

Patient information

Female Clean Intermittent Self Catheterisation (CISC)

Urology Department – Royal Liverpool Hospital

What is clean intermittent self catheterisation?

Clean Intermittent Self Catheterisation (CISC) is simply a term to describe the process of regular catheterisation which you carry out yourself to remove urine from the bladder.

The “clean” portion of CISC refers to the fact that it is not sterile, but instead is a clean way by washing hands and skin to prevent infection.

A catheter is a thin plastic tube used to empty your bladder. There are many reasons why some people cannot pass urine without the help from catheters.

Whatever the reason, urine must not be left in the bladder for too long as it becomes stale and may lead to infection in the bladder. This could also result in kidney damage. By using CISC, you are able to prevent infection.

CISC enables you to empty your bladder at times that suit you and your lifestyle.

This patient information leaflet is designed to answer any questions you may have and help you to catheterise as part of your everyday life.

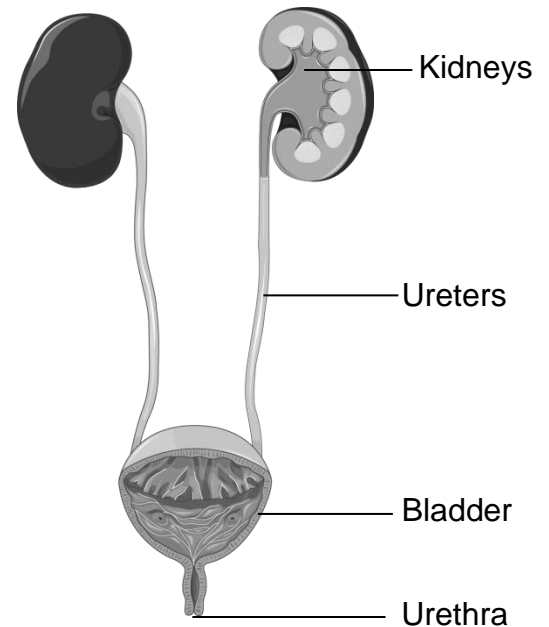
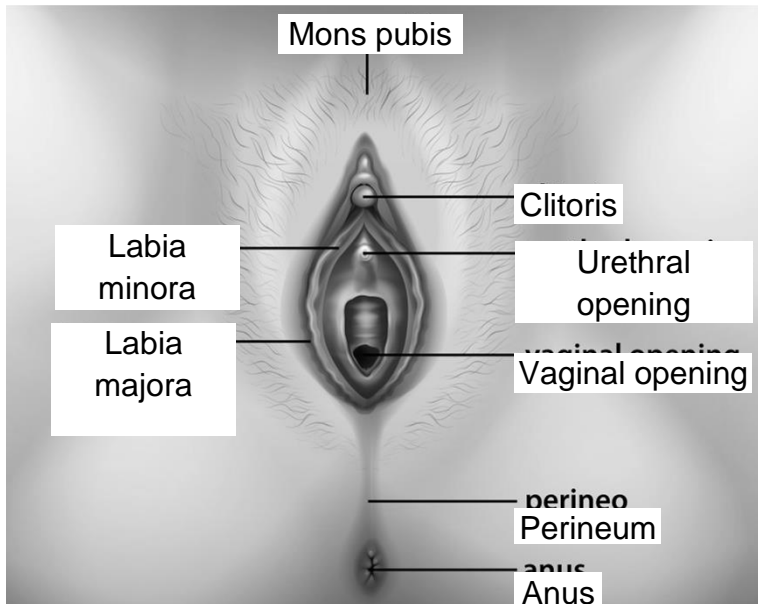
Self catheterisation should only be commenced following advice and guidance from your healthcare professional.

Understanding How Your Body Works

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

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



The need for clean intermittent self-catheterisation.

Intermittent self-catheterisation is done by yourself as and when you need it. It's no more than if you had a normal working bladder, except instead of going to the toilet naturally, you have to use a catheter to empty the bladder.

There are many types of catheter, Your healthcare practitioner will talk you through these and find a catheter which is best for you and your needs.

How is the procedure performed?

While many catheter types are intended to stay in for days or weeks, a clean intermittent catheter is inserted, urine is released and the catheter is removed.

1. If there is a possibility you might be able to pass urine, **always try before you use a catheter**. You can then measure the residual volume (what is left in your bladder) with the catheter, this will give you an idea of how often you need to catheterise.
2. Women performing CISC must first wash their hands with soap and water and clean the urethral opening using warm water only. Wash from front to back in order not to transfer bacteria and cause an infection.
3. Open the catheter and take out of the packaging, be careful not to touch the catheter tip.
4. Spread the labia apart and then gently insert the catheter into your urethra as you have been instructed until it reaches your bladder and urine starts to flow. Hold the catheter still until the urine has stopped.
5. When the flow stops, move a little to make sure the bladder is completely empty and then slowly remove the catheter. If the urine starts to flow again, stop and wait till it has finished and then continue to remove the catheter.
6. Dispose of the catheter properly by putting in to a disposal bag before putting it into the household rubbish. **Do not** flush it down the toilet. Wash your hands again and the process is complete.

