



BD[®] Ready-To-Use Hydrophilic Catheter

A guide to intermittent self-catheterisation for men



Patient details

| | | |
|-----------------------|---|-------------------|
| Patient name: | Name of catheter patient is using: | Additional notes: |
| Hospital/clinic name: | Product code: | |
| Nurse/GP name: | Size of catheter: | |
| Telephone number: | Name of home delivery service: | |
| Clinic opening hours: | Number of times patient should catheterise per day: | |
| | | |

Introduction to intermittent self-catheterisation

Intermittent self-catheterisation (ISC) is a procedure that drains urine from the bladder. It can be carried out away from home or when travelling. Your nurse specialist is a key provider in the management of 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. 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 the 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.

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.

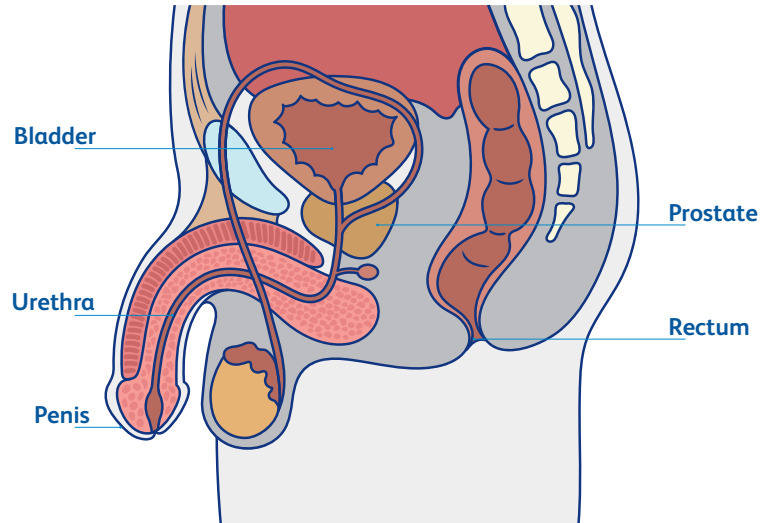
The bladder acts as a storage vessel for urine. As it gradually fills with urine, the stretch receptors in the bladder wall send messages to the brain that it is time to think about emptying.

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 man's urethra is approximately 18-20cm in length and extends from the bladder neck to the tip of the penis.

As the bladder fills it stretches to make room for the urine. The first urge to urinate is usually felt when there is approximately 240 milliliters of urine in the bladder. Most people can hold approximately 480 milliliters of urine in the bladder.

Anatomy of a male bladder system



About BD® Ready-To-Use Hydrophilic Catheter

The BD® Ready-to-Use Hydrophilic Catheter is a single use, disposable polyurethane catheter. It comes with a pre-applied water-soluble coating to assist in the navigation of the urethra. BD® Ready-to-Use Hydrophilic Catheters do not require the addition of water or waiting for the coating to activate.

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.



Insertion sleeve
Permits non-touch technique

Smooth, tapered, seamless tip

Specially designed handle
Provides grip for catheter

Two heat-polished eyelets
Enables drainage

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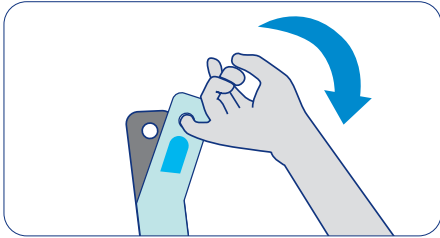
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| Specially designed handle Provides grip for catheter | Two heat-polished eyelets Enables drainage |
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Loop hole
To aid opening package

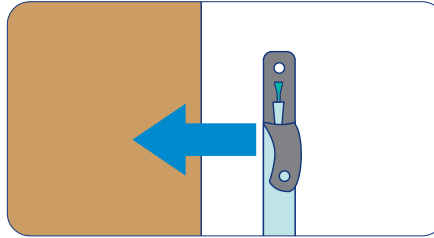
Loop hole
To aid opening package

Instructions for use

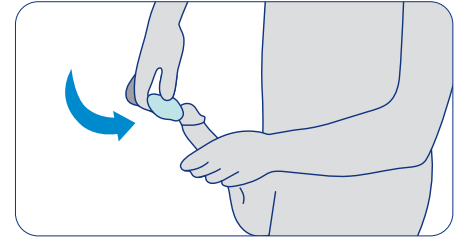
Review the self-catheterisation procedure with a healthcare professional



Always wash hands prior to use. Open the catheter package by peeling the tab downwards with the aid of the finger hole.



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

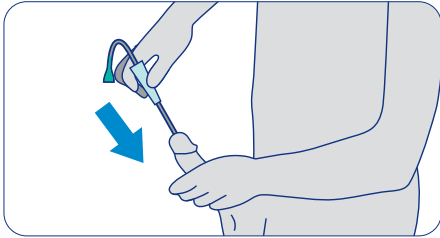


Clean the opening of the urethra and the surrounding area with an alcohol free wet wipe or soap and water. Wash your hands again.

Tips for intermittent self-catheterisation

- Practice the best technique you have been taught for handling the catheter and maintaining a 'no touch' technique to avoid contamination. Remember that your catheter is designed to be used one time only. After each use, the catheter should be discarded in a suitable bin.
- Before inserting the catheter it is advised to practice breathing techniques from the diaphragm to relax the bottom of the pelvis and prevent sphincter contraction, promoting easier insertion of the catheter and minimising discomfort.
- Remember that your catheter is designed to be used one time only. After each use, the catheter should be discarded in a suitable bin.

