



## Introduction

In order to successfully empty the bladder on a regular basis with single-use catheters, a considerable amount of important information and knowledge is necessary. We have gathered this together for you in a checklist, which is designed to assist you in consultations and when providing instructions.

For the first contact with the person concerned, as far as possible it should be clarified in advance whether he or she is cognitively and functionally in a position to apply a single-use catheter independently. If required, an extra person (e.g. a relative) should be brought in to help with instruction.

**The following points should be addressed and clarified when providing instruction on single-use catheterisation.**

## Basic information on catheterisation

- Why is catheterisation necessary?
- How is the bladder and the urinary tract made up?
- How is single-use catheterisation performed?
- How often should the bladder be emptied?
- What difficulties can occur during or after catheterisation?
- What techniques are available depending on the place and situation?
  - In hospital
  - In a wheelchair
  - At home
  - In bed
  - On the road
  - On the toilet

## Properties of the catheter

- What type of coating does the catheter surface have?
- What quality does the gliding capacity have?
- What quality do the catheter eyelets have?
- What are ready-to-use catheters?
- What are bag systems?

## How to use the catheter

- How is the catheter correctly prepared?
- How is catheterisation performed?
- What aids can be used?
  - Leg spreader
  - Penis support
  - Insertion aid
  - Mirror

## Procurement, storage and disposal

- How must catheters be prescribed?
- How can catheters be obtained?
- How are catheters properly stored?
- What should be checked before using a catheter?
  - Expiry date
  - Damage to the material
- How are catheters disposed of?
- What is needed in order to travel abroad with catheters?
  - Medical Device Passport
  - Questions to do with luggage
  - Provision at place of destination

## Accompanying information

- Why is it important to keep a micturition and drinking diary in the initial phase?
- Why is it important to make sure you drink enough?
- What hygiene measures are necessary?
- How important is a healthy diet and good bowel management for the prevention of urinary tract infections?

## Possible symptoms of a urinary tract infection

- Burning sensation when urinating
- Changes in frequency and/or intensity of the urge to urinate
- Possibly the occurrence of incontinence
- Flank pain, suprapubic pain, renal angle tenderness to percussion
- Conspicuous smell of urine (foul-smelling)
- Cloudy, strongly concentrated, possibly also flocculated urine
- Fever and/or shivering
- Blood in the urine (haematuria)
- Feeling of intense tiredness and markedly reduced performance
- The catheter is difficult to insert and/or remove
- Increased spasticity
- Autonomic dysreflexia

## Medical help

For the following complications, it is advisable to see a doctor:

- In the event of newly occurring pain during or after catheterisation
- The catheter is difficult to insert into the bladder
- In the event of blood on the catheter or in the urine
- In the event of discoloured, foul-smelling urine
- In the event of fever
- In the event of pain in the lower back region