

Emptying bladder during self-catheterisation

– for men

SpeediCath®



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For those who are about to start doing catheterisation

In this brochure, you can read about regular bladder emptying with hydrophilic drainage catheters. The method is called clean intermittent catheterisation (CIC). This means that you empty the bladder completely with a drainage catheter.

There are various reasons why the bladder does not empty. The CIC procedure is reviewed by a doctor, urotherapist or nurse. Learning catheterisation requires patience and, like other things, is a bit challenging at first. It is about finding new routines in everyday life. On the following pages, you can read more about

CIC, the various catheters, member organisations and Assistance. Assistance is our member magazine that is published several times a year. It updates you on news and has many current topics written by healthcare professionals and catheter users.

The brochure has been prepared in collaboration with the urotherapists Jannicke Frugård and Jannike Mohn at Helse Bergen, Haukeland University Hospital. This brochure is a supplement to the training provided.

Coloplast Norge AS





Men and CIC

Failure to empty the bladder during normal urination can lead to urinary tract infections, bladder stones, urine leakage and, in the worst case, kidney damage. To avoid urinary tract complications, it is important that the bladder is emptied with a disposable catheter.

If you empty your bladder regularly with CIC, you can have better control over urination and feel safer in everyday life.

The catheter should always be used in consultation with a physician. Training is provided by a urotherapist or nurse.

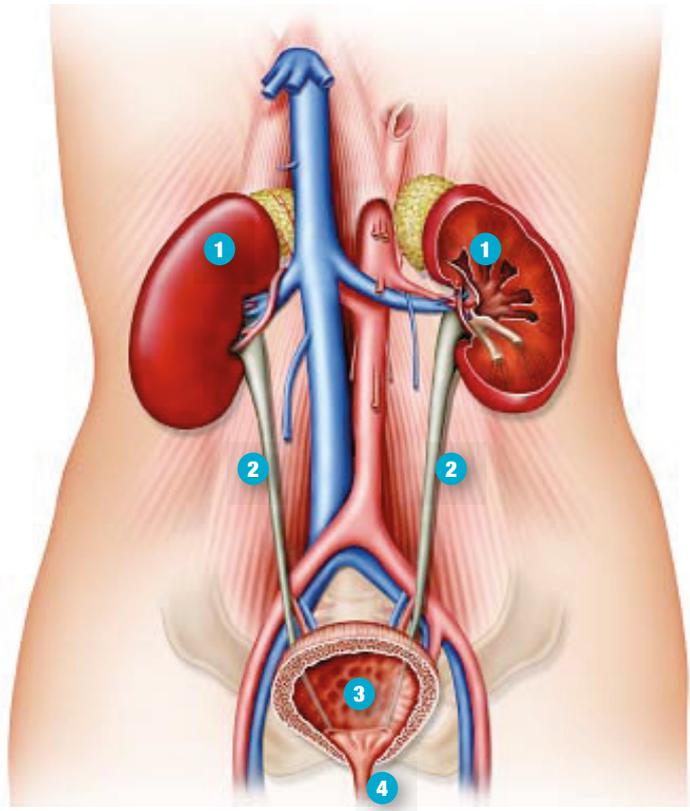
Causes of incomplete bladder emptying:

- Neurological injuries/diseases, such as MS and Parkinson's disease
- Congenital malformations
- Abdominal or bowel surgery
- Prostate problems
- Damage to the urethra
- Diabetes
- Medications
- Poor bladder emptying for unknown reasons

