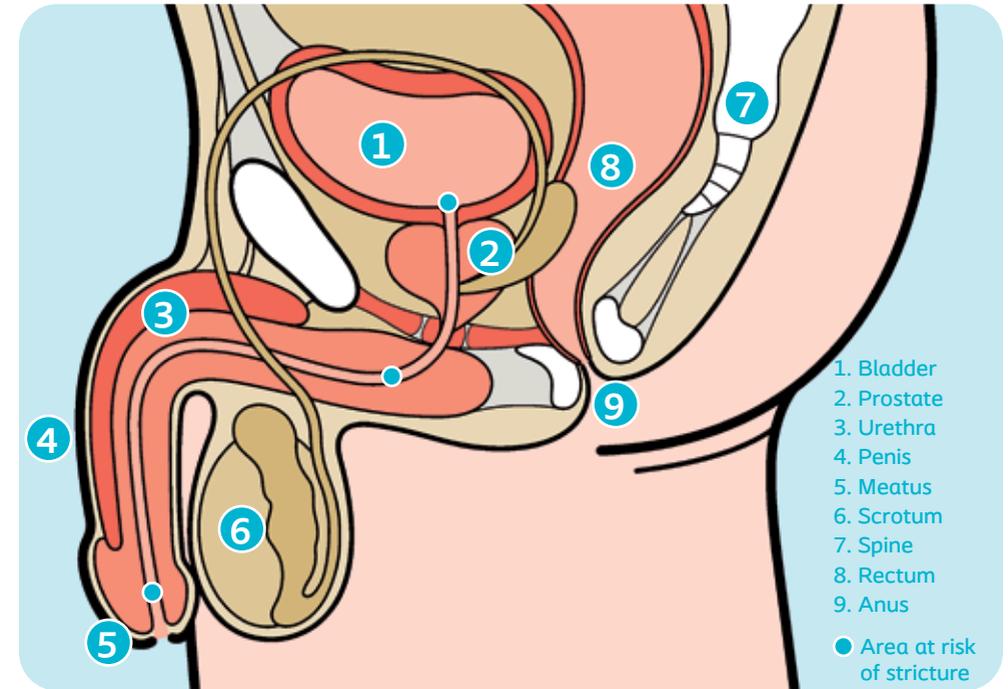
When inserting a catheter, the penis should always be lifted to straighten out the urethral passage, as it eases the entry route.

Where do urethral strictures occur?

A stricture (or narrowing of the urethra) can occur at any point along the urethra, but are commonest in the places marked on the diagram.

A urethral or meatal stricture can be treated by dilatation on its own or after an operation to restore the clear flow of urine. Passing a lubricated catheter into the urethra on a regular basis can prevent the stricture from reforming, making it easier to pass urine and often reducing the need for further surgery.

ISD is a safe and simple procedure which will be explained fully by your healthcare professional. Based on your particular needs, they will recommend the catheter best suited to you.



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 and external genitals.

Dilatation

There are two types of dilatation for men depending on the location of your stricture

Meatal dilatation

The stricture has formed at the meatus - the first few centimetres of the urethra in the tip of the penis.

Your healthcare professional may recommend a shorter length catheter for this type of dilatation.

You should hold your penis pointing upwards and close to your stomach to ensure that the urethra is straight, but be careful not to squeeze. Pull back your foreskin if you have one.

Gently insert the catheter into your urethra as far as you have been instructed. Leave the catheter in for a few seconds before slowly removing.

Your healthcare professional will advise you on your own personal needs.

Urethral dilatation

The stricture has formed at some point along the urethra or possibly at the entrance to your bladder.

