



BD™ Ready-To-Use Hydrophilic Catheter

A guide to intermittent self-catheterisation for women

Please consult product labels and inserts for any indications, contraindications, hazards, warnings, cautions and directions for use.

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Patient details

Patient name:

Hospital/clinic name:

Nurse/GP name:

Telephone number:

Clinic opening hours:

Name of catheter patient is using:

Product code:

Size of catheter:

Name of home delivery service:

Number of times patient should catheterise per day:

Additional notes:

Your introduction to intermittent self-catheterisation

Intermittent self-catheterisation (ISC) is a simple procedure that drains urine from the bladder. It can be carried out safely at home, work, or when travelling so it need not interfere with everyday life. Your nurse specialist is your best resource on ISC. This booklet is intended to provide additional information and support for you.

There are many reasons why some people cannot urinate voluntarily and require catheterisation. Whatever the reason, urine must not be left in the bladder because if it remains there for too long, it can cause infection. For people who cannot pass urine voluntarily or who are incontinent, a thin 'straw like' device known as a catheter has been designed to help empty your bladder artificially, easily and with minimum discomfort. The most important advantage is the reduced risk of bladder infection and kidney damage, which can be caused by an overfull bladder or by urine that stays in your bladder for too long.

If you have experienced episodes of incontinence or have not been able to empty your bladder in the past, intermittent self-catheterisation can help reduce this problem. It will help give you the confidence to take part in everyday activities, enhancing your quality of life.



Understanding how your bladder works

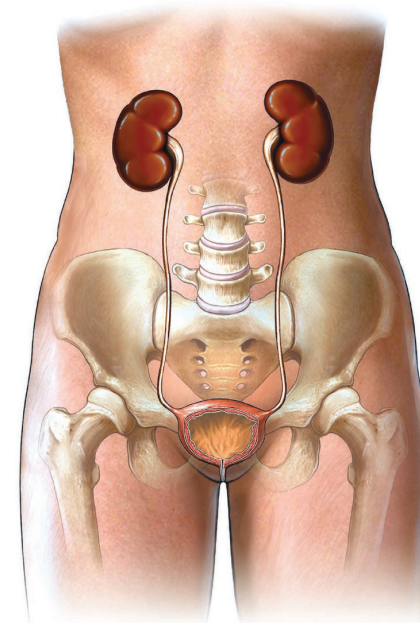
The bloodstream carries the body's waste products to the kidneys where they are filtered from the blood and combined with water to produce urine. The urine flows via tubes called ureters, a few drops at a time from the kidneys to the bladder.

The bladder acts as a storage vessel for urine. As it gradually fills with urine, the stretch receptors in the bladder wall send messages to the brain that it is time to think about emptying.

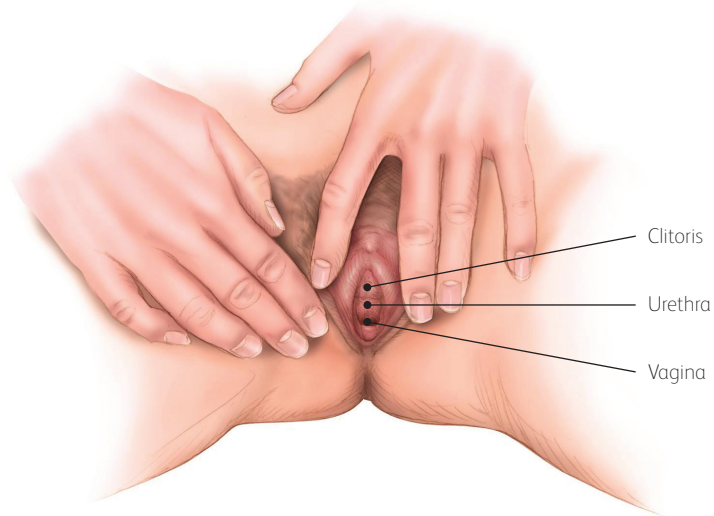
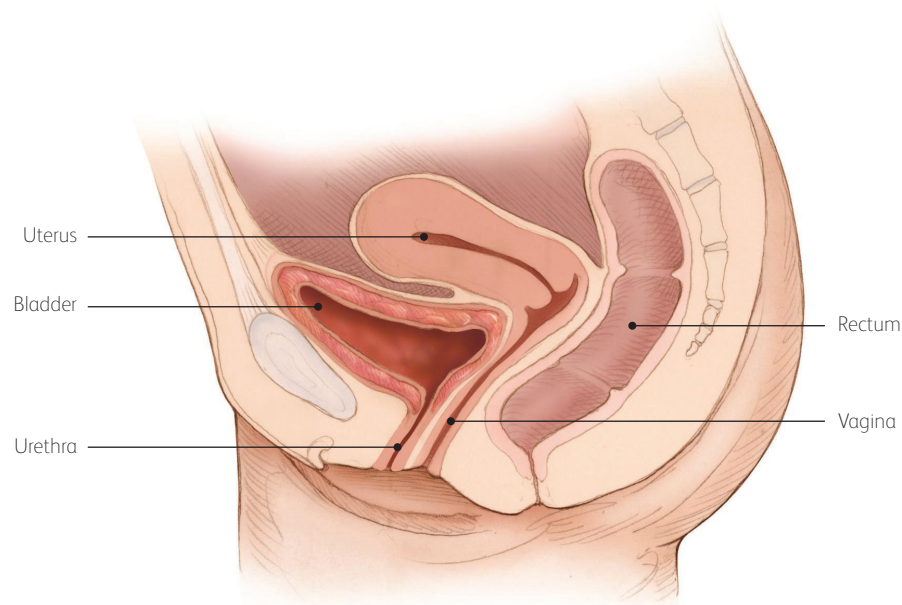
When functioning normally, the bladder receives signals from the brain that cause the urethral sphincter to open and the bladder walls to contract. The urine is then discharged from the bladder through the urethra.