Normal function of the kidneys and urinary tract

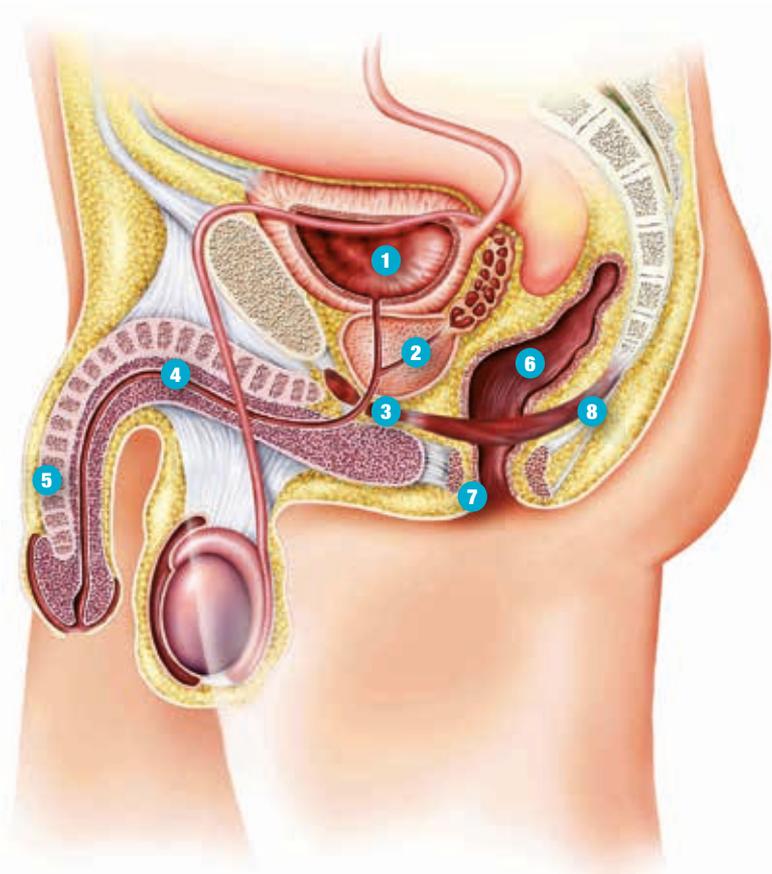
Urine is formed in the kidneys (1) by filtering the blood. From the kidneys, the urine is passed through the ureters (2) down into the bladder (3). New urine is formed continuously and stored in the bladder. When you want to empty the bladder, the bladder will contract, the

sphincter relaxes and the urine is emptied through the urethra (4). It is normal to urinate four to seven times a day, usually when the bladder contains 250–400 ml of urine. Frequency may vary depending on fluid intake. (5) The illustration depicts a full bladder.



Male lower urinary tract

- | | |
|-----------------------|-------------------|
| 1. Bladder | 5. Penis |
| 2. The prostate gland | 6. Rectum |
| 3. Outer sphincter | 7. Rectal opening |
| 4. Urethra | 8. Pelvic floor |



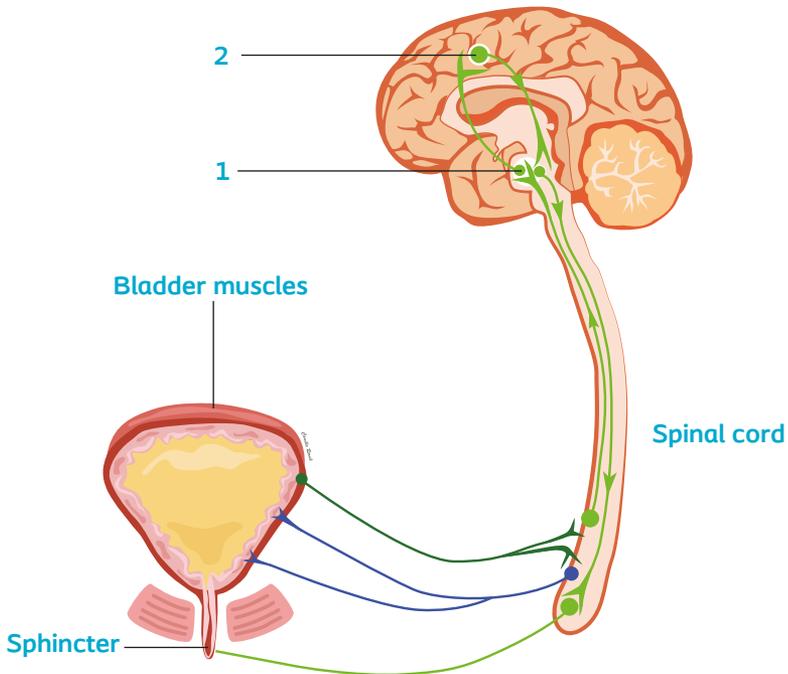
Normal bladder emptying

The bladder usually has a capacity of 400 ml. We usually urinate four to seven times a day. The frequency depends on fluid intake.

