

Appendix 4. Procedure for performing, and education of, clean intermittent self-catheterisation (ISC) in female patients.

Equipment Required: Mirror (for female patients when teaching self-catheterisation) appropriately sized single use pre lubricated catheters for a female patient & suitable container for collecting urine if required

- Wash hands using liquid soap and running water or alcohol gel. Healthcare professionals must wear gloves. Patients performing the procedure do not need to wear gloves when self-catheterising, however good hand hygiene is essential.
- Advise woman to take up a comfortable position, depending on mobility (e.g. sitting on toilet, standing with one foot placed on toilet seat)
- Spread the labia and wash genitalia from front to back with soap and water, and then dry. Advise the woman that if she is performing the procedure where this is not possible, e.g. public toilet the use of disposable wet wipes is recommended.
- Open the catheter packaging or container. Follow manufacturers' instructions to activate lubricated coating (N.B. some catheters require activating with water or gel, others are ready to use).



- Find the urethral opening above the vagina. A light and mirror can be used to help to teach the patient to identify the urethral opening. Explain that the opening of the urethra is in front of the vagina and behind the clitoris (pictured)
- Explain that if it is difficult to see the urethra, gently draw the labia forwards & upwards with their fingers; it may be possible to feel the urethral opening like a small pit on a sensitive mound;
- Gently insert the catheter into the urethra approximately 5cm or until urine drains, taking care not to touch the part of the catheter entering the body.
- Drain the urine into the toilet or suitable container. When the urine stops flowing slowly remove the catheter, pausing if more urine starts to flow.

- Dispose of the catheter and any equipment used according to HDUHB policy.

General advice to give to woman

- Don't flush catheters down the toilet.
- If finds any difficulty using the catheter - take some time to relax before trying again
- If inability to self-catheterise - contact the catheter nurse or midwife as they may need a temporary indwelling catheter
- If unable to remove the catheter - relax and wait a few moments before trying again; coughing whilst you draw back the catheter can help
- symptoms of a urine infection – if has pain in lower abdomen (tummy), you feel unwell, or are having hot and cold spells, advise should contact your GP.

Ensure all woman is given the Hywel Dda Maternity patient information leaflet, Intermittent Self Catheterisation (CISC) in Women