

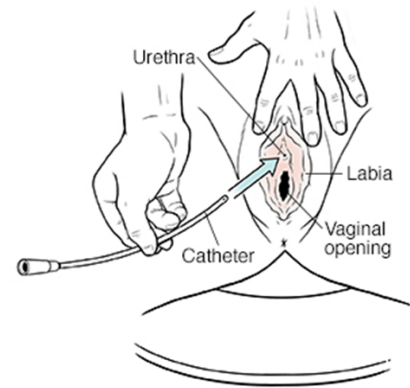
Your important health information

Clean intermittent self catheterisation (CISC)

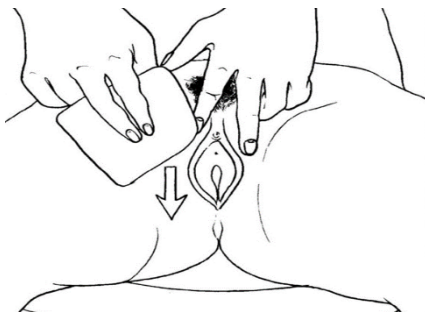
This is a way to empty your bladder when you can't empty well.

You will need these things:

- sterile catheter
- baby wipe or clean, wet cloth
- water based lubricant gel
- measuring jug or bowl, CISC record.



1. Collect the things listed above.
2. Place the measuring jug or bowl into the toilet. Try to empty your bladder and check the amount passed.
3. Wash hands.
4. Sit or stand in the position that suits you.



5. Clean around the urethra with a baby wipe or wet cloth. Wipe from front to back.



6. Open the catheter packet to show the end of the catheter. Squeeze lubricant gel onto the tip of the catheter. This makes it easier to pass. Do not put the gel over the holes.

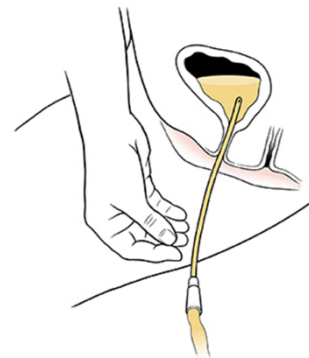
7. With your non-dominant hand, separate the labia and see the urethra. You can use a mirror to help.

8. Hold the catheter in the middle using your other hand. Insert the catheter into the urethra (upwards and backwards) at least 5 cm.
9. Point the end of catheter into the measuring jug or bowl and let the urine drain. If there is no urine you may have put the catheter into the vagina. Leave this catheter and use a new catheter to try again.
10. Slowly remove the catheter, but if urine starts to flow again let it drain.
11. Remove the catheter when the urine stops flowing.
12. Record the amount of urine you passed and the amount emptied using the catheter (residual) on the CISC record.

You need to do this:

- **Every hours or times each day.**

The Urogynaecology nurses will check your progress. You will need to contact them on 8458 4500. You will be able to stop this when the amounts left in your bladder are less than 150mls.



If you have any of these problems:

- Burning when passing urine, bad smelling urine or a fever.

Seek immediate help from:

- your local doctor
or
- Emergency Department, Mercy Hospital for Women, phone: 8458 4000.

Further Information

If you have any questions regarding this information, please contact:

Mercy Hospital for Women

Urogynaecology Unit
Phone: 03 8458 4890 or 03 8458 4500
Gynaecology Ward
Phone: 03 8458 4853

Acknowledgements

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