When there is 200–300 ml in the bladder, a message, or nerve impulse, is sent from the bladder wall via the central nervous system in the spinal cord to the superior urination centre in the brainstem, pons (1). We have a will-controlled urination centre in the cerebral cortex (2). When the nerve impulse continues here, we feel the urge to urinate.

This centre is located in the more “developed” part of the brain, which, among other things, can coordinate our senses. Herein lies the explanation for why we can usually postpone urination until we get to the toilet.

When emptying the bladder in the toilet, nerve impulse travels from the will-controlled urination centre (2) via the pons (1) and spinal cord to the muscles in the bladder wall, which contract at the same time as the sphincter muscle opens. Then we pee.



Different positions for catheterisation

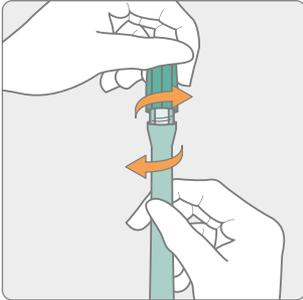
Choose the position that suits you best



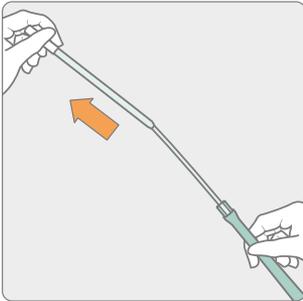
A good piece of advice if you use a catheter

It is important to have plenty of time to catheterise yourself. It is important that all the residual urine be removed to avoid urinary tract infections. Bacteria multiply rapidly in the urine that remains in the bladder. Avoid consuming too much fluid in the evening. Then you do not have to get up at night to empty your bladder.

Catheterisation for men with SpeediCath[®] Compact Man



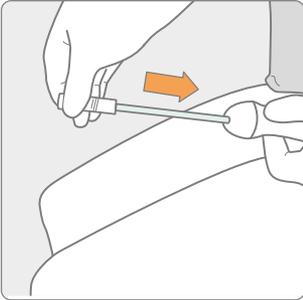
1. Wash your hands with soap and water. It is important to avoid bacteria being transmitted from your hands to catheters. If you can, try to urinate before catheterising yourself.
2. The catheter is ready for use in a sterile saline solution. Open the catheter when you are completely ready to catheterise yourself. Hold the catheter vertically with the lid facing up. Open the packaging by unscrewing the lid.



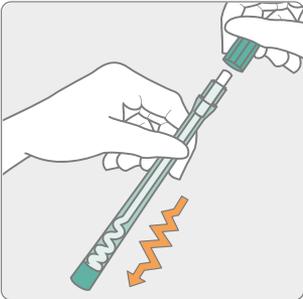
3. Pull the catheter completely out of the sleeve. The catheter is now ready for use. Hold the white coupling. Do not bend the catheter.

Scan the QR code to see an animated video showing actual catheterisation with SpeediCath Compact Man.



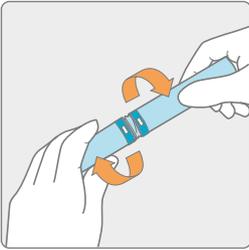


4. Washing your genitals once a day is enough. Pull back the foreskin when washing. Hold the penis up against the abdomen so that the urethra is straightened. Gently insert the catheter until the urine begins to flow and then continue a few more centimetres. Then point the catheter down into the toilet and allow the urine to drain.

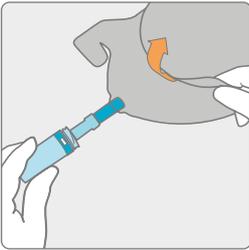


5. When you have finished the catheterisation, put the catheter back in the sleeve and screw the cap back on. Dispose of the catheter with residual waste. Finally, wash your hands.

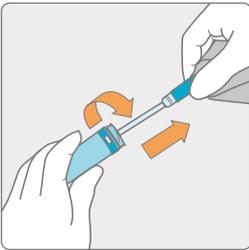
Catheterisation for men with SpeediCath[®] Compact Set



1. Wash your hands with soap and water. It is important to avoid bacteria being transmitted from your hands to catheters.



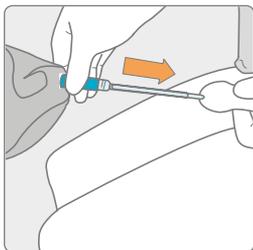
2. The catheter is ready for use in a sterile saline solution. Open the catheter when you are completely ready to catheterise yourself. Rotate the catheter to remove the sleeve. Then fold out the bag.



