



A guide to self-catheterization

Achieving independence

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Introduction

This brochure is provided by Bard, a leading provider of urology products since 1907.

The best source of information is your medical care professional; be sure to discuss your individual requirements and questions with him or her.

It is our hope that the information in this booklet, while not intended to replace advice from your medical care professional, will prove helpful as you integrate self-catheterization into your daily routine.

Achieving Independence... Learning to Self-Catheterize

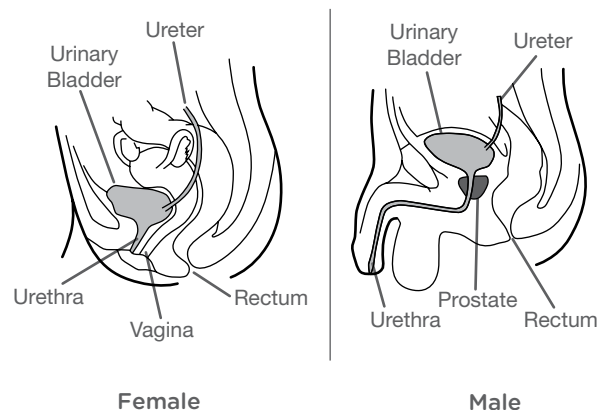
Self-catheterization increases your freedom and independence by allowing you to drain your bladder at regular intervals. Self-catheterization may also be referred to as intermittent catheterization.

The process consists of placing a thin, flexible tube (catheter) through the urethra into the bladder to drain the urine. This will need to be performed every three to six hours, based upon your fluid intake.

Employing proper hygiene and techniques will not only decrease the chance of contracting a urinary tract infection, it will also reduce skin irritation and discomfort. While initially the self-catheterization process may be difficult, it will quickly become easier as you become accustomed to the procedure.

Your Urinary Tract System

In order to properly perform catheterization, it is helpful to understand the location of the major urological landmarks.



Preparing for catheterization:

You'll want to review the self-catheterization procedure with your doctor, nurse or therapist so you're totally familiar with all the equipment and steps in the process. Choose a quiet, clean location which allows privacy.

Remember to always inspect the catheter before use. Do not use the product if the catheter or the packaging is damaged. Always wash your hands with soap and water, or with a waterless, antibacterial cleanser.

Note – Taking into account slight variations, the process described is applicable for most self-catheterization products.

Steps to Intermittent Catheterization – Male

1. Position yourself in front of the toilet or in a chair across from the toilet.
2. Clean the opening to the urethra and surrounding area with soap and water or a moist towelette.
3. If the catheter is not pre-lubricated, generously apply lubricant. Use a water soluble lubricant and lubricate the tip and the first 6" of the catheter.
4. Using your non-dominant hand, hold the penis straight up from the body at a 60 to 70 degree angle. Slowly and gently insert the catheter into the urethra until the urine begins to flow (approximately 6-8").

Steps to Intermittent Catheterization – Female

1. Position yourself comfortably with thighs spread apart. For many women, it is preferred to sit on the toilet or in a chair across from the toilet.
2. Clean the opening to the urethra and surrounding area by holding the outer labia apart and cleaning with soap and water or a moist towelette. Wipe the urethral opening to the bladder from front to back to avoid fecal contamination.
3. Lubricate the tip and the first 2" of the catheter with a water soluble lubricant. (Lubricant may be optional for women.)
4. Spread the inner labia and advance the insertion tip into the urethra. Release the inner labia. Slowly and gently insert the catheter into the urethra until the urine begins to flow (approximately 1-1.5").

Completing Catheterization – Male and Female

5. Allow urine to flow freely until bladder is empty.
6. When urine stops, begin to withdraw the catheter. It is recommended that you slowly rotate the catheter as you withdraw it and stop each time more urine drains out.
7. Check the color, odor and clarity of the urine to be aware of any changes that you may need to report to your doctor or nurse.

Tips:

- You may be able to more fully drain the bladder by leaning forward after the flow of urine has ceased.
- If you are having a difficult time inserting the catheter, take long, slow breaths. If you can press down as though you need to evacuate, this may also help to relax the muscles. Finally, allow 10-30 seconds to allow the muscle to relax after you begin insertion.
- Once urine flow begins, insert the catheter about an inch further to allow the urine to flow better.
- It is normal for insertion to become more difficult as you near the bladder.
- Studies show that infection is more likely to occur if you let your bladder get over distended.
- Men should try to hold the penis up at a 60-70 degree angle when first passing the catheter. If there is resistance, make the penis level or point slightly downward to the floor.
- Women may find it easier to wear skirts with a slip or loose underclothing that can be pulled to one side rather than off.
- If you are allergic to latex, you may develop allergy symptoms – itchy, runny nose and eyes; skin rash; swelling of lips, tongue and eyelids; and even breathing problems. Ask your physician to test you, and choose a non-latex catheter product.

Problems with UTIs?

One of the most common problems with catheterization is urinary tract infections. Talk with your doctor if you are having recurring problems about the possibility of switching to a closed system design, such as the Bard® Touchless® Plus Intermittent Catheter system.

**For more information,
contact Bard Care at 800.243.3315 or visit
www.bardcare.com**

7. Allow urine to flow freely until bladder is empty or bag is filled. Make certain the control guide is elevated at least four inches above lower portion of the bag. *Precaution – it is recommended that you hold the collection bag, as the weight of the urine could cause the catheter to separate from the collection bag.*
8. Withdraw the catheter from the urethra, stopping about three times to let any remaining urine drain. Pinch the end of the catheter prior to pulling it out to keep urine from spilling out of the catheter.
9. Remove the rest of the catheter from the collection bag by pulling it through the insertion tip. *Note – the catheter is designed to pass through the insertion tip.*
10. Close the filled collection bag by replacing the cap over the insertion tip. Make sure the cap snaps on securely.
11. When ready, you can remove the insertion tip to empty the bag. Dispose of the empty bag and packaging in a waste receptacle. Wash your hands with soap and water.

