

# 20 Tips on *Self-Catheterization*



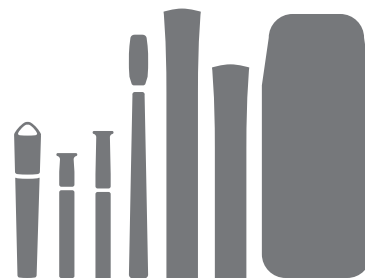
Coloplast

# 20 Tips on Self-Catheterization

*At Coloplast, we understand that catheterization is not always easy. In this resource, you will find 20 tips that may help with your self-catheterization routine.*

## Catheter selection

It is important to find a catheter that suits your lifestyle.



### 1. Considerations when deciding on a catheter

When discussing product choice with your healthcare provider, keep the following considerations in mind:

- That the catheter is easy to use, even if you have reduced hand function or are in a wheelchair.
- How the catheter fits with your lifestyle: think about your work, sports, travel, and other activities.
- Whether you need more than one solution: one for home and one for outdoors.

## Daily routine

Emptying your bladder regularly is important for a healthy bladder.

### 2. Set an alarm to remind you

Setting an alarm (on your phone or watch, for example) can help you remember to catheterize. It can also help you get used to regular catheterization.

### 3. Empty your bladder completely

To avoid any urine left in the bladder from potentially causing an infection, you should empty your bladder completely. So, take your time when catheterizing.



#### 4. Plan your day

Planning out your day can help ensure catheterizing fits in with your other activities. Also, consider what is a good time for you to catheterize such as before going to the mall, or before going to the movie theatre, during your lunch break at work, etc.

#### 5. Follow your healthcare professional's advice

It's important to stick to the number of daily catheterizations that your healthcare provider has indicated. Always consult your healthcare provider with any questions!

#### 6. Use extra support

Coloplast Care is specially designed for users with intimate healthcare needs. This program provides practical product and lifestyle support and information when you need it. We offer you personal contact as well as access to a website where you can find all kinds of tips. You can also choose to receive e-mail newsletters with information tailored to your personal situation. Sign up via [www.ColoplastCare.ca](http://www.ColoplastCare.ca).

#### 7. Request personal advice

Would you like to speak to someone that can help you find the right product? Our Coloplast Care Team offers telephone support. They can be reached at the toll-free number: [1-866-293-6349](tel:1-866-293-6349).

## Out and about

#### 8. Use the Coloplast Travel Guide for a carefree outing

You deserve a carefree holiday! The Coloplast Travel Guide for Catheter Users offers useful tips, tricks, and a handy checklist to help make sure you don't forget anything for your vacation! Download the guide via [visit.coloplast.ca/Travel-Guide](http://visit.coloplast.ca/Travel-Guide).

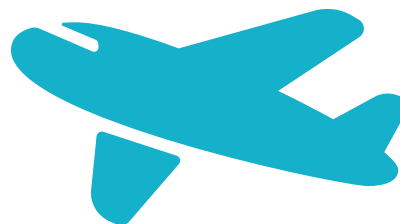


This information is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. Each person's situation is unique and risks, outcomes, experience, and results may vary. Talk to your healthcare professional about what may be right for you. Prior to use, please refer to product 'Instructions for Use' for intended use and relevant safety information.

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# Flying

The hassle of airport security, the long hours spent on board, and the small (and often occupied) washrooms may feel overwhelming. Here are a few tips that can make flying easier.



## 9. Stick to your catheterization schedule

Sticking to your catheterization schedule as much as possible during the flight is important. Look at your flight plan and transfer times to help plan when you want to catheterize. However, on longer flights, you may also need to catheterize on board.

**Tip:** *Our user, Shailynn\* recommends using SpeediCath® Compact Set to catheterize while at your seat!*

## 10. Make sure you have an aisle seat

When booking your flight ticket, ask for an aisle seat close to the washroom. That way, you won't have to try to get past other passengers when you need to go.

## 11. Take any catheter fluids into account

Ask your healthcare provider to write you a letter or bring a travel certificate that states your luggage contains medical devices. You can request this via [visit.coloplast.ca/Travel-Card](https://www.coloplast.ca/Travel-Card) or call our Coloplast Care team at 1-866-293-6349.

## 12. Storing your catheters while travelling

It is best to store your catheters dry and at room temperature. If you are going to a location with extreme temperatures, always contact your manufacturer. Call Coloplast Care with any questions you have at 1-866-293-6349.

**Tip:** *Store the catheters in a cooler bag. Make sure the catheters are more or less at room temperature before using them. If they are very cold, hold them against your body for a while before use.*

## 13. Always make sure you pack enough catheters

Always take enough catheters with you when you leave home so that you can empty your bladder when you need to.

**Tip:** *Divide your catheters between your hand luggage and checked baggage.*

# Hygiene

Hygiene is very important in self-catheterization because it helps to minimize the risk of infections.

## 14. Wash your hands carefully

Use soap and water to wash your hands thoroughly. If you are somewhere where there is no water, you can use antibacterial wipes or hand gel. Download our hand washing guide via [visit.coloplast.ca/hand\\_hygiene](https://www.coloplast.ca/hand_hygiene)

## 15. Clean the area around the opening of the urethra

Do this from front to back and using only water. Dry with a towel. After washing your hands, do not touch anything other than your catheter and only the body parts you need to touch in order to catheterize. If the catheter comes into contact with anything else, use a new catheter. *Talk to your healthcare provider for more information.*

## 16. How often can I use my catheter?

Use a new, sterile catheter every time you catheterize. This helps prevent urinary tract infections. If your catheter accidentally falls on the floor before you can use it, open a new one.