3. Twist and pull the catheter completely out of the sleeve. The catheter is now completely ready for use.

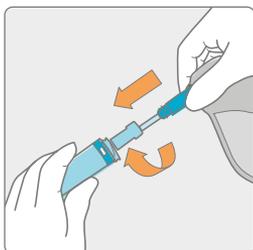
Scan the QR code to see an animated video showing actual catheterisation with the SpeediCath Compact Set.



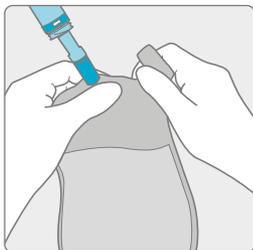


4. Lift the penis up towards the abdomen so that the urethra is straightened. Gently insert the catheter into the urethra until the urine begins to flow into the bag, and then insert the catheter a few centimetres further.

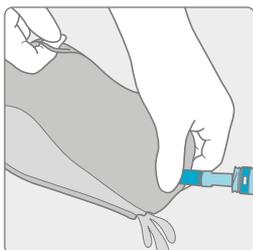
5. When urine stops flowing, the catheter should be withdrawn approx. 1–2 cm. If the urine starts to flow again, wait until the urine flow stops. Then slowly pull out the catheter to make sure the bladder is completely empty.



6. After emptying the bladder, put the catheter back in the sleeve before emptying the urine bag.

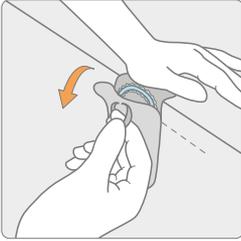


7. Open the urine bag by tearing off the peg.



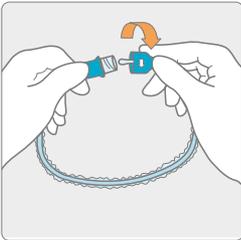
8. Empty the urine bag. After emptying, the bag can be repacked and put back into the sleeve together with the catheter. Dispose of the catheter with residual waste. Wash your hands afterwards.

Catheterisation for men with SpeediCath® Flex

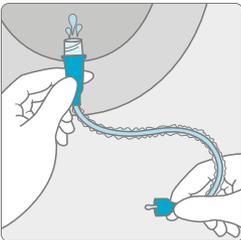


1. Wash your hands with soap and water. It is important to avoid bacteria being transmitted from your hands to catheters. If you can, try to urinate before catheterising yourself.

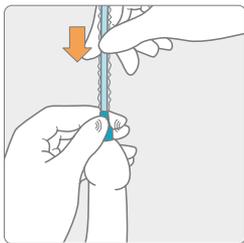
2. Open the package when you are completely ready to catheterise yourself. Attach the package to a flat surface using the adhesive on the back of the package.



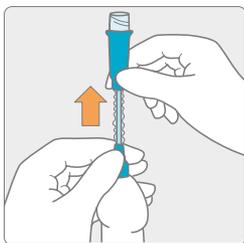
3. Open the catheter by turning the grip handles in the opposite direction.



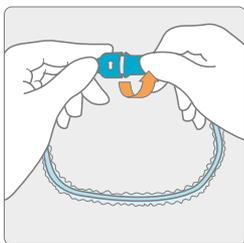
4. Drain the water down the toilet or sink. A urine bag can be connected if desired. Wash your hands with soap and water. It is important to avoid bacteria being transmitted from your hands to catheters. If you can, try to urinate before catheterising yourself.



5. Washing your genitals once a day is enough. Use the grip handle to insert the catheter into the urethra. Pull on the dry sleeve to insert the catheter gradually into the urethra and bladder.



6. Stop inserting the catheter as soon as the urine begins to flow. When it stops flowing, pull the catheter out one piece at a time to make sure the bladder is completely empty.



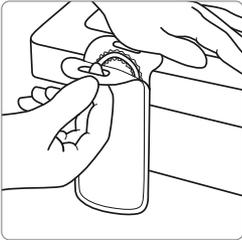
7. After use, screw the grip handles together and return the catheter to the package. Use the sticker to close the package.

Dispose of with residual waste.