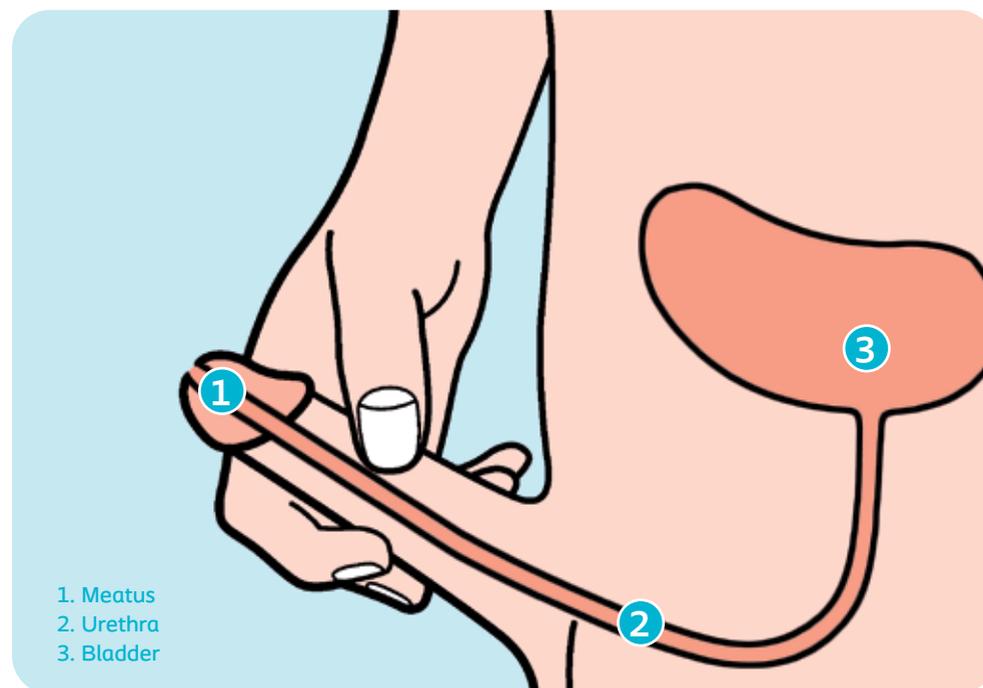
Your healthcare professional will most likely recommend a full length catheter.

You should hold your penis pointing upwards and close to your stomach to ensure that the urethra is straight, but be careful not to squeeze. Pull back your foreskin if you have one.

Gently and slowly insert the catheter into your urethra as you have been instructed. Depending on the location of your stricture, you may need to continue to insert the catheter until urine starts to flow.

Leave the catheter in for a few seconds, or until the urine has stopped flowing, before slowly removing.

Your healthcare professional will advise you on your own personal needs.



How to use SpeediCath Standard and Control



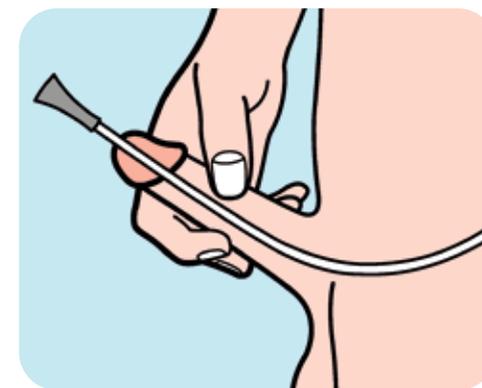
Step one. Wash your hands with soap and water and dry them.



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.



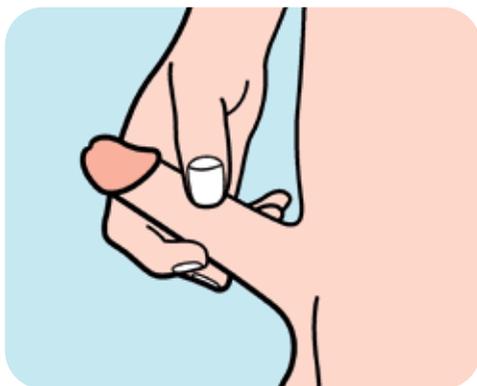
Step five. Remove the SpeediCath catheter from the packaging. You will notice that the first 5cm are lubricant-free so it is easier for you to hold.



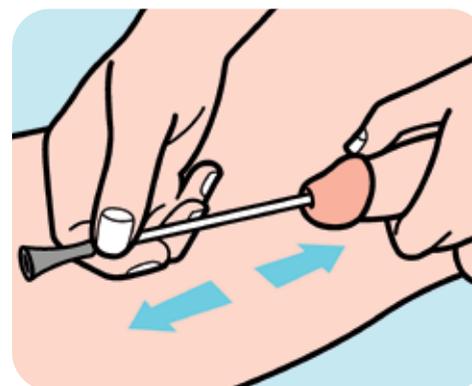
Step six. Gently insert the catheter into your urethra as you have been instructed. You may need to continue to insert the catheter until the urine starts to flow. Your healthcare professional will advise you on your own personal needs.



Step three. If there is a possibility you might be able to urinate, always try before you use a catheter. Gently pull the foreskin back and wash the head of the penis with water.



Step four. Hold your penis pointing upwards and close to your stomach to ensure that the urethra is straight, but be careful not to squeeze.



