

Clean intermittent self-catheterisation (CISC) for females

Alternative to CISC

If CISC does not seem like something you can do, there are alternative solutions. You may have an indwelling urethral catheter (a catheter held in your bladder by a balloon) to drain your urine for you or a long term supra-pubic catheter (a catheter inserted into your bladder through the abdomen). Both of which will either be draining into a bag attached to your leg or if you are suitable, have a tap attached to the end of the catheter with which you will drain your bladder when needed. These catheters will need changing every three months by the community nurses or the bladder and bowel specialist nurses.

How do I know when I need to catheterise?

The frequency of performing CISC will depend on what your residual is (how much urine is left in your bladder). Your nurse will give you information regarding this. However, on occasion you may have to perform extra catheterisations.

How do I perform clean intermittent self-catheterisation?

To learn how to perform CISC, you will have an appointment with the urology clinical nurse specialist or the bladder and bowel specialist nurses. In this appointment the nurse will help you to identify your urethra (the hole through which urine passes) and teach you the technique for inserting a catheter and successfully draining your bladder of residual urine. After which you will perform self-catheterisation with the supervision of the nurse. This is to ensure you are able to do this when you go home.

In addition to learning how to identify your urethra, the technique and performing CISC, your nurse will discuss with you how to adjust the frequency of CISC by the residuals you drain. The frequency can range from once a day to four times a day depending on your individual situation.

Advantages of performing CISC

- not having a permanent catheter
- giving you control back
- protecting your kidneys
- reduc

Possible side effects of treatment

Whilst CISC has many benefits, there are risks and side effects from doing so. They include:

urinary tract infections (UTIs) whilst uncommon with good personal hygiene UTIs are still possible you may need antibiotics from your GP

spots of blood on catheter removal this is not usually serious and is temporary. If the bleeding is heavy, persists or has clots, contact your specialist nurse for advice. If you are taking blood thinning medications, this risk may be higher.

slight discomfort performing CISC should not be painful; at first it may feel unusual and leave a slight sensation, but this should improve with time and practice

Technique for performing CISC

1. Follow the preparation for the catheter you have chosen.
2. Wash your hands hand hygiene is vital.
3. Make yourself comfortable could be sitting, standing or lying down, just ensure you have a receptacle for the urine.
4. Remove your underwear and any clothes in the way.
5. Identify your urethra, you will be taught this in your appointment with the CNS (see picture above)

use a light and/or mirror to help identify your urethra

if you are struggling to identify your urethra, pull gently upwards on your labia (inner and outer cover)

8. Slowly insert the catheter into your urethra if you do not get any urine, you are most likely in the vagina. This is fine, just remove it and use a new catheter to insert into the urethra.
9. When the urine slows to a finish, **slowly** pull the catheter out, stopping if urine drains again.
- 10.

Further information

Urology Specialist Nurses 01271 311 877

Useful websites:

www.bladderandbowel.org

www.cobfoundation.org

www.patients-association.com

ww.bladderandbowelfoundation.org

References

<https://www.bladderandbowel.org/bladder/bladder-conditions-and-symptoms/urinary-retention/>

<https://www.niddk.nih.gov/health-information/urologic-diseases/urinary-retention>

<https://www.wellspect.us/bladder/the-urinary-system/common-urinary-issues/retention>

<https://www.ncbi.nlm.nih.gov/pubmed/12235537>

<https://www.nursingtimes.net/clinical-archive/continence/common-problems-with-intermittent-self-catheterisation-12-10-2010/>

www.coloplastcharter.co.uk Coloplast Catheters

www.wellspect.com Lofric Catheters

www.hollister.co.uk VaPro Catheters

www.bardmedical.co.uk Hydrosil Catheters

PALS

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