

Clean Intermittent Self-Catheterisation (Female)

What is Clean Intermittent Self-Catheterisation?

Clean intermittent self-catheterisation is a procedure whereby a tube is inserted into the bladder at regular intervals to drain out the urine.

The aim of self-catheterisation is to drain out any urine left in the bladder to prevent overstretching and to avoid urine infections.

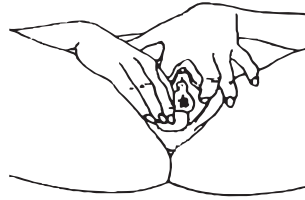
What do I need for this procedure?

You will need:

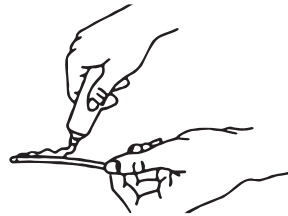
- Clean catheter
- Lubricating gel
- Soap
- Clean, dry storage container
- Urine receiver

Instructions

- 1 Wash hands and genitalia with soap and water.

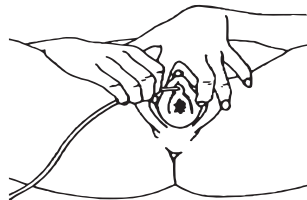


- 2 Lubricate tip of the catheter (to be inserted) with lubricating gel.



- 3 Separate labia with one hand and locate the urethra.

Insert lubricated catheter into the urethra opening until urine flows out.



Drain urine into a container or toilet bowl.

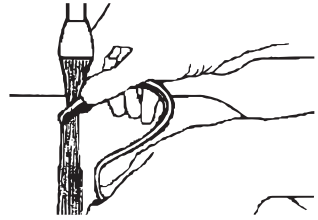
Pinch and remove the catheter when urine stops flowing.

- 4 Wash catheter with soap and water under a running tap.

Dry the catheter with clean tissue paper.

Keep the catheter in a clean container.

Change the catheter weekly. If catheterisation is done by your caregiver, change it every three days.



Dietary and fluid advice

- Drink at least 1.5 litres of water per day unless otherwise instructed by your doctor.
- Consume a high fibre diet to prevent constipation.

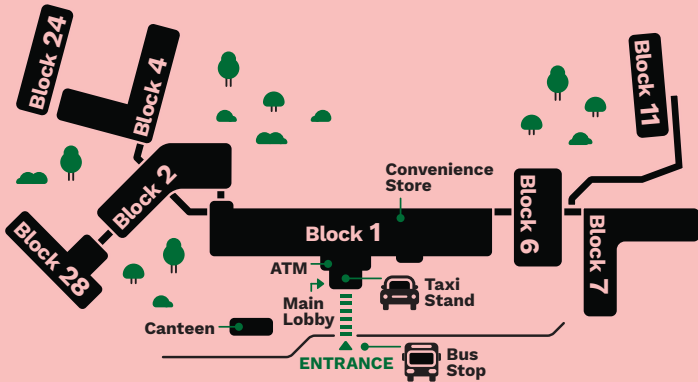
When should I seek medical help?

Consult a doctor (family doctor or specialist) if you experience any of these symptoms:

- Foul-smelling urine
- Blood in the urine
- High fever
- Pain and burning sensation when passing urine
- Increased difficulty or pain when inserting catheter

After office hours, please proceed to the nearest Emergency Department.

How to Get Around Alexandra Hospital



Block 1

Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

Level 2

- Clinic J, Integrated Care Clinic | Well Clinic
- Clinic K, Healthy Ageing Clinic | General Surgery Centre

Level 3

- Ward 7

Block 2

Level 1

- Clinic D, Dental Centre
- Clinic E, Orthopaedic Centre | Anaesthesia Outpatient Consultation Clinic

Level 3

- Day Surgery Operating Theatre (DSOT)

Block 4

Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

Level 2

- Wards 2 and 3

Level 3

- Wards 4 and 5
- Intensive Care Unit 2 (ICU 2)

Block 6

Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

Level 3

- Major Operating Theatres 3 and 4 (MOT 3 & 4)
- Intensive Care Unit 1 (ICU 1)

Block 7

Level 1

- Wards 8 and 9

Level 2

- Wards 10 and 11

Level 3

- Wards 12 and 13

Block 11

Level 1

- Rehabilitation 2

Block 24

Level 1

- Active Health Lab

Block 28

Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (June 2019) and subject to revision without prior notice.

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