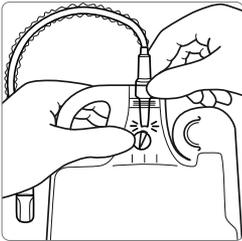
Scan the QR code to see an animated video showing actual catheterisation with SpeediCath Flex. This video is for men in wheelchairs.



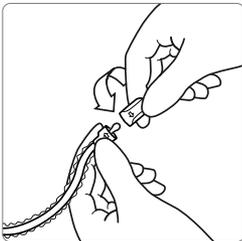
Catheterisation for men with SpeediCath® Flex Set



1. Pull the ring on the flaps and open the packaging with both hands. Using one hand, attach the adhesive surface of the package to a flat surface and pull on one tab to open the package.



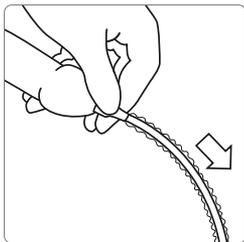
2. The turquoise symbols indicate points of action. Break the pin on the inside of the bag to release the water-based solution. Hold the catheter straight up and drag your fingers down the catheter sleeve to get all the water out.



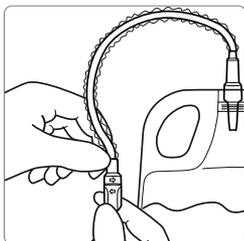
3. Unscrew the cap on top of the catheter sleeve. The catheter is now ready for use. Use the grip handle to insert the catheter into the urethra.

Scan the QR code to see an animated video showing actual catheterisation with the SpeediCath Flex Set.

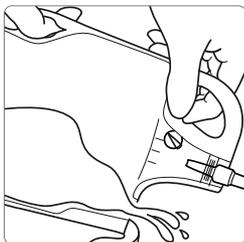




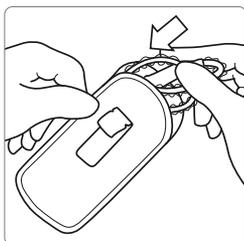
4. Once the catheter tip has been inserted into the urethra, hold the penis and the turquoise handle in the same hand. With the other hand, use the dry sleeve to insert the catheter slowly into the bladder.



5. When the flow of urine stops, pull the catheter out 1–2 cm. If there is more urine, wait a while until the urine flow stops. Then pull out the entire catheter. After use, close the catheter with the turquoise cap.



6. Pull the dotted line to open the urine bag. Hold the handle for good support when emptying the urine bag.



7. The catheter can be put back into the package and closed. Dispose of with normal residual waste.

Catheterisation for men with SpeediCath® Standard



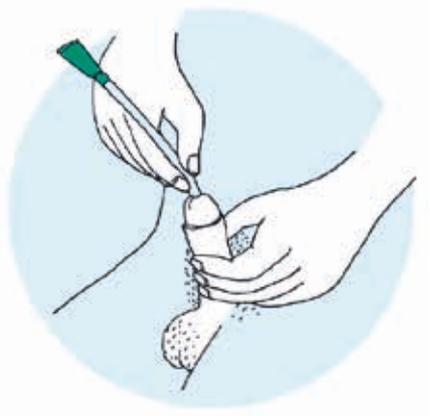
1. Wash your hands with soap and water. It is important to avoid bacteria being transmitted from your hands to catheters. If you can, try to urinate before catheterising yourself.



2. Open the package when you are completely ready to catheterise yourself. Remove the white patch at the top of the package. Attach the package to a table or to the edge of the sink. The catheter can also lie flat without the water running out of the gasket.

Scan the QR code to see an animated video showing actual catheterisation with SpeediCath Standard





3. Washing your genitals once a day is enough. Pull back the foreskin when washing. Hold the penis up against the abdomen so that the urethra is straightened. Gently insert the catheter until the urine begins to flow and then continue a few more centimetres. Then point the catheter down into the toilet and allow the urine to drain.
4. When the urine stops flowing, slowly pull out the catheter one piece at a time to make sure the bladder is completely empty.
5. When you have finished the catheterisation, put the catheter back into the package and throw it away with residual waste. Finally, wash your hands.



