



Intermittent catheterisation

Questions and answers

Intermittent catheterisation is a well established method for restoring urinary continence. When you have been indicated by your doctor or nurse to do intermittent catheterisation you may have many questions. We have tried to answer some of them below.

1 How often should I catheterise myself?
Around 4-6 times a day, or as recommended by your doctor or nurse. You should catheterise as many times as if you had a normally functioning bladder.

2 Which size of catheter should I use?
It is important that you use the correct catheter and correct size. Your healthcare professional will help you find the right one for you.

3 What should I do if I can't insert the catheter?
If you have tried and failed, don't worry or panic. Try to relax and wait a minute before trying again. You may find it beneficial to take a warm bath before you try to catheterise again. If you still cannot manage to insert a catheter, then contact your healthcare professional.

4 How much should I have to drink during the day?
You should drink around 1.5-2 litres of fluid per day. The colour of your urine will help tell you if you are drinking enough. Your urine will be light in colour if you are drinking enough.

5 What should I do when I'm travelling?
SpeediCath® catheters are not available in all regions or countries and, even if they are, you do not want to worry about having to get a doctor's prescription while you are away from home. Pack as many catheters as you need for the duration of your trip. To avoid any problems at customs, you may want to ask your healthcare professional for a written statement saying that the catheters are necessary for medical reasons and are for your personal use.

6 Are there any symptoms I should look out for?
Yes, if you notice any of the following, then you must contact your healthcare professional; if your urine is cloudy, dark-coloured, has an unpleasant odour or if you feel a burning sensation when you go to the toilet or catheterise, 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 medical advice.

7 What should I do if I can't remove the catheter?
This is very uncommon but if it does happen, stay calm. Relax for a few minutes and then try again. Coughing can often help you relax your muscles and make it easier to remove the catheter.



SpeediCath® is a clinically well documented catheter and a convenient choice every time

Instantly ready to use

SpeediCath is instantly ready to use right out of the package. Thanks to the unique hydrophilic coating it works without the need to add water or lubrication. It does not get any faster or simpler than that.

Easy to use

SpeediCath is easy to use. The ring-pull feature offers easy opening and the adhesive dot ensures that the packaging can be attached to a smooth, dry horizontal surface. Furthermore, SpeediCath can be connected to a urine bag if needed.^{1,2}

Proven to reduce the risk of urinary tract infections

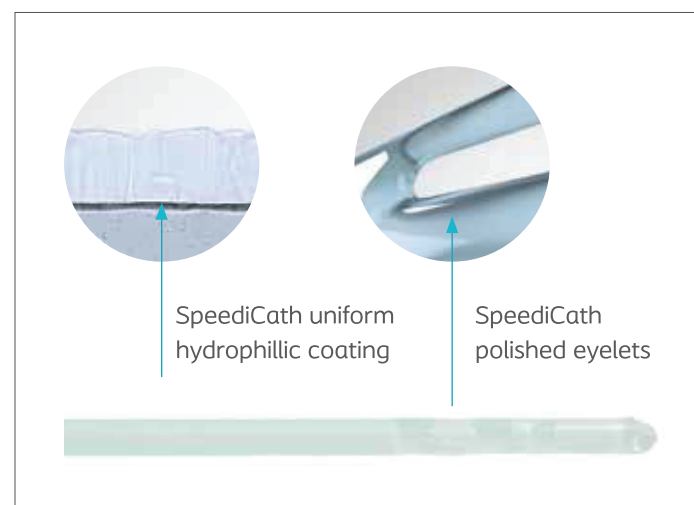
SpeediCath is proven to reduce the risk of urinary tract infection compared to uncoated and other hydrophilic-coated catheters.^{1,3,4}

Smooth and comfortable to use

SpeediCath has a unique hydrophilic coating that makes the coating very smooth and ensures comfortable insertion and reduced friction at withdrawal.⁴

SpeediCath also has polished eyelets that together with the hydrophilic coating creates a smooth catheter surface which reduces the risk of urethral damage.⁴

SpeediCath is phthalate and PVC-free for minimal impact on the environment.



References

1. Cardenas et al: Intermittent catheterization with a hydrophilic-coated catheter delays the occurrence of urinary tract infection in patients with acute spinal cord injury: A prospective, randomized, parallel, multi-centre trial. PM R 2011; 3:408-417.
2. Pascoe G, Clovis S. Evaluation of two coated catheters in intermittent self-catheterisation. Br J Nurs 2001; 10:325 -329.
3. De Ridder DJMK et al.: Intermittent catheterisation with hydrophilic coated catheters (SpeediCath) reduces the risk of urinary tract infection in spinal cord injured patients: A prospective randomized parallel comparative trial. European Urology 2005 Vol. 48 (6), p 991-995.
4. Stensballe J. et al. Hydrophilic coated catheters for intermittent catheterisation reduce urethral micro trauma: a prospective, randomised, participant-blinded, crossover study of three different types of catheters. European Urology 2005, Vol. 48 (6) p. 978-983.