

SensaCath® Intermittent Catheter

User guide



Your details

Each time you visit your healthcare professional for an appointment, it will help if you take this booklet with you

Name of Patient:	
Hospital / Clinic:	
Name of Nurse or GP:	
Telephone No:	
Email:	
Order Code:	
Size (CH/FG):	
Catheterise (times per day):	
Additional Information:	

Intermittent self-catheterisation

The term 'Intermittent self-catheterisation' (also called ISC) describes the method by which an individual uses a catheter to empty the bladder at regular intervals.

What is an intermittent catheter for?

An intermittent catheter is a thin, hollow and flexible tube specifically designed to be inserted into the urethra.

Intermittent self-catheterisation has two main functions. Firstly, it's used for draining urine from the bladder each time you go to the toilet; secondly, it can also be used to clear the urethra of any potential blockages (dilatation) to ensure urine can drain naturally.

Why do you need to intermittently self-catheterise?

There are several reasons why people need the help of a catheter to urinate. It may be damage to the nervous system that connects the bladder to the brain or it could be because of a condition you were born with. Whatever the reason, it's important that any urine that collects is emptied regularly and is not left in the bladder – this may lead to infection, over-filling and potential kidney damage.

ISC and you

ISC is a quick and easy method for emptying your bladder at times that fit in with your lifestyle. Over time, intermittent self-catheterisation will become a normal part of your every-day life – whether you're a 'stay-at-home' person, or an active 'out-and-about' kind of person, it shouldn't stop you from living your life in the way that you choose.

You should only start using ISC following consultation and guidance from your healthcare professional.

How your body works

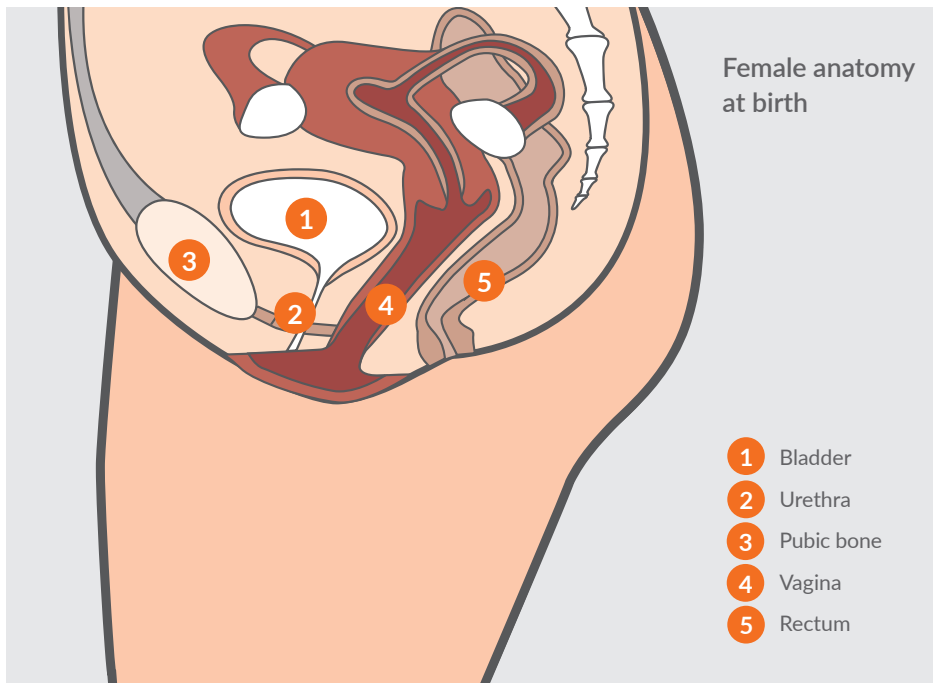
Understanding how your body works can help make sense of what's going on. It will also help answer some of the questions you may have.

Your urinary system

Kidneys make urine by filtering waste from the blood. Urine then passes from the kidneys, down the ureters and into the bladder where it's stored. When there's around 300-500ml (just over half a pint), your brain tells you that it's time to empty your bladder. When you go to the toilet and relax, urine passes down the urethra and out of the body.

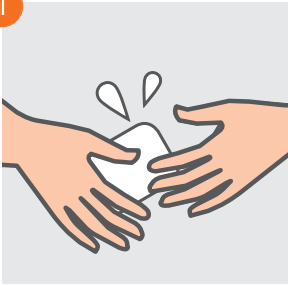
The urethra is usually somewhere between 3-5cm long and runs from the neck of the bladder to the opening of the urethra.

A catheter is used when there's a problem with that system.



