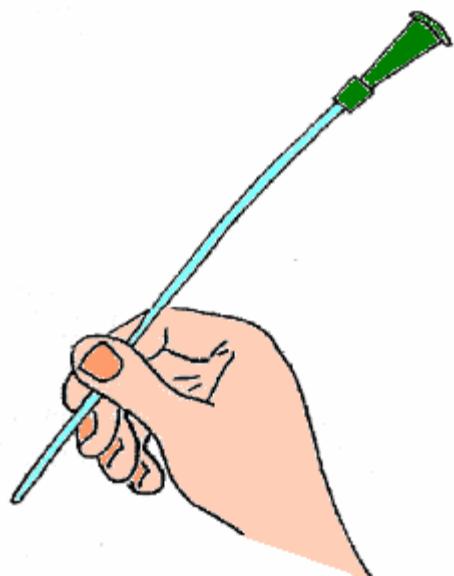


## INTERMITTENT SELF CATHETERISATION AT HOME



**HANDICAP  
INTERNATIONAL**



# Introduction

The purpose of this booklet is to help person with spinal cord injury ( SCI ) have a basic knowledge how to take care his / her urinary tract at home.

After spinal cord injury, the person is not able to control urination as before. Urine will not be emptied completely because has been lost contraction of bladder or compromised.

The urine remains in the bladder and will provide good conditions (wet, warm and dirty) for bacteria to develop and cause urinary infection. Therefore, urinary tract rehabilitation is necessary for persons with spinal cord injury.

## I. WHAT IS INTERMITTENT CATHETERIZATION ?

Intermittent self catheterization is a method that helps voiding urine completely when the bladder loses this function, using a catheter which is taken out right away after. It's done many times in 24 hours.

## II. WHY CATHETERISATION ?

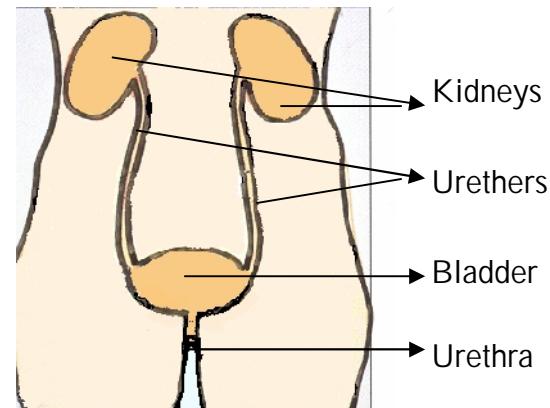
1. To avoid complications :
  - Urinary tract infection
  - Bladder stones
  - Urine obstruction
  - Kidneys dysfunction
  - Bladder extention
  - Too much bladder spasticity
2. Help regaining bladder function (store and complete emptying of urine in the bladder ).
3. Encourage the bladder sphincter's reflex.
4. Help patients feel comfortable and confident in mobility and integration ....
5. Encourage self-confidence in sexual activity

→ All of these objectives are to support IMPROVING LIFE QUALITY after

spinal cord injury.

## III. GENERAL SKETCHY OF THE URINARY TRACT

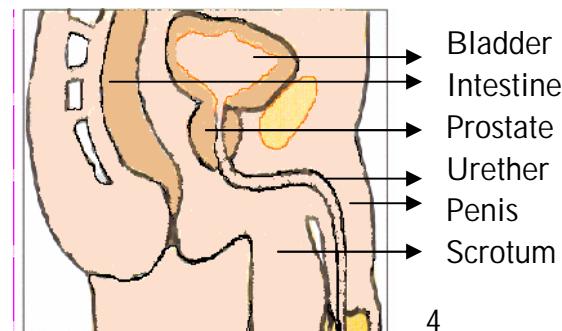
### A. Anatomy :



The urine is created by the kidneys and travels down to the bladder through two thin tubes called ureters. The bladder is a place to store urine. When the amount of urine comes up to 250 ml-300 ml, normally we will notice a feeling that we need to urinate. Urine will be eliminated out of bladder 4- 6 times each day through the urethra.

### B. Urinary tract of the MALE :

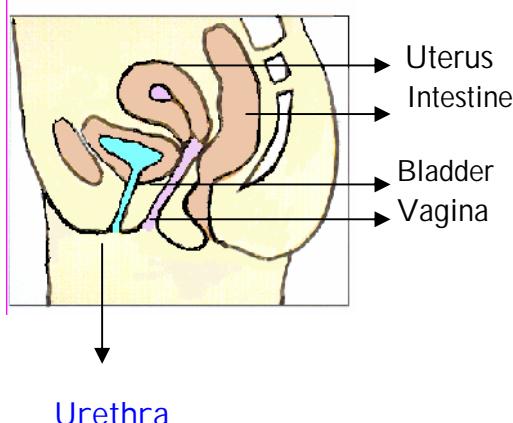
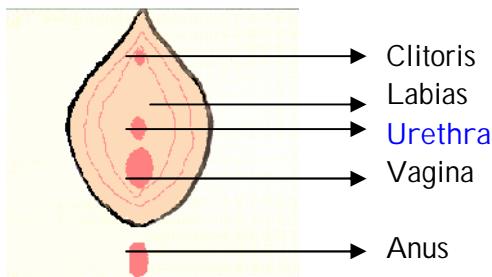
The urether of the male is 15 – 20 cm long.



→ Foreskin

### C. Urinary tract of the FEMALE :

The urether has a straight form and it is around 4 cm long. The urethra has its place between the clitoris and the vagina.



