

Patient information factsheet

Clean intermittent self-catheterisation

Clean intermittent self-catheterisation (CISC) is a safe and effective way of improving your bladder function. You have been asked to learn CISC either because you may not be able to fully empty your bladder, or to prepare for a surgical procedure such as Botox treatment for an overactive bladder.

CISC involves inserting a small, flexible plastic tube (catheter) into the bladder to allow the urine to flow out. The tube is then removed and discarded. This technique is known as 'self-catheterisation' and is simple, safe and easily learnt.

Self-catheterisation can be used when your bladder cannot empty fully for itself. By emptying the bladder in this way, you will prevent a build-up of urine, which in turn will help prevent urinary tract infections and potential damage to the kidneys.

CISC gives you more control, independence and a better quality of life.

What to expect at your appointments

Good communication and education are essential for effective CISC. We will arrange two appointments for you:

- The first appointment will last approximately one hour. We will give you additional information about CISC, show you several types of catheters and teach you how to self-catheterise. We will also give you catheters to try at home.
- The second appointment will be scheduled one or two weeks later and will last for approximately 30 minutes. We will assess how you got on at home and if necessary, offer further advice.

We will arrange any further follow-up appointments as needed.

CISC for incomplete bladder-emptying

We will ask you to empty your bladder at home and record the volume of urine passed. You can then insert the catheter and record the volumes of the residual urine drained from your bladder by the catheter.

At your second appointment, we will review the volumes of urine passed and the residual volumes you have recorded.

Depending on the volumes, we can decide whether you need to continue to self-catheterise and if so, how often and for how long. You may need to do CISC one to five times per day, depending on your symptoms and bladder function. If you do need to continue, we will let your general practitioner (GP) know. Your GP will arrange a prescription for further catheters.

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CISC before having Botox treatment for an overactive bladder

If you are being taught self-catheterisation before having Botox injections, we will ask you to practise catheterising several times at home, once we have taught you how to do it. This is to make sure that you are confident that you would be able to manage this if you needed to catheterise up to five times a day after the procedure. At your second appointment, we will ask you to demonstrate that you can manage this.

We will book further follow-up appointments as needed at this appointment.

Symptoms to look out for

With each use of the catheter there is a slight chance of urinary tract infection. This is because the catheter can provide a direct route for bacteria to enter the bladder.

Visit your GP to check for a possible urinary tract infection if you:

- feel unwell
- have a raised temperature
- have pain or burning on passing urine or catheterising
- have pain or an aching back
- have cloudy or offensive smelling urine
- have blood in your urine
- have a frequent need to pass urine

Follow-up appointments and advice

If you need to continue with CISC, we will arrange further appointments. If you would like further advice at any point, please do not hesitate to phone the Princess Anne Hospital appointment team on **023 8120 8967**. The urodynamics department is open Monday to Friday, 8.30am to 4.30pm. An answer phone is available outside of these hours.

Appointments are always in great demand. Please phone us to cancel or reschedule rather than not attending your appointment.

Useful links

www.nhs.uk/conditions/urinary-catheters

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**