Bladder emptying with hydrophilic drainage catheters

Coloplast has a wide range of hydrophilic drainage catheters. Healthcare professionals help you choose the right size. A hydrophilic drainage catheter is gentle on the sensitive lining of the urethra. Hydrophilic means that the surface of the catheter becomes smooth when it comes into contact with water. The catheter eyes on the catheters are finely polished and produce low friction, thus reducing the risk of damage to the urethra. The SpeediCath catheters do not contain PVC or phthalates. They are ready for use in sterile saline. The packaging is discreet and easy to carry everywhere.

SpeediCath® – ready to use

If you are dependent on catheterisation several times a day, comfort is very important. SpeediCath catheters are available in standard and compact catheters.

EasiCath®

EasiCath is a dry, sterile disposable catheter. The catheter bag must be filled with water so that the catheter is smooth. You have to wait for approx. 30 seconds before catheterisation begins. EasiCath contains PVC and phthalates and may feel softer than a SpeediCath catheter for some. Some users will prefer it as an alternative to SpeediCath.

Latex-free catheters

Coloplast disposable catheters and urine bags do not contain latex.

Frequently asked questions for men using catheters

How often should I catheterise myself?

It varies from person to person. The most important thing is to follow the advice of health professionals. It is common for many to catheterise themselves four to seven times a day. The intake of fluids and diuretics also affects how often you catheterise yourself. It is important that what you expel and possibly urinate each time does not exceed 400 ml. Residual urine contains many bacteria and can cause urinary tract infections.

Can I use the catheter several times if I have taken too few with me on trips?

No, the surface treatment is greatly reduced after the first catheterisation. Disposable catheters are for single use only.

What do I do when I travel abroad?

Always bring more catheters than you normally use. Keep them in your hand luggage. Your luggage may go missing in transit. Coloplast has prepared a travel certificate written in six different languages. It confirms that you have medical equipment on board. The certificate is stamped by your doctor or other healthcare professional. Show the certificate at the security checkpoint to get through the check more easily.

We recommend SpeediCath catheters that are ready for use when opening the package. If you use dry catheters, you are dependent on good water quality.

What symptoms should I be aware of when using a catheter?

Typical signs of urinary tract infection may be a burning sensation, an increased tendency for leakage, or bad odour from the urine. Fever, nausea, abdominal or back pain can also be a sign of a urinary tract infection. Contact your doctor. If you notice a little blood on the catheter, there is no need to worry. It is probably due to a slight irritation in the lining of the urethra, which usually passes after a few days. This occurs most often when you begin catheterisation. Contact a doctor if the problems do not subside.

What do I do if the catheter does not enter completely into the bladder?

This may be because the sphincter contracts reflexively. Wait a while—do not try to push the catheter in. Relax, take a deep breath in and out and try again. Try changing your body position while the catheter is in position. If it does not work after several attempts, contact your doctor, urotherapist or nurse.



What is urotherapy?

Bladder function disorders can be complex conditions. This group of patients may have an acute, long-term or chronic health problem. Urotherapy seeks to establish/maintain normal bladder function.

Investigation, treatment, guidance and teaching are key aspects for a urotherapist in clinical work. The patient is involved as much as possible in their own treatment.

Who are urotherapists?

Urotherapists are specialist nurses with high competence and professional insight when it comes to functional disorders in the lower urinary tract. Urotherapists have completed higher education corresponding to 60 credits at Bergen University College or at the University of Gothenburg.

Where can you find urotherapists?

In Norway, urotherapists are found in hospitals in urological, gynaecological, neurological and rehabilitation wards, in paediatric wards/child rehabilitation wards and in retirement and nursing homes. In the long term, it is desirable to also be able to offer assessment/follow-up with a urotherapist in the home-based services and within other relevant health services.

What are the skills of a urotherapist?

Bladder function disorders affect patients of all ages and of both sexes. Many of the conditions are taboo. If such conditions are to be treated adequately, it is important that patients be thoroughly examined. Urotherapists are personnel who are qualified for this. Furthermore, the tasks are related to prevention, treatment and rehabilitation. Guidance, training, teaching and attitude-altering work are essential for patients, relatives and other health professionals. The urotherapist is responsible for professional development.

What can a urotherapist help you with when it comes to clean intermittent catheterisation (CIC)?

Even though CIC has been in use in Norway for over 25 years, there are unfortunately still many healthcare professionals who do not have enough knowledge about this treatment. With their expertise, urotherapists can give you advice and guidance on questions you have concerning CIC.