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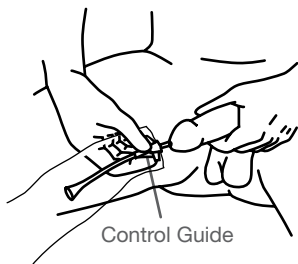
Intermittent catheters are intended for draining urine from the bladder. Reuse of a single use device may create a risk of patient or user infection. Please consult product labels and inserts for more detailed safety information and instructions for use.

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1702-19 BMD/TCHL/0917/0009
Printed in U.S.A.

Male Catheterization With the Bard® TOUCHLESS® Plus Catheter:

1. With one hand, squeeze tabs to keep the insertion tip in place as you use the pull ring to remove cap. Save cap to close the bag.
2. Slide the pre-lubricated catheter halfway into the insertion tip. You can do this through the bag so your hands do not touch the catheter.
3. Clean the opening to the urethra and the surrounding area with the provided povidone-iodine swabs.
4. Holding the penis on the sides, advance the insertion tip into the urethra no further than the base of the insertion tip.
5. Your catheter has a control guide to help stabilize the catheter in the urethra. Grab the guide through the bag with your non-dominant hand. Use your dominant hand to grasp the catheter tube through the bag.
6. Push the catheter into the urethra. Use a short, repetitive pushing motion. Continue to insert the catheter until it reaches the bladder and urine starts to flow.



7. Allow urine to flow freely until bladder is empty or bag is filled. Make certain the control guide is elevated at least four inches above lower portion of the bag. *Precaution – it is recommended that you hold the collection bag, as the weight of the urine could cause the catheter to separate from the collection bag.*

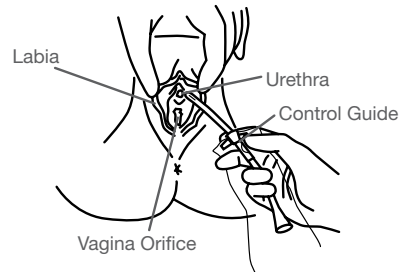
8. Withdraw the catheter from the urethra, stopping about three times to let any remaining urine drain. Pinch the end of the catheter prior to pulling it out to keep urine from spilling out of the catheter.

9. Remove the rest of the catheter from the collection bag by pulling it through the insertion tip. *Note – the catheter is designed to pass through the insertion tip.*
10. Close the filled collection bag by replacing the cap over the insertion tip. Make sure the cap snaps on securely.
11. When ready, you can remove the insertion tip to empty the bag. Dispose of the empty bag and packaging in a waste receptacle. Wash your hands with soap and water.

Female Catheterization With the Bard® Touchless® Plus Catheter:

1. With one hand, squeeze tabs to keep the insertion tip in place as you use the pull ring to remove cap. Save cap to close the bag.
2. Slide the pre-lubricated catheter halfway into the insertion tip. You can do this through the bag so your hands do not touch the catheter.
3. Clean the opening to the urethra and surrounding area by holding the outer labia apart and cleaning with the provided povidone-iodine swabs. Wipe the urethra opening to the bladder, from front to back to avoid fecal contamination.
4. Spread the inner labia and advance the insertion tip into the urethra no further than the base of the insertion tip. Release the inner labia.

5. Your catheter has a control guide to help stabilize the catheter in the urethra. Grasp that through the bag with your non-dominant hand. Use your dominant hand to grasp the catheter tube through the bag.



6. Push the catheter into the urethra, aiming upwards towards the navel. Use a short, repetitive pushing motion. Continue to insert the catheter until it reaches the bladder and urine starts to flow.

Introducing the BARD® TOUCHLESS® Plus Catheter

One of the most common problems with catheterization is urinary tract infections. Talk with your doctor if you are having recurring problems about the possibility of switching to a closed system design, such as the BARD® TOUCHLESS® Plus Intermittent Catheter system.

To order a free instructional video or get answers to questions about catheterization or products, call Bard Care at 800.243.3315 or visit www.bardcare.com.

The BARD® TOUCHLESS® Plus Intermittent Catheter System

The BARD® TOUCHLESS® Plus Intermittent Catheter system has what is known as a “closed system” designed to help reduce the risk of urinary tract infections. Among the features that you’ll find helpful are:

- 1 **Insertion tip** correctly positions the catheter in the urethra to help reduce UTIs.
 - 2 **Catheter control guide** allows control of catheter insertion with the touch of a finger.
 - 3 **Tapered neck design** decreases cuts and scrapes associated with sharp corners.
 - 4 **Catheter cap** has pull ring for easy removal – especially for people with limited dexterity.
 - 5 **Pre-lubricated catheter** reduces discomfort during insertion.
 - 6 **Large 1100cc** collection bag is durable, virtually eliminating the risk of leaks.
- **Choice** of red rubber or vinyl catheters based upon your preference and needs.
 - **Variety** of catheter sizes, and available with or without accessories.

Using the BARD® TOUCHLESS® Plus Intermittent Catheter System

You’ll want to review the procedure with your doctor, nurse or therapist so you’re totally familiar with all the equipment and the steps in the self-catheterization procedure. Choose a quiet, clean location which allows privacy.

The first step is to open the kit and remove the contents, placing them on a surface that is clean or disposable (such as paper towels). Then wash your hands with soap and water, or with a waterless, antibacterial cleanser.





A guide to self-catheterization with the
BARD® TOUCHLESS® Plus intermittent catheter system

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