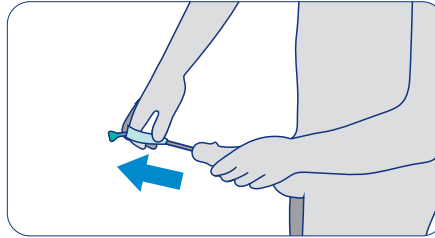
Contraindications: The product is forbidden for use if the patient has acute urethritis, acute prostatitis, acute epididymitis, and/or acute urinary tract bleeding or injury.



Hold the insertion sleeve with your dominant hand and squeeze it to grip the catheter shaft as you remove the catheter from the pack.

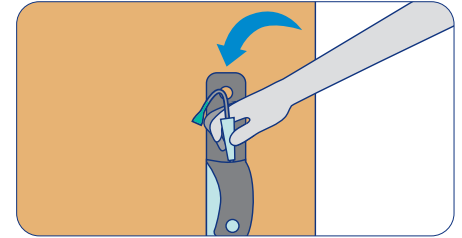
Next, hold the catheter funnel above the insertion sleeve with your other hand and slide down the shaft, stopping at about six inches from the tip. Release the funnel. Using the insertion sleeve to hold the catheter firmly, gently pass the tip of the catheter firmly into your urethra until the insertion sleeve nears the meatus.

Repeat until urine starts to flow.



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 healthcare professional.



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.

After use, this product may be a potential biohazard. Handle and dispose of in accordance with accepted medical practice and applicable local regulations.

Frequently asked questions

How often should I catheterise?

Frequency of ISC should be individualised according to daily fluid intake, volumes of urine drained and voiding (if occurring).

How much fluid should I drink?

It is recommended to consume approximately six to eight 250ml cups or glasses of liquids each day, unless you are on a fluid restriction, or as recommended by your healthcare professional.

What do I do if I cannot insert the catheter?

Never force the catheter into your urethra. If you meet resistance and cannot pass the catheter, stop, take a few slow deep breaths, which will cause the urethra to relax allowing the catheter to slide in.

What if there is blood in my urine?

Blood may be present on the catheter following removal but should not be a persisting problem. Persistent bleeding may be a sign of UTIs or urethral trauma and you should contact your healthcare professional if this occurs.

What if the catheter will not come out?

This could be caused by a spasm in your bladder. Wait 5 to 10 minutes and try to relax and then try to remove. If you are still unable to remove the catheter contact your healthcare professional.

Can I travel overseas?

Script-easy™ Prescription Solution 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.

Will I always have to catheterise from now on?

This will depend on the underlying reasons for catheterisation. You must check with your healthcare professional who can review the clinical need for continuing ISC.

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

If your bladder is unable to empty, it can cause a number of problems. It can overstretch, causing permanent damage to the bladder muscle and even kidney damage. If urine is left in the bladder for long periods of time you can develop a bladder infection. Not being able to urinate can also cause pain, urine leakage, bladder urgency, frequent urination and awakening many times at night to urinate.

Urine output chart

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

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BD® Script-easy™ Your Confidential Prescription Solution

How to obtain your supplies



Script-easy™ Prescription Solution is a **FREE** home delivery service provided by BD.

A Dispensing Appliance Contractor (DAC) registered with the NHS, Script-easy™ Prescription Solution can dispense continence 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™ Prescription Solution 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™ Prescription Solution 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™ Prescription Solution 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.

Get in touch



Freephone
0800 0121 699



Nurse Advice
Line Freephone:
0808 168 4048



Email:
script-easy@bd.com



Website:
scripteasy.co.uk

it matters.

We know it's personal, it matters to us too

Ordering information

| Product Code | Description | Size | Quantity |
|--------------|--|------|-----------------------|
| RTU12M | BD® Ready-To-Use Hydrophilic Catheter | Ch12 | 1 box of 30 catheters |
| RTU14M | BD® Ready-To-Use Hydrophilic Catheter | Ch14 | 1 box of 30 catheters |
| RTU16M | BD® Ready-To-Use Hydrophilic Catheter | Ch16 | 1 box of 30 catheters |
| RTU12C | BD® Ready-To-Use Hydrophilic Catheter, Coude | Ch12 | 1 box of 30 catheters |
| RTU14C | BD® Ready-To-Use Hydrophilic Catheter, Coude | Ch14 | 1 box of 30 catheters |
| RTU16C | BD® Ready-To-Use Hydrophilic Catheter, Coude | Ch16 | 1 box of 30 catheters |

Useful contacts

| Name | Number | Email |
|--|---------------|----------------------------------|
| Script-easy™ Prescription Solution Home Delivery Service | 0800 0121 699 | script-easy@bd.com |
| Script-easy™ Prescription Solution Nurse Advice Line | 0808 1684 048 | nurseadvice@bd.com |
| Bladder and Bowel Community | | help@bladderandbowel.org |
| Spinal Injuries Association | 0800 9800 501 | sia@spinal.co.uk |
| Shine (formerly The Association for Spina Bifida & Hydrocephalus) | 0173 3555 988 | firstcontact@shinecharity.org.uk |
| Cystitis and Overactive Bladder Foundation | 0121 7020 820 | info@cobfoundation.org |
| Disability Rights UK | 0330 9950 400 | enquiries@disabilityrightsuk.org |
| Multiple Sclerosis Society | 0808 800 8000 | helpline@mssociety.org.uk |

Notes

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



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bd.com/en-uk

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