Even if you have received good training and guidance in the beginning, questions often arise along the way. First, look for the answers to your questions in this brochure.

In 2005, "National guidelines for healthcare professionals using intermittent catheterisation – IC" were published. These are available electronically at Helsebiblioteket: <http://www.helsebiblioteket.no/Retningslinjer/Nyrer-og-urinveier>. By reading these, your healthcare professionals will hopefully be able to help you in the best possible way.

If you think you need more guidance and follow-up than you receive, you can ask your GP to refer you to a urotherapist at the hospital to which you belong. If the hospital in question does not have a urotherapist, there are usually nurses with broad knowledge of CIC at urological, gynaecological, and neurological outpatient clinics.

Good luck!

Waste management

Many people feel that there is more focus on waste sorting at home and have therefore asked where to dispose of used disposable catheters and ostomy equipment. Should it be disposed of with plastic waste or residual waste?

For hygienic reasons, used disposable catheters and ostomy equipment should not be placed in plastic waste, but should be disposed of in a container for residual waste.

Packaging made of plastic is placed in the plastic container and packaging boxes containing products must be thrown away together with cardboard and paper.

NOTE! Used disposable catheters should never be flushed down the toilet.



Who pays for the products?

The continence equipment you need is covered on a blue prescription. The blue prescription is renewed every year and you can buy equipment for up to three months at a time. You must pay a deductible established by Helfo.

| Prescription text | Refund code |
|-----------------------------------|-------------|
| Consumables for urinary retention | 502 |
| Drainage catheter with bag | 5020105 |



Patient associations



LARS (Landsforeningen for ryggmargsskadede
[The Norwegian Spinal Cord Injuries Association])
Joining the Norwegian Association of the Disabled
[Norges Handikapforbund (NHF)]

LARS (Landsforeningen for ryggmargsskadede [Norwegian Spinal Cord Injuries Association])

LARS is a nationwide association for people with spinal cord injuries, their relatives and other interested parties. On our website www.lars.no, you can find information about spinal cord injuries and interesting, related topics. We have local teams around the country that organise meetings. LARS publishes the magazine Patetra, which is published four times a year.



The MS Association

An association for people with multiple sclerosis (MS). It safeguards and promotes the interests of people with MS and works to combat the disease multiple sclerosis through research, among other things. The MS Association has 7,600 members and 49 local teams that contribute to activities around the country. Read more about the MS Association at www.ms.no



The Norwegian Association for People with Urological Symptoms and Incontinence

NOFUS (Norsk forening for personer med urologiske sykdommer [Norwegian Association for People with Urological Diseases])

This association is for people with urinary and/or stool leakage; bed-wetting problems; overactive bladder; prostate problems; prostate, bladder, kidney or testicle cancer; interstitial cystitis (IC); painful bladder; prostatitis; urinary tract stones; chronic urinary tract infections and bladder emptying difficulties. Read more at www.nofus.no



Spinal Hernia and Hydrocephalus Association

The association is nationwide and is for everyone with spina bifida or hydrocephalus, their relatives and others interested parties. The association publishes membership magazines free of charge to its members three times a year. Read more at www.ryggmargsbrokk.org

The information about the organisations is approved and written by the person in charge of each association. We reserve the right to make changes to the texts.



SpeediCath® for men *our* range, *your* choice



a SpeediCath Compact Man

The first compact catheter for men.

b SpeediCath Flex

The first catheter with dry insertion sleeve and flexible tip.

c SpeediCath Compact Set

The first compact catheter and urine bag solution.

d SpeediCath Flex Set

Catheter with dry insertion sleeve and integrated urine bag.

e SpeediCath Standard

The first ready to use standard catheter.

f SpeediCath Control

The first ready to use standard catheter with extra control at insertion.



Coloplast®
Assistanse

One of our nurses answers questions and provides product guidance by phone.



22 57 50 20





Coloplast develops products and services that make life easier for people with personal medical needs. We work closely with the users of our products and develop solutions tailored to their needs. We call this intimate healthcare.

Our business areas include ostomy, urology and continence, skin and wound treatment products. We are an international company with over 14,000 employees.

Ostomy Care / Continence Care / Wound & Skin Care / Interventional Urology

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