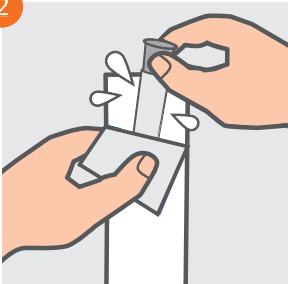
How to use Sensacath

1



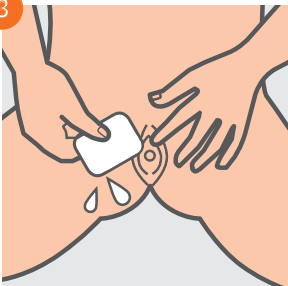
Wash your hands with soap and water and dry.

2



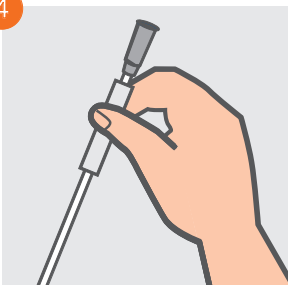
Open the top end of the foil pouch where you'll find the ring-pull. You can hang the pouch using the adhesive spot or rest it on a clean surface (e.g. the sink). Sit on the toilet – or make sure you have a suitable container.

3



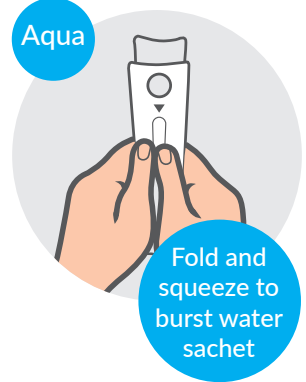
Always try to urinate before you use a catheter. Gently spread the labia and wash the urethral orifice with water. Be sure you wash from front to back to avoid any transfer of bacteria.

4

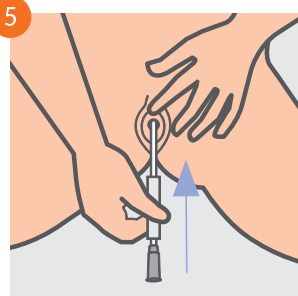


Remove the Sensacath standard catheter from the packaging. There is a transparent non-touch slider included so it is easier for you to hold and insert.

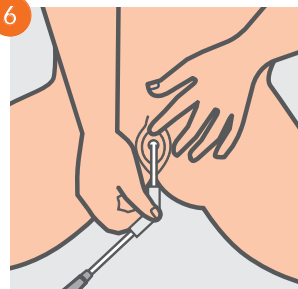
Aqua



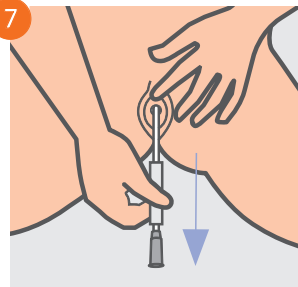
Fold and squeeze to burst water sachet



Gently insert the catheter into your urethra until it reaches your bladder (you might feel a little resistance from the sphincter). Continue to insert until urine starts to flow and direct urine into the toilet or container.



If you bend the funnel of the catheter before the flow starts, this can help avoid spillage.



When the flow stops, move your body a little to ensure the bladder is completely empty. Slowly remove the catheter. You may find a little more urine escapes as you do so – this is normal.



Dispose of the catheter by placing it back into the foil pouch before putting it with your household rubbish. Do NOT flush it down the toilet. Wash your hands and you're done!

Further information about intermittent catheterisation and SensaCath, go to www.clinisupplies.co.uk and check out our resources.

Frequently asked questions

Here's a short collection of the most common questions that get asked about intermittent self-catheterisation. If you have questions, don't be afraid to reach out to your healthcare professional for help.

Q Which catheter should I use?

It is important that you use the correct catheter and size. Your nurse will help you find the right one for you. You can use the record at the back of this booklet to write down all these details for future reference.

Q How often should I catheterise myself?

This depends on several factors: the individual, the reason for catheterisation, how much fluid you drink and whether you have been prescribed additional medication. Everyone needs to empty their bladder regularly during the day. For some people that may mean using the catheter every 3-4 hours, and for others this may only be once or twice a day – this could be a mix of urinating normally and catheterising.

For those using it to dilate the urethra after an operation, the typical routine varies from individual to individual. Your healthcare professional will advise you on what your routine should look like. At first, they may ask you to keep a record of how much urine you pass each time; this is a good basis on which to work out the routine that is right for you.

There's a useful urine output record table on page 13 of this booklet to help you with this!

Q What shall I do if I can't insert the catheter?

If you're having difficulty, don't panic. Take a short break, do something else and come back to it in 5 -10 minutes. When you do, try to relax – believe it or not, you might find it helpful to take a warm bath or have a shower! If you continue to struggle, do contact your healthcare professional.

Q What should I do if I can't remove the catheter?

