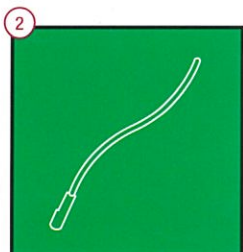


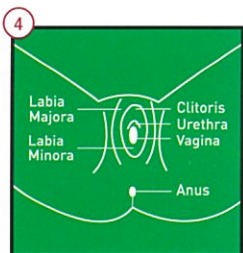
How to Self-Catheterise (Female)



1. Wash hands with soap and water.



2. Prepare equipment.



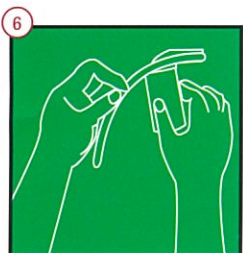
3. Sit on the toilet, stand, or lie down, whichever is easier or more comfortable for you, or how you have been instructed.

4. Spread labia and find the urinary opening. You might need to use a mirror.

5. Cleanse the genital area using downward strokes, front to back, with your cleaning solution.

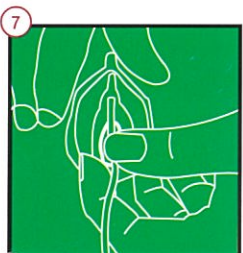
6. If needed, lubricate the first 5-8cms of the catheter (the end that will be going into the urethra).

7. Spread labia apart and gently insert the catheter into the urethra in an upward and backward direction approximately 4cm until urine flows.



8. After urine starts to flow, gently push the catheter in about 1 to 2 more cms. Allow the bladder to empty completely.

9. Remove the catheter slowly. Stop each time more urine drains.



10. To completely remove the catheter, pinch off the end and pull it out. This prevents urine from flowing back into the bladder.

11. Wash your hands.



Your Urologist **may** refer you to their urology nurse or local continence nurse to teach you Clean Intermittant Self Catheterisation (CISC).

In Australia there is funding available to assist with the cost of using catheters if CISC is likely to be ongoing (i.e. permanent). Ask your urology nurse or continence nurse for advice.

To purchase CISC catheters please contact your local supplier.

To find out where your local continence service or CISC catheter supplier is located contact the National Continence Helpline on 1800 33 00 66.