

BLADDER MANAGEMENT

Self-catheterisation How does it work?

Learn how to self-catheterise with ease. Instructions and tips for boys.

Hi, I'm Lucas!



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Hi, I'm Paul!



The bladder How is urine actually produced?

Everything you eat or drink first goes into your stomach. Here it is filtered and blood then transports the nutrients through your body.

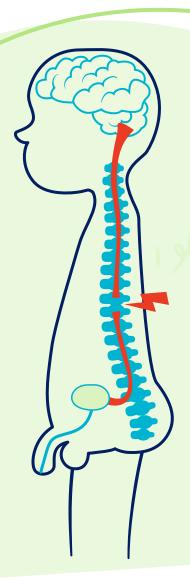
Anything in the blood that your body no longer needs is sent through the kidneys. Your kidneys are very important. For example, they tell your brain when you're thirsty and need to drink. They are also a very clever filtering system for the blood. In other words, they act like a waste-disposal system.

Any remaining waste products are removed from the blood and mixed with water. The fluid that is produced is sent through the ureter into the bladder. That's how urine is made!

Urine then is collected in the bladder and needs to be drained out regularly through the urethra, just like emptying a water balloon.

Nerves and muscles send a signal to the brain: I need to go to the toilet!

But sometimes this function doesn't work any more – perhaps because you had an accident or because you were just born without this function. Catheters help you to drain urine out of the bladder.



The catheter Your bladder's helper

Self-catheterisation is not hard at all!

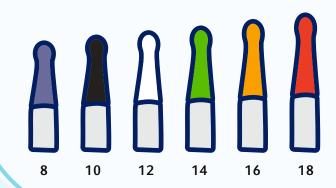
Lucas and Paul will show you exactly how it works over the next few pages. But first, we have to explain a few things that you need to know about catheters.

All catheters are made of flexible material that doesn't harm the urethra and that slides easily. Our catheter is called SafetyCat. This catheter is included in all of our products.

Catheter size

Your doctor will tell you which size you need. Catheter sizes are called Charrière (or French scales sizes) after their French inventor, Joseph Charrière. An 8 Charrière catheter has a diameter of 2.7 mm.

Each Charrière size has a special colour:



The catheter tip

Catheters can have tips of different shapes. Talk to your parents or your doctor to find out which tip shape is best for you. Some catheters have coloured tips to show what size they are.

· · The catheter eye

The eyes guide the urine out of the bladder into the catheter. Because the urethra is very sensitive, it is important for these openings to be very gently rounded so that you can't hurt yourself.

The funnel

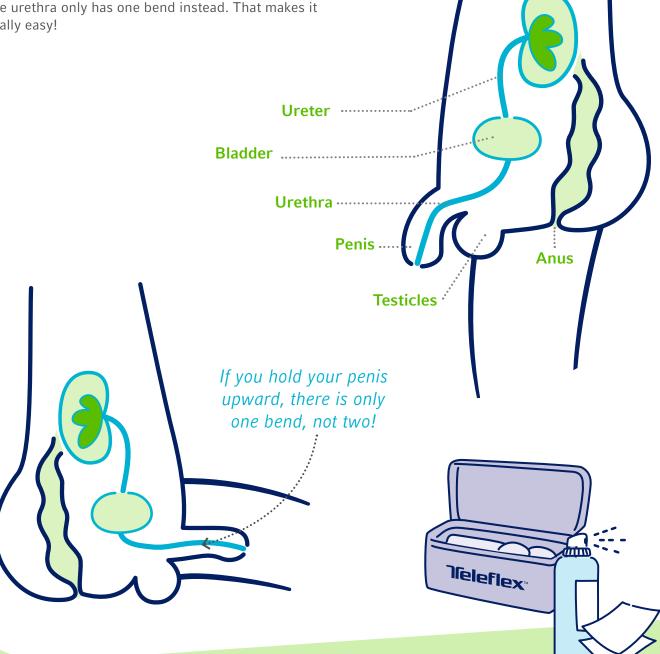
This is where the urine flows out. Either directly into the toilet or, if you're out and about for example, into a urine bag.



It's easy for us boys to see the urethral opening. If you have a foreskin, you need to pull it back.

The picture on the right shows you what everything looks like inside. Our urethra has two bends.