This is very uncommon – if it does happen, try to stay calm. Take a short break and then try again after 5 -10 minutes. Coughing can often help you relax your muscles and make the catheter easier to remove. A warm bath or shower can also help you to relax. If you continue to have difficulty, you should contact your healthcare professional. If you can't reach them, call 111, or go to A&E.

Q How much should I have to drink?

You should drink around around 2 litres (3 pints) of fluid per day – unless your healthcare professional advises otherwise. Do try and avoid having too many caffeinated drinks, such as coffee, tea and cola as these can irritate the bladder. The colour of your urine will help to tell you if you are drinking enough – the more transparent it is in colour, the better hydrated you are!

Q Are there symptoms I should look out for?

If you notice any of the following, then you should contact your healthcare professional:

- If your urine is cloudy, or very dark in colour, has an unpleasant odour;
- If you feel a burning sensation when you go to the toilet or when you catheterise;
- If the flow of urine starts to noticeably decrease, or;
- If you are noticeably going to the toilet more frequently and urgently

Similarly, if you feel feverish, this could be a sign of infection and you should seek urgent medical advice.

What if I see blood?

Don't worry. It is relatively common to see a few drops of blood – which are caused by the catheter itself – but this should only be temporary. If bleeding is continuous (i.e. it happens on multiple occasions or continues for a period of days or weeks), you should contact your healthcare professional for advice. They will be able to tell you what's normal in your individual scenario and what you should expect.

What happens when I travel abroad?

SensaCath catheters are not yet available in all countries worldwide and even if they were, the last thing you want to have to think about when travelling is getting hold of some more products whilst abroad. Our advice is to pack as many catheters in your luggage as you will need for the length of your trip. To avoid any issues at security or with customs, it's worth asking your GP for a written note saying that the catheters are necessary for your personal medical use.

Clinisupplies can also provide you with a Travel Card that explains this in different languages to help you when going to non-English speaking countries. If you'd like one, give us a call on **0800 012 6779**.

How do I get my catheters?

Your healthcare professional will complete the necessary paperwork to ensure you get the supplies you need. There are some different options you can choose from when it comes to getting hold of the products you need. One of these is to get them delivered. Clinidirect is our home delivery service that will deliver your prescribed medical devices discreetly to your door. There are no hidden charges – home delivery through Clinidirect is free.

For more information, call us on **0800 012 6779**. You can also order online at www.clinidirect.co.uk, or through your local pharmacy.

SensaCath®

intermittent catheters

SensaCath

SensaCath is a pre-lubricated coated catheter that makes the catheter ready to use straight out of the pack. The non-touch slider supports a clean technique and ensures maximum control and dexterity throughout application.

SensaCath Aqua

Sensacath Aqua is a hydrophilic coated catheter that is activated by bursting the integral water sachet. This ensures that the catheter is lubricated evenly at the point of application. Aqua also includes an easy grip non-touch slider.

SensaCath Aqua Tiemann Tip (Angled)

A Tiemann Tip Catheter makes catheterisation easier and more comfortable for patients with urethral obstacles, strictures or a tightened urethra.

Ensure that when performing Intermittent Catheterisation with a Tiemann tip, that the tip is facing upwards towards the abdomen. There is also a mark on the funnel to denote the direction of the angled tip.



Ordering information

SensaCath is available in a range of lengths and sizes.

SensaCath FEMALE

Reference	Size	Length	Tip	Quantity	PIP Code
PSCF10	● CH10	20cm	Standard	30	409-0478
PSCF12	● CH12	20cm	Standard	30	409-0486
PSCF14	● CH14	20cm	Standard	30	409-0494
PSCF16	● CH16	20cm	Standard	30	409-0502

SensaCath Aqua FEMALE

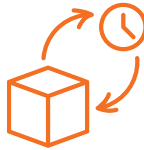
Reference	Size	Length	Tip	Quantity	PIP Code
AQUAF10	● CH10	15cm	Standard	30	419-8933
AQUAF12	● CH12	15cm	Standard	30	419-9055
AQUAF14	● CH14	15cm	Standard	30	419-9022
AQUAF16	● CH16	15cm	Standard	30	419-9006

Let us come to **you**

Simply order your NHS prescriptions for any Catheters and accessories and we will deliver direct to your door, at no additional cost to you or the NHS.



Dedicated customer care line



Every order tracked to your door



Every order is checked and re-checked to ensure order accuracy

Call our customer care team:

0800 012 6779

Opening hours:

8am-6pm Mon-Fri. 9am-12pm Sat.

Anytime online:

www.clinidirect.co.uk

Clinisupplies product support: 0800 066 3754

Email: productsupport@clinisupplies.co.uk

People love us

★ Trustpilot



Rated Excellent*

*April 2022