Step seven. Leave the catheter in for a few seconds or until the flow of urine stops (as appropriate), then remove the catheter slowly and gently.



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.

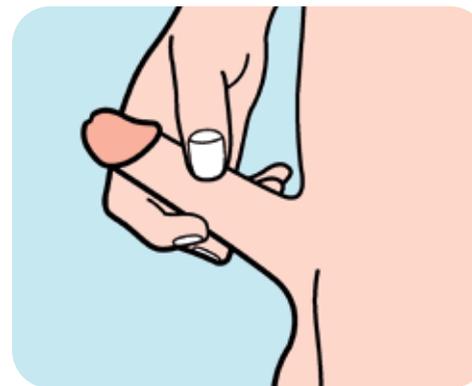
How to use SpeediCath Flex catheters



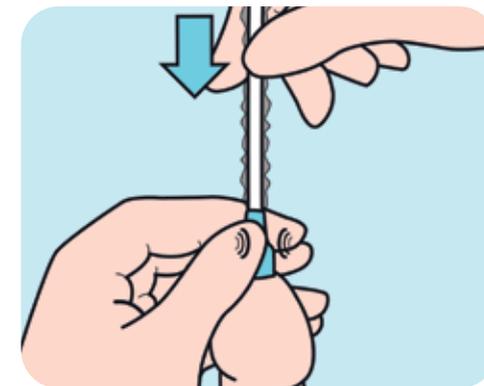
Step one. Wash your hands with soap and water and dry them.



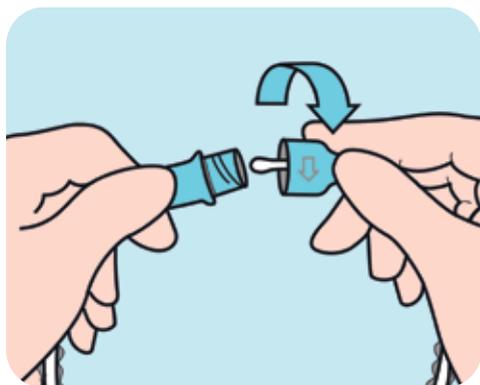
Step two. If there is a possibility you might be able to urinate, always try before you use a catheter. Gently pull the foreskin back and wash the head of the penis with water.



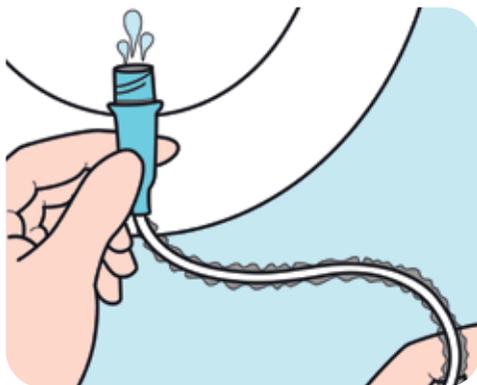
Step five. Hold your penis pointing upwards and close to your stomach to ensure that the urethra is straight, but be careful not to squeeze. Use the grip to guide the flexible tip into the urethra. Softly squeezing the grip enables you to pause the movement of the catheter.



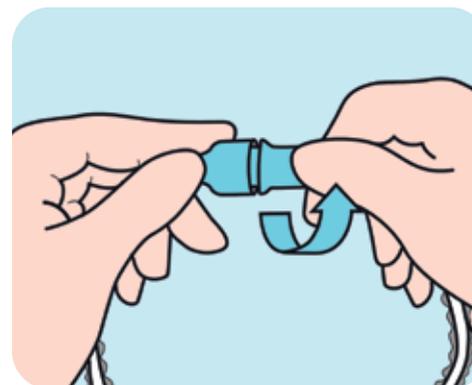
Step six. Pull the dry sleeve to move the catheter gradually through the urethra as you have been instructed. You may need to continue to insert the catheter until the urine starts to flow. Your healthcare professional will advise you on your own personal needs.



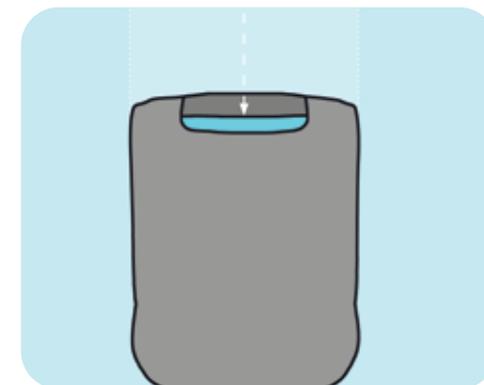
Step three. Use the pull ring to open the packaging. Remove the catheter and then twist it open.



