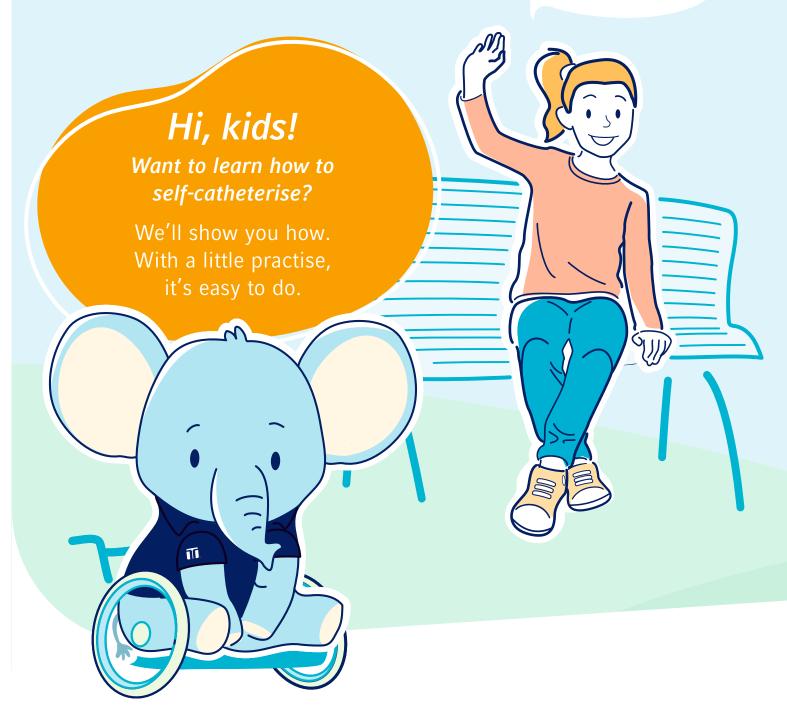


**BLADDER MANAGEMENT** 

# Self-catheterisation How does it work?

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





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Hi, I'm Emma!



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.

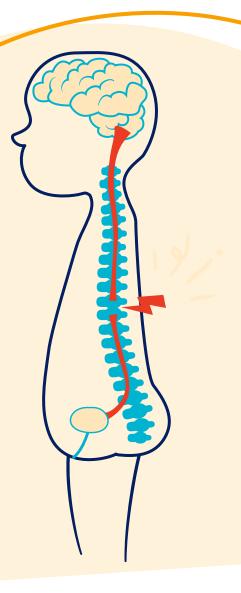
Any remaining waste products are removed from the blood and mixed with water. The fluid that is produced is sent through the ureter into the bladder. That's how urine is made!

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!

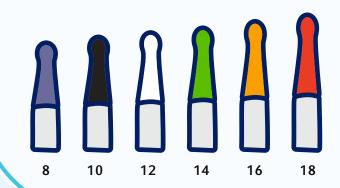
Sophia and Emma will show you exactly how it works over the next few pages. But first, we have to explain a few things that you need to know about catheters.

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.