Questions and Answers

Q. How often should I catheterise myself?

A. This depends on the individual, the reason for catheterisation, how much fluid you drink and what residual is left in the bladder.

For some people it is necessary to empty their bladder every three to four hours during the day. Others may only need to catheterise once a day if they can also pass urine themselves.

You have been asked to catheterisetimes per day.

- **Keep a record of your residual.** After trying to pass urine normally the residual is how much urine you empty when using the catheter (A jug will be provided when you receive your catheters).
- If the residual is **more than 500ml** you will need to increase the amount of times you catheterise.
- If the residual is **below 150ml** over a few days, you can reduce the amount of times you catheterise **Slowly**.

It is most important to carry on catheterising until you are reviewed in clinic, even if the bladder seems to have started to work again. It may be possible that you are not emptying your bladder completely and will still need to catheterise.

Please bring in your record of residual amounts for three days before your appointment.

You can increase the times you catheterise if you cannot pass urine and you feel uncomfortable. It is normal to catheterise up to six times per day.

Q. Which catheter should I use?

A. It is important that you use the correct catheter and correct size. During your initial assessment, your healthcare practitioner will find the right one for you.

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

A. If you have tried and failed, don't worry, don't panic and don't try again immediately. Try to relax, you may find it beneficial to take a warm bath. Do your very best to relax before you try again. If you still cannot manage, then contact your healthcare practitioner or seek medical advice.

Q. What should I do if I can't remove the catheter?

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

Q. How often should I drink?

A. You should drink up to ten cups of fluid a day (1.5 – 2 litres). However, you should avoid fizzy drinks and those containing caffeine. This includes tea as well as coffee.

The colour of your urine will help to tell you if you are drinking enough. (Urine should be light straw coloured.)

Q. What happens when I travel abroad?

A. Intermittent catheters are not available in all countries. Pack as many as you think you will need for the duration of your holiday or business trip. To avoid any unnecessary problems with customs, ask your family doctor (GP) or nurse for a written statement saying the catheters are necessary for medical reasons and are for your personal use.

Q. Are there any symptoms I should look out for?

A. Yes, if your urine is cloudy or has an unpleasant odour, if you have a burning sensation when you go to the toilet or catheterise. You must contact your healthcare practitioner or GP. Also, if you feel feverish, this could be a sign of infection and again you should seek medical advice urgently from or GP, Walk in Centre or Emergency Department (A&E).

Q. What if I see blood?

A. Don't worry. It is quite common to see spotting of blood and this is caused by the catheter itself and should only be temporary. Increase the amount of drinks to help clear the urine. If however bleeding persists and continuous, seek medical advice immediately.

Q. How do I get my catheters?

A. Your healthcare practitioner will offer a home delivery service and will complete your details to ensure you get the catheters recommended for you. You should receive an order within three to four working days delivered to your home.

You will be contacted by the delivery company to check your stock levels and offered to continue the delivery service for future orders. You do have the right to collect your own prescription from your GP and collect your own catheters or arrange delivery from your local pharmacy. If you increase the amount of catheters you are using, please ensure you contact the delivery company two weeks before you run out of your catheters.

Liverpool Area

Suppliers Name: Liverpool Urology Appliance Management Services
Tel: 0800 031 5414

Southport and Sefton Area

Suppliers Name: Southport Continence Prescription Ordering Service.
Tel: 0800 9179 865

Feedback

Your feedback is important to us and helps us influence care in the future. Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

If you have accessed this patient information leaflet via a QR code, can you please take the time to complete a short questionnaire by clicking [here](#).

Further Information

For queries about your appointment, contact the hospital you have been referred to

Royal Liverpool Hospital

Urology Department

Tel: 0151 282 6877/6788

Text phone number: 18001 0151 282 6877/6788

Aintree Hospital

Patient Appointment Centre

Tel: 0151 529 4550

Text phone number: 18001 529 4550

For general queries telephone the Urology Specialist Nurses at the hospital you have been referred to.

Royal Liverpool Hospital

Urology Benign Condition Specialist NurseS

Tel: 0151 282 6819

Text phone number: 18001 0151 282 6819

Aintree Hospital

Urology Specialist Nurses

Tel: 0151 529 529 3484

Text phone number: 18001 0151 529 3484

For clinical questions specific to your case, telephone the secretary of your urology consultant.

Bladder and Bowel Services

Tel: 0151 295 3993

NHS Direct

Tel: 111

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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