Step four. Empty the water through the drainage end into the toilet or sink before catheterisation. If needed, connect a urine bag to the drainage end.



Step seven. Leave the catheter in for a few seconds or until the flow of urine stops (as appropriate), then remove the catheter slowly and gently.



Step eight. Use the peelable label to close the packaging for discreet disposal.

After use, reclose the two ends and return the catheter to its packaging.

Understanding how your body works for women

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

What is the urethra?

The urethra is the passage by which urine leaves the body.

The female urethra is straight and usually about 3-5cm in length. It runs from the bladder to a point between the vagina and the clitoris called the urethral orifice.

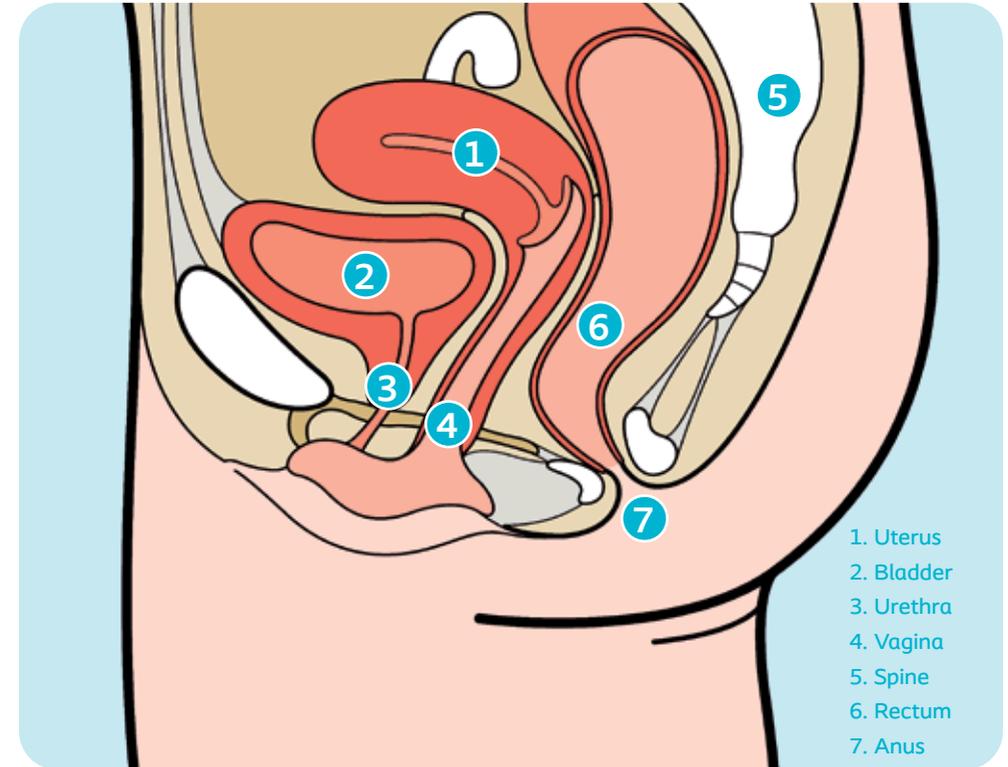
A urethral stricture (or narrowing of the urethra) can cause issues when passing urine.

Where do urethral strictures occur?

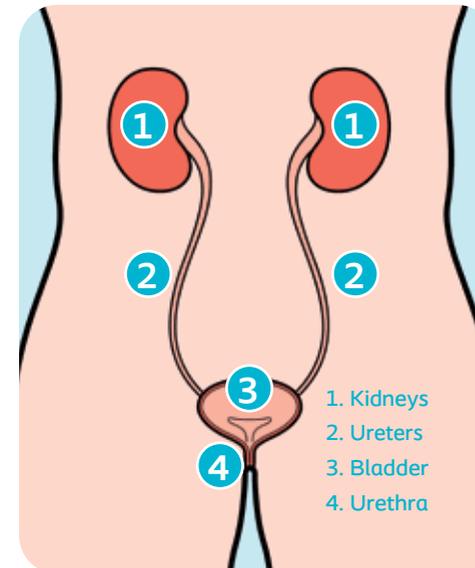
Your healthcare professional will tell you where your stricture is, so you can insert the catheter the correct distance.

Passing a lubricated catheter into the urethra on a regular basis can prevent the stricture from reforming, making it easier to pass urine and often reducing the occurrence of complications.