A woman's urethra is straight and about 4cm long. It runs from the bladder to outside the body at a point between the clitoris and vagina.

Urination typically occurs 5–6 times per day, or whenever the bladder collects 250–350ml of urine. Production of urine slows down during the night, decreasing the need for urination.

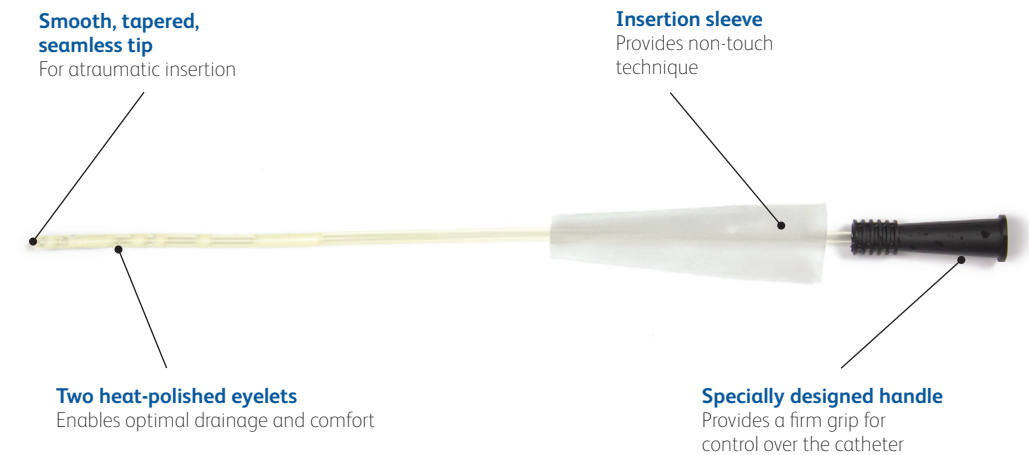


Your female anatomy



About your BD™ Ready-To-Use Hydrophilic Catheter

The BD™ Ready-to-Use Hydrophilic Catheter is made of thermoplastic polyurethane (TPU) with a polyvinyl pyrrolidone (PVP) coating. The catheter requires no activation and is ready-to-use right out of the package. Each catheter features an insertion sleeve for non-touch technique and is made with heat-polished eyelets for comfort.



Discreet packaging

The BD™ Ready-to-Use Hydrophilic Catheter comes in discreet, white foil packaging and has a blue adhesive sticker, which frees up your hands and allows you to attach the package to dry, vertical surfaces.



Instructions for use

Review the self-catheterisation procedure with a healthcare professional.

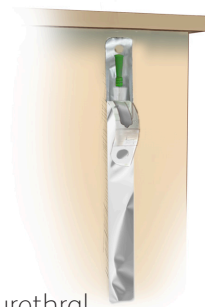
1 Always wash hands prior to use.



