



Female Intermittent Self-Catheterization

女性間歇性清潔自我導尿法(英文)

Introduction

Intermittent Catheterization (I.C.) is a convenient, safe, and effective method for completely emptying bladders at regular intervals. It has a wide range of indication and can be performed in non-sterile situation without complicated sterilization. The procedure is simple and easy to learn.

Indication

Patients that could not void under normal situation can perform I.C. by themselves or by their caregivers.

Contraindications

- Mentally unstable patients
- Involuntary arms without caregiver
- Small urinary capacity

Procedure

1. Sterilization: The catheter can be soaked in the disinfectant solution (Povidone-Iodine Solution or Hibicet Hospital Concentrate) with 1 : 10 ratio of diluted boiled water. Put it in a container provided by the I.C. set. Change the disinfectant solution every week to maintain the efficacy of disinfection.
2. Cleaning : use soap to wash hands and external genitalia.
3. Position : standing or sitting on the toilet; supine with bilateral leg opening if performed by others.

4. Frequency of I.C. : 3 to 4 times a day; before bedtime and after wake-up; adjust the frequency according to the voiding volume.
5. Notice : The adequate voiding volume is 300 ml to 500 ml each time.
6. Procedure :
 - Equipments: Clean hand towel or washcloth and mirror.
 - After washing hands, keep yourself in a comfortable position either on the bed or on the toilet. Part your thighs widely.
 - Lubricate the catheter.
 - With one hand, separate the labia. With the other hand, use the washcloth to clean vulva from front to back in a single stroke.
 - Still holding the labia apart, grasp the lubricated catheter with the other hand 3-4 inches from the tip. Insert the catheter slowly and gently into the urethra.
 - Thread the catheter into the bladder, a distance of 2 to 3 inches. When the catheter is in the bladder, urine will drain out. Collect the urine into the hat.
 - When the flow of urine stops, gently remove the catheter. Wash the catheter with soap and water, dry it with a clean towel and store it in a resealable plastic bag.
 - Be careful about the color change of the urine. If there is any change in the color or odor of the drained urine, please contact your physician.
 - Maintain the drained urine around 300 ml to 500 ml. Plum juice or cranberry juice may acidify the urine and lower the chance of urinary tract infection.

Notices

1. To prevent pyelonephritis and cystitis, avoid distended urinary bladder.
2. If there is any urinary incontinence, please contact your physician for further evaluation and treatment.
3. I.C. can achieve up to 90 % free from urinary tract infection; but the 58 % bacteriuria, antiseptics or oral antibiotics is used to treat such a condition.
4. I.C. is a convenient and effective procedure with low infection rate. It is for bladder training. It is a short-term or long-term alternative for Foley catheter.
5. I.C. is not a wonder drug. Patients should stick to regular follow-up checks and contact with our medical staff.