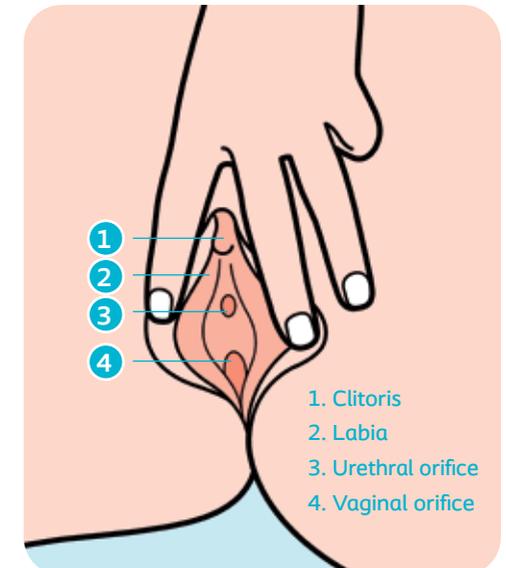
ISD is a safe and simple procedure which will be explained fully by your healthcare professional. Based on your particular needs, they will recommend the catheter best suited to you.



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.

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. You may need to continue to insert the catheter until the urine starts to flow. Your healthcare professional will advise you on your own personal needs.



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. Leave the catheter in for a few seconds or until the flow of urine stops (as appropriate), then remove the catheter slowly and gently.



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 Eve catheters



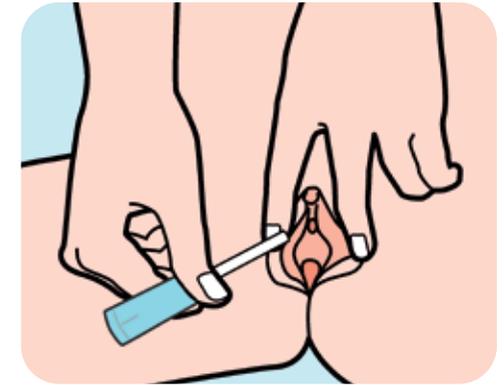
Step one. Wash your hands with soap and water and dry them.



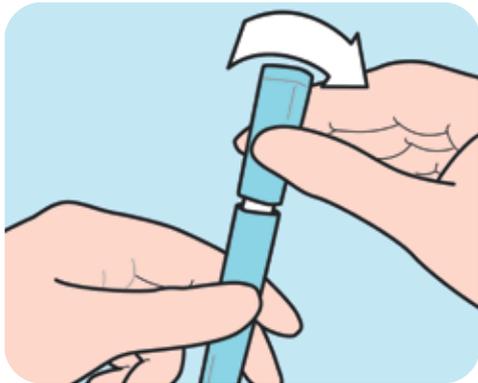
Step two. If there is a possibility you might be able to urinate, always try before you use a catheter. Spread the labia apart and wash the urethral orifice. Wash from front to back in order not to transfer any bacteria and cause an infection.



Step five. 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.



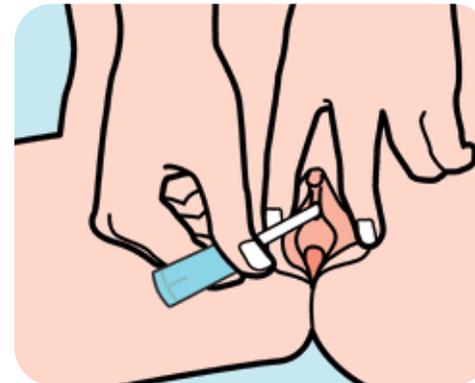
Step six. Gently insert the catheter into your urethra as you have been instructed. You may need to continue to insert the catheter until the urine starts to flow. Your healthcare professional will advise you on your own personal needs.



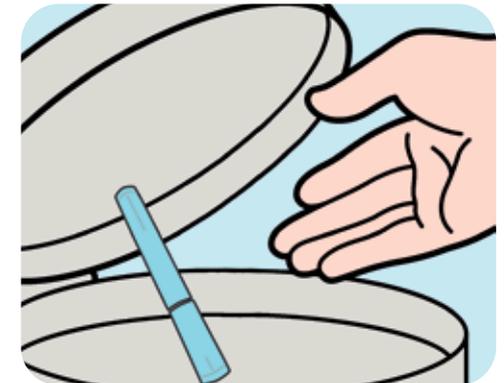
Step three. Hold the catheter with the wider end to the top. Open the catheter by twisting the lid to the left or right.