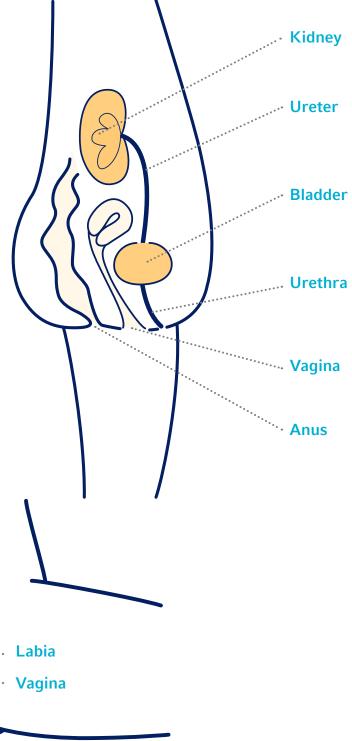
## Sophia's instructions for girls

### Do you know where your urethra is?

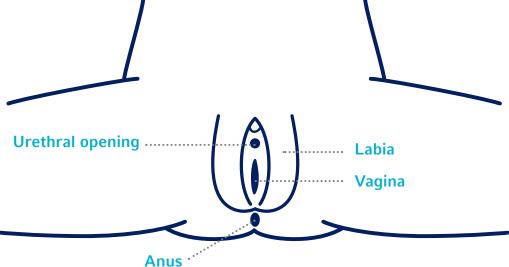
Right from the start, it was important for me to know exactly where everything is. So take a look! The best way to do this is to use an ordinary mirror or a special mirror that can be attached to your thigh.

When I was practising, the catheter sometimes used to end up in my vagina. If that happens to you too, it doesn't matter. Simply take a new catheter and try again.

In us girls, the urethra is only about 2–5 cm long. That's why it doesn't take very long to insert the catheter.



### What a girl's genital area looks like:



## Why do I have to self-catheterise



### Hi girls! Everyone is different.

I have to do it because I was born with Spina bifida.

Others have to because they injured their spinal cord in an accident. If the spinal cord doesn't work properly, the right information isn't passed between the brain and the bladder: We need a catheter!

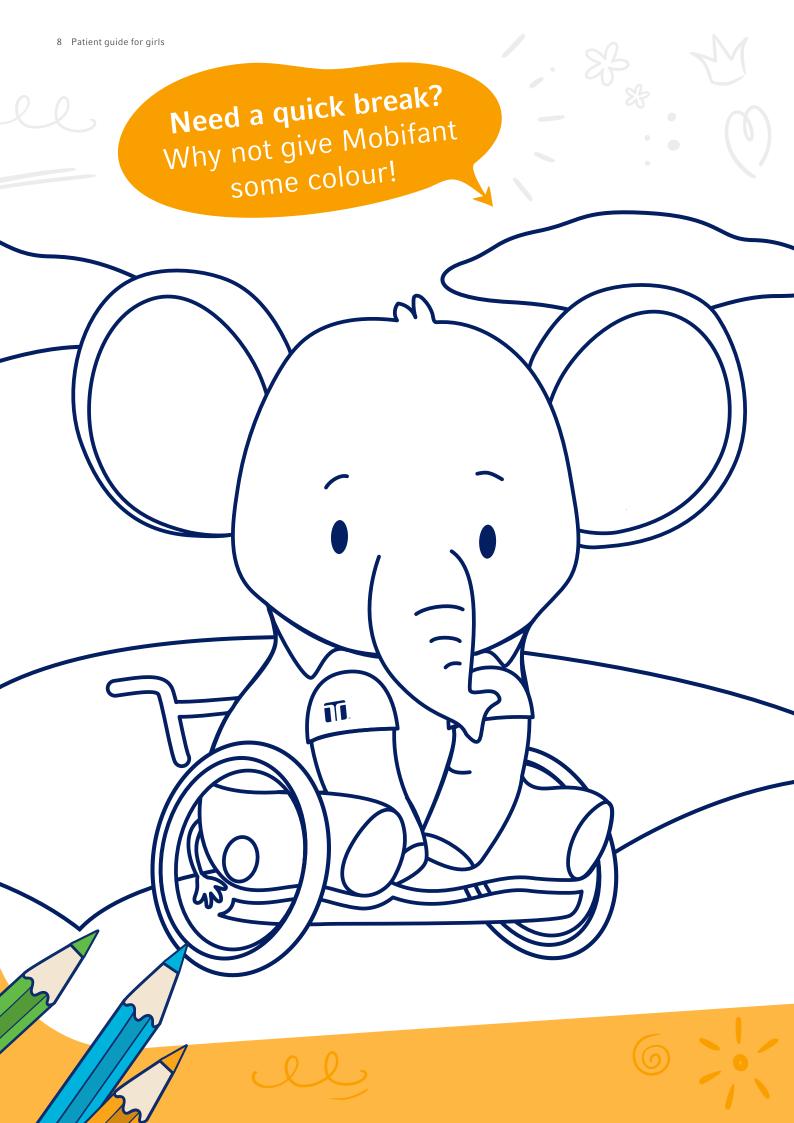
I've been able to self-catheterise since I was 6 years old. When I started school, I didn't want my Mum to keep coming to school to catheterise me. So I learned how to do it with the help of an adult in a paediatric neurology centre.