## 17. Outdoor hygiene

Hygiene can be a bit more complicated when you are outdoors. Try to stick to your catheterization schedule as much as possible when you are out and about as best you can.

### Some basic hygiene tips on the go:

- *Always wash your hands thoroughly right before you start catheterizing. Sometimes it is necessary to touch something after washing your hands, for example, wheelchair rims, crutches or a door handle. If so, use wet wipes or antibacterial hand spray/gel before touching the catheter.*
- *Pack a bag of materials, so you're prepared for washrooms that aren't ideally equipped and organized. Remember to take wet wipes or antibacterial hand spray/gel when you leave home*



\*These users received compensation from Coloplast to provide this information. Each person's situation is unique so your experience may not be the same. Talk to your healthcare provider about whether this product is right for you..

# Exercise and sports

If you are going to exercise, keep a few important things in mind so that it goes as smoothly as possible.

## 18. Don't forget to drink

You may be tempted to drink less because of the uncertainty when you are away from home. However, it is necessary to drink more to replenish lost fluids when you sweat or when it is hot. Take small sips and plan your catheterization into your daily schedule. Stay hydrated!

## 19. Stick to your planned daily schedule

Plan your washroom visits before exercising or going out. Make sure you have a reminder (for example, an alarm on your phone) so you don't forget to catheterize. Think about where you have planned your activity and also plan when you can visit a washroom. With proper planning, you can exercise carefree!

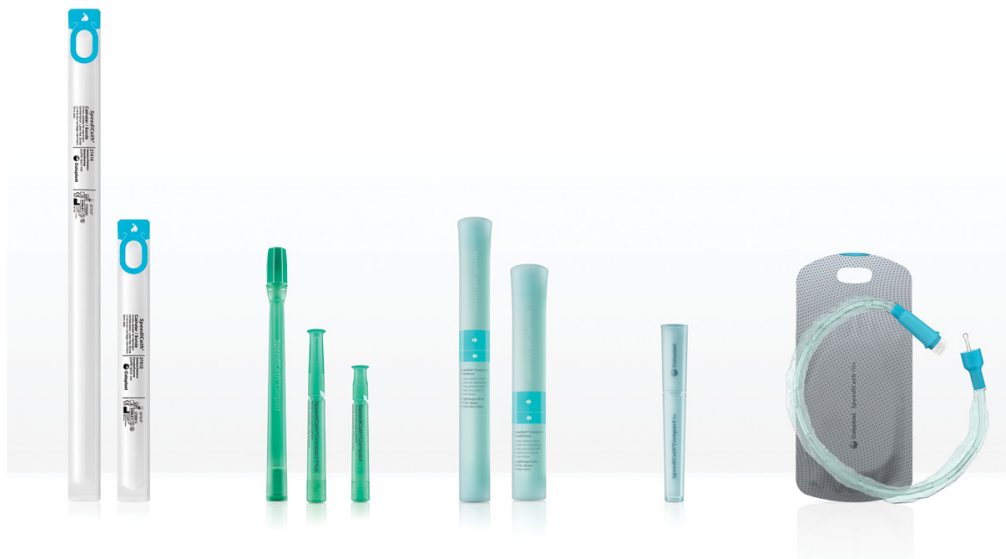
## 20. Catheterize before any (physical) activity

Whatever you are going to do, catheterize before you start your physical activity. This can help minimize the risk of leakage.



# SpeediCath<sup>®</sup> Catheters

A trusted choice for over 20 years



## SpeediCath<sup>®</sup> Flex

The soft catheter with flexible tip and dry sleeve for **hygienic** and **easy** catheterization.

## SpeediCath<sup>®</sup> Compact Male

Coloplast's first and most compact male catheter for **discreet** and **hygienic** catheterization.

## SpeediCath<sup>®</sup> Compact Set

The complete and compact set solution for **practical** catheterization.

## SpeediCath<sup>®</sup> Compact Eve

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The first compact catheter for women for **discreet** and **hygienic** catheterization.

## SpeediCath<sup>®</sup> Standard

**Ready-to-use** catheter with our unique hydrophilic coating that is easy to store and use.

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***“As long as I have my  
SpeediCath® standard  
or my SpeediCath®  
Compact Set I am  
good to go.”***

*Brittney,  
SpeediCath® User*



Scan or click here  
to read Brittney's  
full user story.

Brittney received compensation from Coloplast to provide this information. Each person's situation is unique, so your experience may not be the same. Talk to your healthcare professional about which product might be right for you.



# Coloplast<sup>®</sup> Care

## Personal support for you

Less struggle. More living.

Coloplast Care is a lifestyle and product support program that guides you to a better life through simple, straightforward advice about bladder management. We offer a helping hand whenever you need support along with the tips and tools you need to take control of bladder issues.

Coloplast Care offers you:

▶ **Website**

A dedicated website with articles and reliable advice.

▶ **Emails**

Inspiration relevant for your situation, direct in your mail box.

▶ **Phone support**

Advisors ready to answer questions and provide support.

▶ **Product guidance**

Access to product samples\*\* on request.

Join us today at:

[www.bladder.coloplastcare.ca](http://www.bladder.coloplastcare.ca)

or call us at +1-866-293-6349

\*\* Limitations apply

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