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



Step seven. Leave the catheter in for a few seconds or until the flow of urine stops (as appropriate), then remove the catheter slowly and gently.



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.

The catheter can then be replaced in the inner tube before discarding.

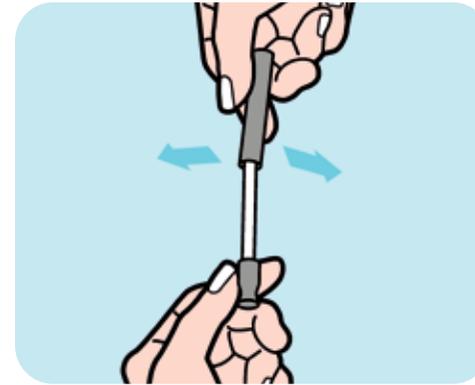
How to use SpeediCath Compact and SpeediCath Compact Plus catheters



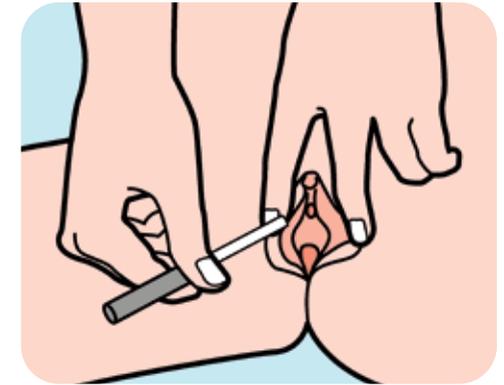
Step one. Wash your hands with soap and water and dry them.



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. You may need to continue to insert the catheter until the urine starts to flow. Your healthcare professional will advise you on your own personal needs.



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. Leave the catheter in for a few seconds or until the flow of urine stops (as appropriate), then remove the catheter slowly and gently.



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.

The catheter can then be replaced in the inner tube before discarding.

Your questions answered

How often should I catheterise myself?

For those using a catheter to dilate the urethra after an operation, a typical routine is to do it daily initially then weekly for the next 12 months. For the ongoing treatment of strictures, your healthcare professional will advise you on how often you need to catheterise.

Which catheter should I use?

It is important that you use the correct catheter and the correct size. Your healthcare professional will help you find the right one for you. You can keep a record of this at the front 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 should 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. Taking deep breaths or coughing can often help you relax your muscles and make removal easier.

A warm bath can also help you relax. If you still cannot remove the device then you should seek medical advice.

Are there symptoms I should look out for?

If you notice any of the following, then you must contact your healthcare professional; if your urine is cloudy, 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.

What if I see blood?

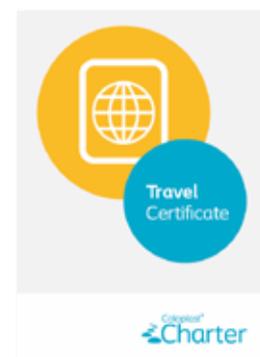
Don't worry. It is quite common to see a few drops of blood (which is caused by the catheter itself) and this is usually only temporary. However, if bleeding is continuous, seek medical advice immediately.



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, you may wish to take a copy of the letter from your clinic / consultant for reference. Or you can fill out a Coloplast Travel Certificate.



How do I get my catheters?

Your healthcare professional will complete your details and prescription 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 home delivery is one such option available to you.

If you would like more information on this service, call **Coloplast Charter** on **Freephone 0800 132 787**.

Ordering information

For men

SpeediCath Flex

A soft catheter with dry sleeve and flexible tip. Designed for easy use.

	SpeediCath Flex	SpeediCath Flex Pocket Size
10 CH	28920	28910
12 CH	28922	28912
14 CH	28924	28914
16 CH	28916	

SpeediCath Standard

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

(Box of 30)	Male	Tiemann	Control	Boy (30cm)	Paediatric
6 CH				28606	28706
8 CH	28408			28608	28708
10 CH	28410	28490		28610	28710
12 CH	28412	28492		28612	
14 CH	28414	28494			
16 CH	28416	28496			
18 CH	28418				
12/16CH			28212		

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

For women

SpeediCath Compact

The discreet, instantly ready-to-use, intermittent catheters, tailor-made for women.

	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 Standard

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

	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.



Call your local specialist:

England & Wales: 0800 132 787

Scotland: 0800 917 8639

Northern Ireland: 0800 581 220



help@coloplastcharter.co.uk



FREEPOST Charter



CV1005N



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