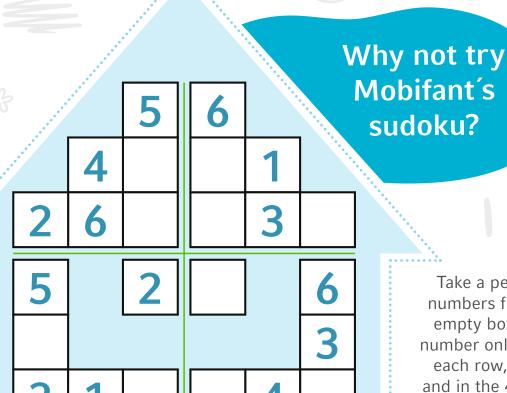
And now I'll explain how you can self-catheterise too.

Come on, we can do it!









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**

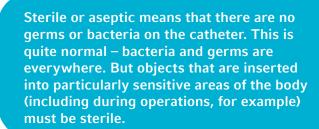
### Let's practise!

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

- Mucosal disinfectant (spray bottle)
- **♥** Sterile swabs
- My catheter
- (V) Mirror with a light, or a small desk lamp and an ordinary mirror

- 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 on the toilet, just how it works best for you.
- I position the mirror so that I can see my labial area clearly. If necessary, I can also use the light to help me see even better.
- Now I use one hand to spread my labia and try to see the urethral opening. In some people, it looks like a small star-shape.
- The important thing is to always stay relaxed! I only continue when I'm absolutely sure: Here is my urethral opening and I can find it again easily.
- One more thing! You must always be very careful not to touch the catheter directly. It must not come into contact with anything else or be placed on any surface.
- The sleeve is provided for holding the catheter so that it stays sterile.

**Emma's tip:** For girls, there are special mirrors available that you can attach to your thigh.









Emma's tip: You can self-catheterise in different positions. You can try to see what works best for you.



With an ordinary mirror on the rim of the toilet.



Standing over the toilet. In this position, it is helpful to use a longer catheter.



In a wheelchair, next to the toilet. In this position, it is helpful to use a longer catheter.



Sitting on the front of the closed toilet lid (only with a urine collection system).



Sitting on the bed.

## **Self-catheterisation** using the LIQUICK X-TREME

SafetyCat with hydrophilic coating – ready to use straight out of the packaging.

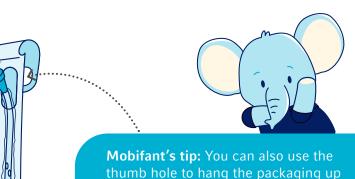
### Prepare the catheter

- 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 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.
- To keep my hands free for disinfection, I attach the opened packaging to the wall next to me using the sticky pad on the back of the opening tab.

### Apply the disinfectant

I use one hand to spread my labia. With the other hand, I spray on some disinfectant and clean the area around my urethra using the swabs, always wiping from front to back. I use the last swab specifically for the opening of the urethra. I leave the disinfectant to work for at least one minute.





your wheelchair brake.

somewhere suitable, for example on

### **Catheterisation**

- I still spread my labia with one hand. With my other hand, I take the catheter out of the packaging by holding the funnel. 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 insert the catheter slowly into the urethra using the protective sleeve.
- During insertion, I feel a slight resistance: This is the bladder sphincter. I keep pushing the catheter in slowly and carefully until urine starts to flow out of the funnel. I've now reached the bladder. I push the catheter in by another one centimetre to make sure that both catheter eyes are really in my 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. Finally, I wash my hands again, of course.



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





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? Does the mirror need to be a bit bigger? 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.

Sophia and Emma 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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