



A note about our preferred catheter:

Comfort's preferred catheters are Straight catheters.

Straight catheters are part of intermittent catheterization, the periodic emptying of the bladder with a sterile catheter each time a person cath. This allows catheter users to prevent dangerous UTIs.

Comfort Medical provides gentle catheters with smooth, fire-polished eyelets to cut down on the instance of urethral trauma that can cause the formation of scar tissue or strictures.

Intermittent Catheterization for Women

This educational material is provided in an effort to answer questions and address possible concerns about the intermittent catheterization process.

By following the basic steps for intermittent catheterization, it is possible to quickly master the technique and make the process part of your daily routine for bladder management and urinary tract health.

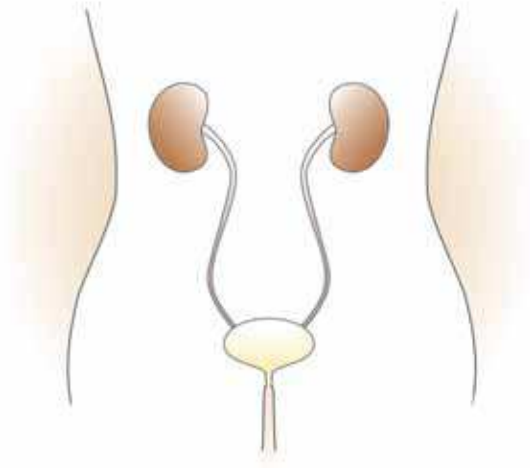
Thank you to Anne Boisclair-Fahey, DNP, RN, CPNP for writing this educational material. She is a pediatric nurse practitioner in pediatric urology at the University of Minnesota.

This instruction guide is not a substitute for medical advice from your healthcare provider.

The Urinary System

The urinary system contains two kidneys, two ureters, the bladder, and the urethra. The kidneys filter the blood and produce urine. The urine travels from the kidneys down the ureters and into the bladder, where it is stored until emptied during urination or catheterization. The urethra is the tube that empties the urine out of the body.

When the bladder is full, the brain sends a signal down the spinal cord to the bladder, causing it to empty. For people with spinal cord issues, the signal from the bladder to the brain gets interrupted, making them unable to empty their bladder.



When people are unable to empty their bladder on their own, they are at risk for urinary tract infections, as well as involuntary loss of urine (incontinence). When urine stays in the bladder and is not emptied, bacteria can grow, causing infections that can lead to illness. Research has shown that intermittent catheterization helps reduce urinary tract infections, control urinary leakage, and prevent urinary tract damage.

Introduction to Intermittent Catheterization

Intermittent catheterization is the periodic emptying of the bladder by the insertion of a hollow plastic tube (catheter) into the urethra, past the sphincter muscles and into the bladder. Urine then passes out of the bladder through the catheter.

Intermittent catheterization is used when a person is unable to empty his bladder. Medical conditions that often require intermittent catheterization include spinal cord injuries, spina bifida, and multiple sclerosis.

Intermittent catheterization must be done at regular intervals each day to keep the bladder healthy. A healthcare provider has recommended intermittent catheterization to help empty your bladder and keep the urinary system healthy.

How Often Should I Catheterize?

Your healthcare provider will let you know how often you will need to perform intermittent catheterization and the size of the catheter you will need. Normally, intermittent catheterization is performed every four hours starting when you wake up in the morning and continues every four hours until bedtime. Some people catheterize on a more frequent schedule. Most people who catheterize do not need catheterization at night.

Where Do I Get Catheters?

You will be taught intermittent catheterization by your healthcare provider who will determine the size and style of catheter that you will need.

Intermittent Catheterization Instructions for Women

Catheterization can be performed lying down, sitting on the toilet with their legs apart, standing in front of the toilet, or sitting in a chair or wheelchair. Some women may perform it lying down with pillows behind their backs. Do what is most comfortable for you. Initially you may want to use a mirror to help locate the urethral opening. The mirror can be placed on a low stool in front of the toilet seat. It may take time for you to locate the proper opening. Eventually, most women learn to catheterize by touch and feel.

1. Before you begin, gather the following materials:
 - Intermittent catheter in sealed wrapper
 - Water soluble lubricant
 - Something to cleanse the area: soap, water and a washcloth, or unscented disposable wipes
 - A container to collect the urine if not cathing while sitting on or near a toilet
 - Hand towel
2. Inspect catheter before use. If catheter or package is damaged, DO NOT USE.
3. Wash hands thoroughly with soap and water or use an antibacterial hand cleaner.

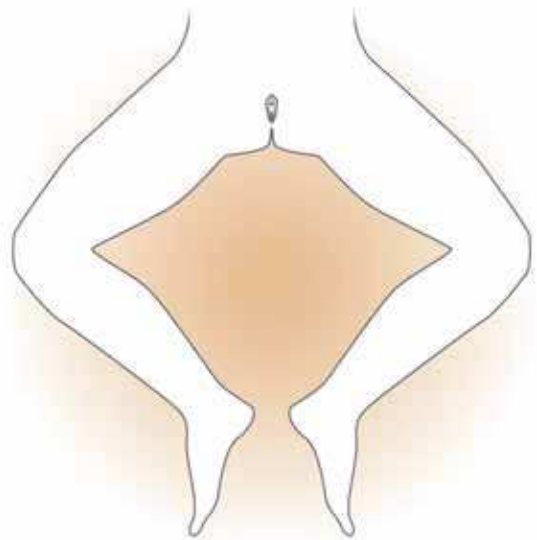
Intermittent Catheterization Instructions for Women (continued)

4. Lay out the equipment so it is within easy reach. Open the water soluble lubricant and catheter package. Apply a liberal amount of lubricant to the tip and first several inches of the catheter.

Sterile catheters are packaged individually.



5. Position yourself comfortably. If sitting on the toilet, spread your legs far apart. If lying down, bend knees and place your heels together in a “frog-like” position.
6. Using the non-dominant hand, separate the labia with the thumb and forefinger to locate the urethra.
7. With the labia separated, wash the urethral area from front to back thoroughly with soap, water, and washcloth or unscented disposable wipe. Never go back and forth over the urethral opening. Repeat washing from front to back with the different areas of the washcloth or a new disposable wipe two more times.



8. With your dominant hand, insert the catheter gently into the urethral opening. Continue to insert the catheter until urine begins to flow. If sitting on the toilet the urine can drain into the toilet. If lying down, place the funnel end of the catheter into a container to collect the urine. Hold it in place until urine stops flowing.
9. When urine stops flowing, slowly rotate the catheter between your fingers while withdrawing the catheter. If urine starts to flow again when withdrawing the catheter, stop each time it flows and let the urine drain. When the bladder is empty, finish removing the catheter.



Intermittent Catheterization Specifications:

- Use intermittent catheter with polished eyelets in size:
 8 FR 10 FR 12 FR 14 FR
- Catheterize _____ times a day or every _____ hours.
- Catheterization required at night: Yes No

Physician contact information:

Name

Telephone Number

Product supplier contact information:

Comfort Medical

Name

1-800-700-4246

Telephone Number

1-800-604-9760

Fax Number