2 Open the catheter package by peeling the tab downwards with the aid of the finger hole or the ends of the package.



3 If desired, hang the package by removing the blue adhesive sticker and attach it to a nearby dry vertical surface while preparing to catheterise.

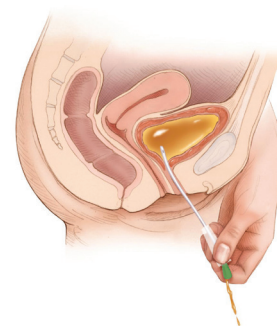


4 Get yourself into a comfortable position and wash around the urethral opening, spreading the labia and wiping from front to back using an alcohol-free wet wipe or soap and water. (Wiping from back to front can spread bacteria from the perineum and should be avoided.)

You can choose from several different positions such as standing up, lying down or sitting. Your nurse specialist will help you find the position that suits you.



5 Wash your hands again and remove the catheter from the pouch, holding the funnel end. Spread apart the labia with the non-dominant hand. With the dominant hand, insert the catheter tip into the urethral opening, allowing it to pass gently up into the bladder until urine begins to flow. Advance the catheter a further 2–3 cm. A well-placed mirror will help you to locate the urethral opening, especially when you are learning the technique.



6 When urine stops flowing, begin to withdraw the catheter. It is recommended to slowly rotate the catheter during withdrawal, stopping each time urine begins to flow. Check the colour, odour and clarity of the urine. Any changes may need to be reported to a health care professional.

7 Finish by disposing of the catheter and its packaging. Wash your hands with soap and water, just as you would normally do after using the toilet. Bags for hygienic disposal of your catheters with the general waste are available free of charge from Script-easy® with your prescription.



**DO NOT FLUSH THE CATHETER DOWN THE TOILET
– IT MAY CAUSE A BLOCKAGE.**

8 Wash hands



Tips for intermittent self-catheterisation

- To help minimise contamination of the catheter, avoid touching the tip with your fingers and avoid letting it touch other surfaces.
- Try to stay relaxed when inserting the catheter. If you feel tense, your sphincter muscle may tighten up and make it difficult to insert or withdraw the catheter. Coughing or taking a warm bath can help relax your sphincter muscle.
- You should continue to empty your bladder using the catheter during the menstrual cycle. If you use a tampon always remove it before commencing the catheterisation procedure.
- Remember that your catheter is designed to be used one time only. After each use, the catheter should be discarded in a suitable bin.

Contraindications: The product is forbidden for use if the patient has acute urethritis, acute prostatitis, acute epididymitis, and/or acute urinary tract bleeding or injury.

For further information and instructional video visit www.bardcare.uk

Frequently asked questions

How often should I catheterise?

This depends on your fluid intake, the amount of residual urine to be drained and the effect of any medication you may be taking. Some people only need to catheterise once daily, whilst others may catheterise up to six times a day. Your nurse specialist will advise on the regime that will suit you.

How much fluid should I drink?

You should drink about 1.5 litres of fluid every day. This is about 2½ pints (6–8 cups).

What do I do if I cannot insert the catheter?

Relax for a few minutes and try again. You may be anxious, causing your sphincter muscle to tighten. Coughing may help or try relaxing in a warm bath. If you still have difficulty, contact your nurse specialist who will give further advice.

What if there is blood in my urine?

Sometimes there will be specks of blood on the catheter or slight bleeding after removal. Don't worry, as this will usually clear up in a couple of days. If the bleeding persists, you should contact your nurse specialist or GP for advice.

What if the catheter goes into my vagina by mistake?

Remove the catheter and dispose of it, then start again with a new catheter.

What if the catheter will not come out?

When you are tense your muscles can go into spasm and prevent the catheter from coming out. Eventually these muscles will relax and allow you to remove the catheter, so rest for a few minutes then try again. Coughing several times as you begin to remove the catheter will also help. If the catheter still won't come out, don't panic, run yourself a warm bath and lie in it to help relax. If these suggestions don't work you should contact your nurse specialist for help.

Frequently asked questions

Can I travel overseas?

Script-easy® can provide you with a travel medical certificate which you can ask your GP to sign. This can be used every time you travel and will clearly define and approve your medical problem. Alternatively, ask your GP for a letter stating that you are carrying the catheters to manage a medical problem.

Does ISC hurt?

