

Patient Factsheet: Clean Intermittent Self Catheterisation (CISC)

It may be necessary for patients to learn to perform CISC if they have prolonged difficulty with bladder emptying after surgery or childbirth. The duration of CISC is variable; in the majority of patients this is a temporary requirement. For a period of time you may be prescribed antibiotics to prevent infection. Your doctor will advise you on the frequency of catheterisation. The catheters used for CISC are single-use only.

- Try first to pass urine normally; do not push or strain
- Assemble all the things that you need - catheter, lubricating gel, container to collect urine, jug to measure urine, mirror
- Remove any clothes that may get in the way
- Wash your hands with soap in warm water, rinse and dry
- Separate the labia and wash from front to back with soap and water
- Lubricate the end of the catheter and gently pass into the urethra until urine begins to flow
- Slowly remove the catheter and discard
- Measure the volume passed
- If you inadvertently pass the catheter into the vagina, discard the catheter and try again
- If you cannot pass the catheter, come into the hospital
- If you have any symptoms of infection (pain passing urine, blood in the urine, lower abdominal pain, backache, fever) come into the hospital.