### IV. THE AIM OF ISC IS DEPENDED ON TWO SITUATION :

#### \* By not voluntary urination ( incontinent ) :

- Take out of the residual urine
- No leaking between every two times of intermittent catheterization.

#### \* By voluntary urination, but not empty completely :

In this case, the person has to urinate voluntary first, then perform directly intermittent catheterization to see how many urine residu still occurs in the bladder.

How many times performing IC in a day is then depended how many ml urine residu during a while periode :

Residu per each IC	Number of catheterization per day
400 ml urine and more	4 X
300 ml urine	3 X
200 ml urine	2 X
100 ml urine	2 X
Less than 100 ml	1 X
Less than 50 ml	0 X

## V. ACCIDENTS / DIFFICULTIES MIGHT OCCUR DURING CATHETERIZATION :

### 1. Injury :

Due to - Too strong manipulation .

- The catheter is not lubricated enough

### 2. Risk for urinary tract infection :

Due to : - Lack of genital hygiene

- Bad way of hand washing.

- Hygiene of IC-materials is lacked

### 3. Pain while perform IC :

Too strong manipulation during IC might hurt inside the urether or the bladder wall, or pain could manifest due to the urinary tract infection,...If the pain combine with blood, the Dr should be inform about that.

### 4. Sometimes it is difficult to insert or to pull out the catheter, the reason might be of the bladder / sphincter spasticity. In this case, wait for a few minutes sothat the bladder relax, then continue IC.

## VI. GUIDELINES FOR ISC FOR MALE AND FEMALE :

### I/ The materials include :

- Nelaton catheter or a Self - Cath
- Lubrication ( Kelly Yelly or Vaseline ).
- A mirror for female
- Soap or Clin Care for hand washing
- Under layer or a towel .
- Recipient to catch urine or an empty bottle

### II/ Technique :

1. IC could perform in bed or in the toilet ( in wheelchair ) .

In case that you are going out, take all the IC-materials with you in a little bag.

2. Remove the pant and underwear. By female : put a mirror in front sothat you can see the urethra.

3. Clean the genital area with soap and water or clean it with baby wipes.

Male : Remove the fore skin from the urethra. Clean the urethra, then around the urethra.

Female : Clean the big labias first, then the little labias, last is the urether.

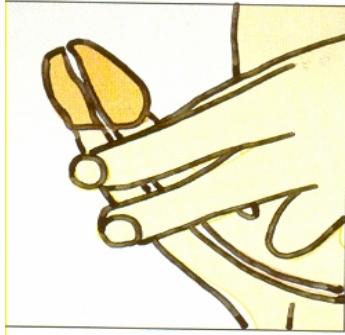
4. Hand washing again with soap and water.

5. Lubricate the catheter. .

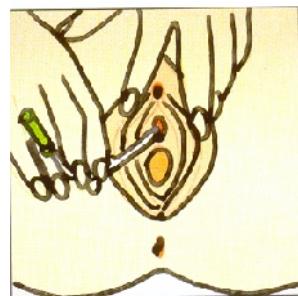
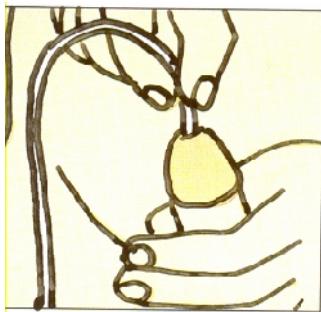
Male : 16 cm – 20 cm

Female : 6 cm

6. Male : Take the penis upright ( easily for inserting catheter ).

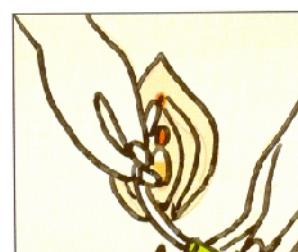
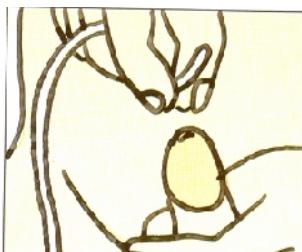


7. Insert the catheter slowly and smoothly into the urethra until urine flows out. The catheter should not touch anything else than the urethra.



8/ When urine flows out, catch the urine with a recipient.

9/ Take the catheter out slowly when the flow of the urine has stopped and the bladder is empty.



10/ Clean the genital area again and tidy up everything. .

12/ Observe: Color and the amount of urine.

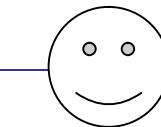
13/ Hand washing.

## VII. CLEANING THE CATHETER AND OTHER MATERIALS :

- Clean the catheter under running water with detergent. Nh rö̃a s ch ch t bôi tr n. Don't forget to brush out of the lubrication on the catheter.
- Clean the catheter again with only water. A syring can be used to clean the lumen with high speed of water.
- Waggle the water out of the catheter .
- Keep the Self-Cath in its holder; and use a dry, clean plastic bag to keep a nelaton catheter.

## VIII. ATTENTION :

1. Good hygiene of your hands and the genital area before and after catheterization.  
In case of going out ( wedding, party, long distance ) or sexual activity, it is advised to perform additional catheterization before those activities. After, just follow the the usual timeschedule of IC.
2. When urine is not clear, sedimentation, bad smelling, ...it is advised to have fluid intake more than usual until the urine is clear and not smell bad. The catheter should be boiled before use.
3. Reinforce body resistance by eating food with lots of vit. C ( find in lemon, pameло, mandarine,...)
4. Choose an adapted size of the nelaton catheter : Size 12, 14, 16,...
4. Change a new catheter for that one which is bow, expand, long used,...



## NOTES :

## Acknowledgement to:



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