It may feel like a strange sensation at first, but ISC should not be painful. For some, the urethra is more sensitive when first learning, but ask for advice if this does not settle with time.

Will I always have to catheterise from now on?

This will depend on the underlying reasons for catheterisation. Sometimes ISC is a temporary measure until your bladder regains its normal function. You should report any changes in drainage volumes or pattern of passing urine to your nurse specialist who will review the clinical need for continuing ISC, or alter the frequency.

What should I do if I forget to catheterise?

You should catheterise as soon as you remember. Then continue as normal at the regular intervals you have been advised. Remember that you must completely empty your bladder to remove any residual urine and reduce the risk of infection.

What happens if I do not catheterise as often as I should?

If you miss catheterisations once or twice don't worry, but if this happens often it can cause urinary tract infection and urinary leakage. If the pressure in your bladder becomes too high, there is a risk that your urine will back up to your kidneys, which can cause serious injury.

Urine output chart

Each day record the time and amount of urine you voided normally or via a catheter (measured in ml).

P = Urine was passed normally

C = Urine was passed via catheter

Week 1

Time	P/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	P							
	C							
	P							
	C							
	P							
	C							
	P							
	C							
	P							
	C							
	P							
	C							

Week 2

Time	P/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	P							
	C							
	P							
	C							
	P							
	C							
	P							
	C							
	P							
	C							
	P							
	C							

How to obtain your supplies

Script-easy® is a **FREE** home delivery service provided by BD. A Dispensing Appliance Contractor (DAC) registered with the NHS, Script-easy® can dispense continence and stoma appliances on receipt of your prescription. Delivery is free of charge. Only the prescription fee is payable if you are not exempt.

Discreet Delivery

Script-easy® dispenses NHS prescription items in plain packaging and will deliver to your home or to an alternative address of your choice within the UK.

Advice and Help

Script-easy® staff are all trained to a high standard and can offer advice and help in the selection of appliances. A nurse helpline is also available or we can direct you to other sources of advice.

Complimentary Items

When you register with Script-easy® you will receive complimentary items associated with your specific products, which have been designed to help you get on with your day to day life.



Freephone:
0800 0121 699

Email:
script-easy@bd.com

Nurse Advice Line Freephone:
0808 168 4048

Web:
www.scripteasy.co.uk

Ordering information

Product Code	Description	Size	Quantity
RTU10F	BD™ Ready-To-Use Hydrophilic Catheter	Ch10	1 box of 30 catheters
RTU12F	BD™ Ready-To-Use Hydrophilic Catheter	Ch12	1 box of 30 catheters
RTU14F	BD™ Ready-To-Use Hydrophilic Catheter	Ch14	1 box of 30 catheters

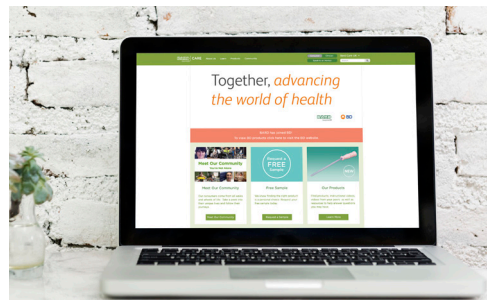
Useful Contacts

Organisation	Telephone	Email
Script-easy® Home Delivery Service	0800 0121 699	script-easy@bd.com
Script-easy® Nurse Advice Line	0808 1684 048	nurseadvice@bd.com
Bladder and Bowel Community	01926 357220	help@bladderandbowelcommunity.org
Spinal Injuries Association	0800 980 0501	sia@spinal.co.uk
Shine (formerly The Association for Spina Bifida & Hydrocephalus)	01733 555 988	firstcontact@shinecharity.org.uk
Cystitis and Overactive Bladder Foundation	0121 702 0820	info@cobfoundation.org
Disability Rights UK	03309950400	enquiries@disabilityrightsuk.org
Multiple Sclerosis Society	02084380700	helpline@mssociety.org.uk

Welcome to Bardcare.uk

We're making a promise to people who use continence products and to those who care for them. A promise to deliver great resources, support and products, to make your life easier as you go out and do the things you love to do. Offering customised education, resources and tools, get answers to the questions you may have and learn more about the products we offer.

Visit Bardcare.uk today to find out more.



Notes

This image shows a single page of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper or a document template. There are no margins, text, or other markings on the page.