If I hold my penis upward during self-catheterisation, the urethra only has one bend instead. That makes it really easy!

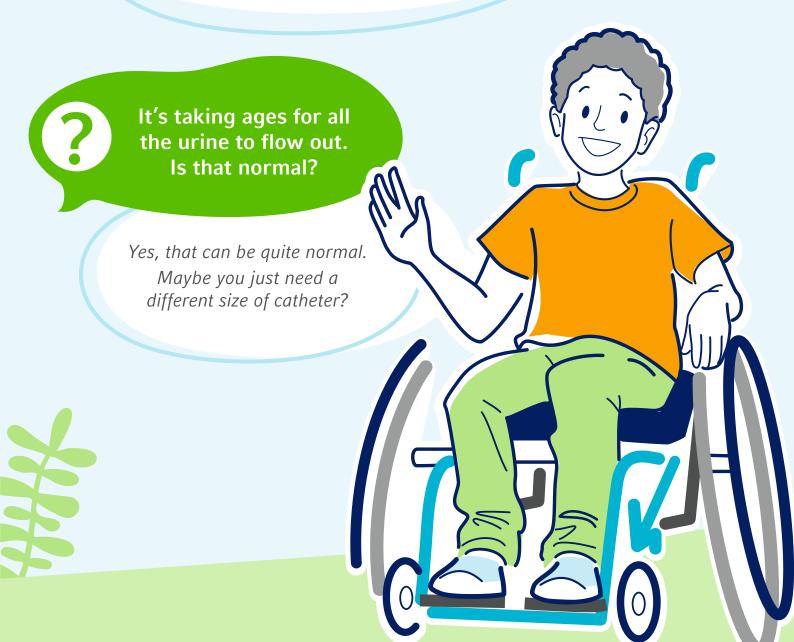


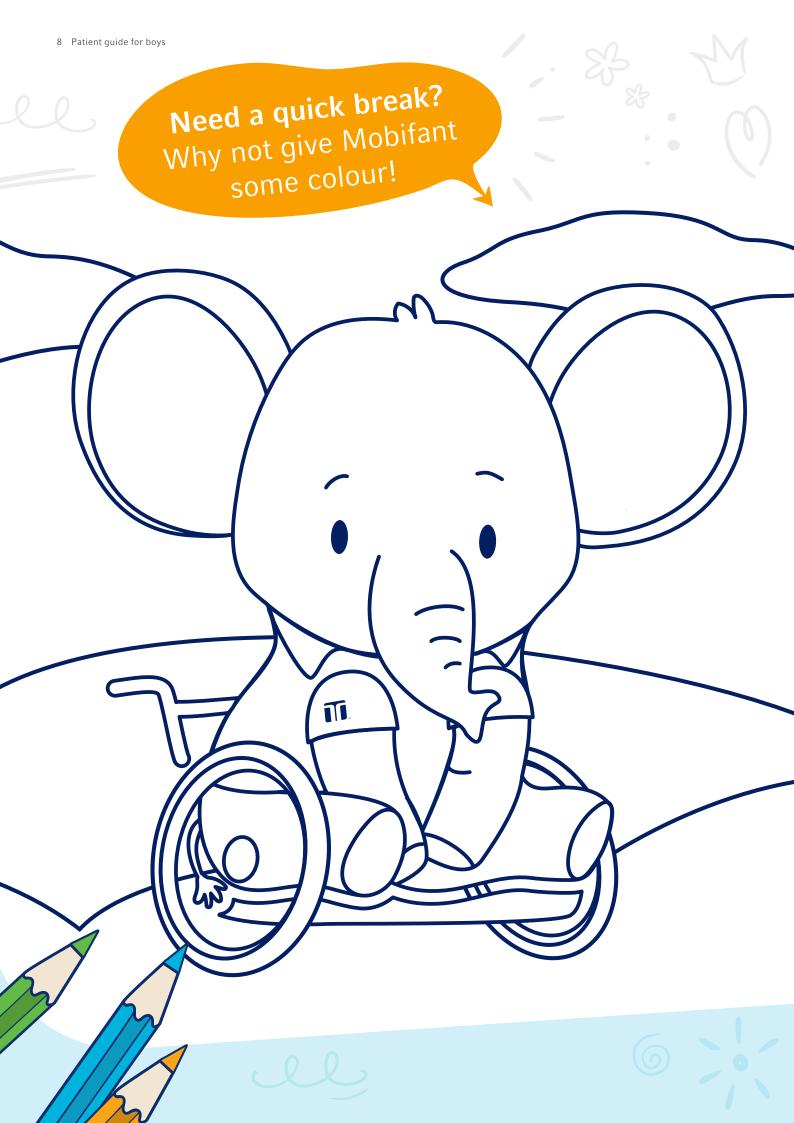
Kidney

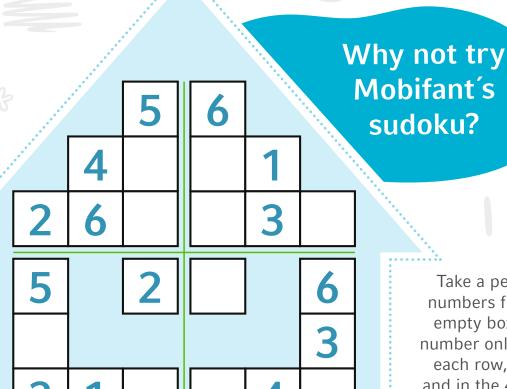


Hi, boys! Of course I had some help to begin with:

My parents showed me everything – and my doctor did too. Later, I learned how to catheterise all by myself and it works brilliantly!







Take a pen and enter the numbers from **1 to 6** in the empty boxes so that each number only appears once in each row, in each column and in the 4 areas separated by green lines.

Find your way through the maze!

Take a pen and choose an entrance. Then try to reach the centre of the maze from the outside in. Without getting lost, of course!



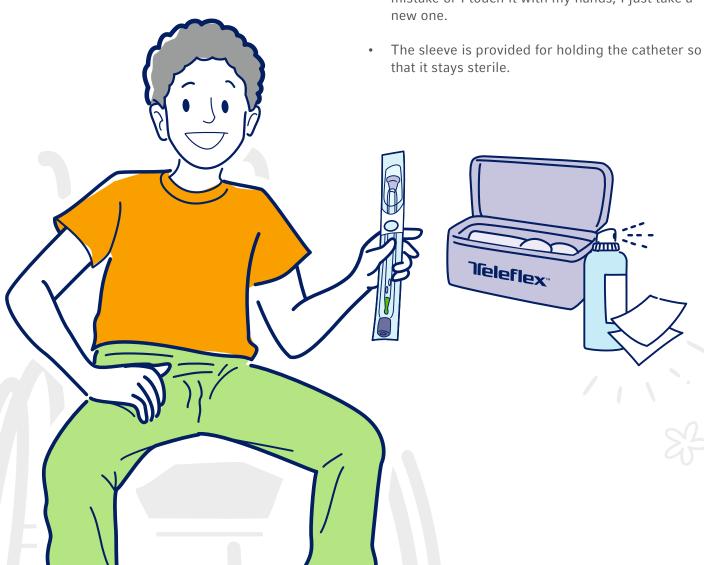
Preparation comes first

Let's practise!

Do I have everything I need? Here's a checklist as a reminder:

- **Disinfectant** (spray bottle)
- **Sterile** swabs and
- **My** catheter

- First of all, I wash my hands thoroughly with soap and use a hand disinfectant.
- Then I sit where I can practise, for example directly next to the toilet or wherever it works best for me.
- When I'm self-catheterising, I make sure not to touch the catheter with my hands. I only touch the sleeve. If the catheter touches something by mistake or I touch it with my hands, I just take a





I can't push the catheter forward. What should I do?

Poking around is never good!

In us boys, the urethra is not all the same width. So there's no need to worry. And the urethra isn't really a tube. The skin of the urethra is called urethral mucosa which lies closely together and is only opened by the catheter.

Hold your penis steady and safe in your hand, stretching it at the same time, to make insertion easier.

To start with, I was also frightened of doing it wrong, but it becomes easier the more you practise. However, you might have an inflammation, which narrows the urethra even further. It's best to speak to your parents and your doctor about the problem!



Mobifant's tip: You can self-catheterise in different positions. Here you find some of the positions that you can try to see what works best for you.



Standing in front of the toilet.



In a wheelchair, next to the toilet.

