

9. If you find the catheter feels 'stuck' just before it enters the bladder, wait for a moment and try to relax – this will help relax the sphincter muscle. You may find a cough will help to relax it and ease insertion.
10. When the urine appears to have finished draining, pull the catheter out gently and very slowly – this will allow the urine at the bottom of the bladder to drain as well.
11. Dispose of the catheter and (if in a container) the urine.
12. Wash your hands after the procedure.

What is the prognosis or expected outcome of treatment?

Performing CISC can be either a short-term solution, whilst waiting for your bladder to recover or a long-term solution for when your bladder condition is irreversible.

You may find that the residuals you are draining are increasing or reducing over time. If this occurs refer to the information given on residuals and frequency of CISC. This will allow you to adjust the frequency yourself.

If you have any questions, please contact your specialist nurse.

Possible complications

False tracts can be made – this will happen if you force the catheter despite resistance. This will cause pain and/or blood in the tube but no urine drainage. If this happens, remove the catheter and seek medical attention as soon as possible.

Trauma – when first catheterising, some trauma may occur to your urethra. The risk reduces if you take your time, take deep breaths and insert gently.

Difficulty removing the catheter – this is uncommon but can occur if the muscles are tense. Try to relax for 5-10 minutes and try again. If still having problems, coughing can help relax the muscles. **Never force the catheter and do not cut the catheter.**

Follow up

When you start CISC at home for the first time, your specialist nurse will follow you up over the telephone. They will want to know the frequency of which you are self-catheterising, the residual volume you are draining, how you are managing with self-catheterisation and if you would like any further follow ups.

If you are happy with the procedure and the follow up you have had, you will not have another one. Throughout the entirety of your care, you will have the telephone number of your specialist nurses who will be available to answer your questions at any time.

Depending on which catheter you choose, we may register you with the home delivery service at your appointment. They will deliver the catheters to your home and will require a repeat prescription from your GP. This could be arranged between the delivery company and your GP on instruction from your specialist nurse. Your consent for the delivery company may be required which will be explained in more detail at your appointment.

Further information

Urology Specialist Nurses – 01271 311 877

Useful websites:

www.bladderandbowel.org

www.cobfoundation.org

www.patients-association.com

www.bladderandbowelfoundation.org

www.baus.org.uk – British Association of Urological Surgeons

References

<https://www.bladderandbowel.org/bladder/bladder>