Self-catheterisation using the LIQUICK X-TREME

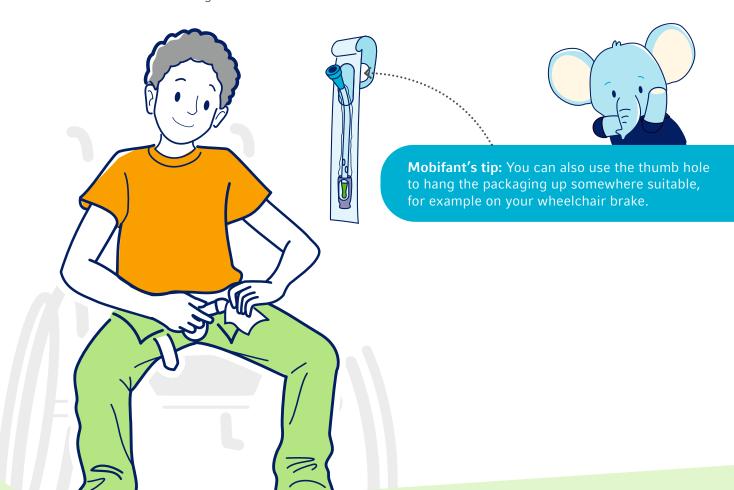


Prepare the catheter

- I spray a few squirts of disinfectant onto my hands and rub it in: This makes them really clean - bacteria don't have a chance.
- The Liquick X-treme catheter is immediately ready to use when I take it out of the colourful packaging. I open the packaging by pulling the opening tab up using the thumb hole.
- The opening tab has a useful sticky pad on the inside that I use to fasten the packaging to the wall while I'm catheterising.

Apply the disinfectant

- Then I take my penis in my hand and pull it upwards a little towards my stomach. I pull the foreskin back (if I have one) and hold it so that I can see the opening to my urethra.
- I spray on disinfectant and wipe with swab 1 and swab 2 away from the urethral opening. I use the third swab to disinfect the opening itself. I leave the disinfectant to work for at least one minute.



Mobifant's tip: The blue introduction aid has a dent in the middle to help you grip the catheter better during insertion.

Insert the catheter

- I now take the prepared catheter out of the packaging. The entire length of the catheter has a protective sleeve. IMPORTANT: Even though the catheter has a protective sleeve, I have to take care not to touch the tip of the catheter and the catheter itself when I push it out of the blue introduction aid.
- I push the catheter slowly into the urethra using the protective sleeve. In doing so, I push the sleeve back gradually.
- During insertion, I feel a slight resistance: This is the bladder sphincter or the first bend in my urethra. I keep pushing the catheter in slowly and carefully, rotating it a little, until urine starts to flow out of the funnel. I've now reached the bladder. I push the catheter in by one more centimetre to make sure that both catheter eyes are really in the bladder. Now I mustn't push any further.
- Once the urine stops flowing, I carefully pull the catheter back a little. A bit more urine usually flows out at this point.
- Done! Now I carefully pull the catheter out and throw it away. And finally, I wash my hands again, of course.



Mobifant's tip: You can also attach a collection bag to the catheter.



Does that all make sense? If you have any questions – just ask

We understand: Most people don't understand everything straight away, and that is totally fine.

Take your time when reading the instructions, when practising and when doing it all by yourself.

With practise, it will get easier and you will grow more confident; And if something seems unusual during catheterisation, please always ask an adult and your doctor. This will help you to gradually grow more confident.

Don't just give up if it doesn't work the first time! Sometimes small changes can make a big difference: Do you need another cushion, for example? Is there enough light in the bedroom or bathroom? Do you need something to support your legs better?

As you can see, there are lots of ways to make things better.

Lucas and Paul have already answered some frequently asked questions for you on the previous and following pages.

If you are unsure or still need help, it's always best to ask your parents or your doctor straight away. With a bit of practise, there's no doubt you'll soon be able to catheterise all by yourself.

If your parents have any questions about our products, we'll be happy to answer them by phone on: 0800 0323383 (toll free) Or by email: info.uk@teleflexurology.com







Get your parents to make copies of this table so you can monitor how often you need to self-catheterise!

Name:		Date:								
Time	Fluid intake	Urine volume	Comments							



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MCI-2023-0707-EN · REV 0 · 11 23 PDF

