

Catheterization

Intermittent (self-cathin

Intermittent catheterization

by Carolina Facciana (Astra Tech, Inc)

There are many conditions that can affect your body's ability to store and empty urine. The most common causes are illness, injury, and aging. You can suffer from incontinence, retention, or a combination of both. Your doctor can help you determine if you are emptying completely. Regardless of the reason for a bladder's inability to empty, the consequences can be serious. The most common problem is the risk of developing a urinary tract infection (UTI), as bacteria thrive in the urine that is not emptied.

Everyone's bladder should be emptied regularly. Fortunately, advances in bladder management strategies are making it possible for people to carry out their daily activities at home and at work with confidence – secure in the knowledge that they have their bladder function under control.

Benefits of intermittent catheterization

Intermittent catheterization is a technique for bladder emptying by individuals with neurogenic bladder or urinary retention. It involves passing a small tube called a catheter, up into the bladder to allow all of the urine to

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flow out. This helps to completely empty the bladder. Once the bladder is emptied, the catheter is removed. With practice, this process takes only a few minutes and it is generally done every 3-4 hours.

Intermittent catheterization will help you manage and improve your bladder health. It can:

- protect your kidneys
- reduce the risk of UTIs
- improve your quality of life



Astra Tech, Inc. is a subsidiary of the pharmaceutical company AstraZeneca and develops and produces advanced medical devices.

It developed the first low-friction hydrophilic intermittent catheter, called LoFric. With these products, Astra Tech aims to improve treatment results, reduce healthcare costs, and enhance patient quality of life.

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(ad on page 49)

Liberty is external and seals only to the tip of the penis using an adhesive called hydrocolloid. Liberty's external design forms a hypoallergenic seal that directs all urine away from the body into an integral collection bag. Each application lasts an 24-72 hours, and can be removed using water.



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- improve your comfort
- reduce residual urine
- increase independence
- allow you to maintain your sexual relationship

Types of intermittent catheters

There are different types of intermittent catheters and they come in packaging options and different surface layer coatings. Conventional intermittent catheters require that gel be applied to the surface before insertion. Others – newer technology – are specially coated to

bind a water layer on the catheter surface when soaked in water and these are called hydrophilic catheters. Some catheter users do well with conventional catheters, but many eventually suffer from complications that are not seen until after five years of catheterization.

People can experience trauma from repeated catheterizations, so it's important to use the right type of catheter for you. Many find hydrophilic catheters, such as the LoFric “low-friction” catheter by Astra

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Tech, more comfortable to use. The type of intermittent catheter you choose should provide a comfortable insertion and removal and you should not feel pain.

Intermittent catheters are available as a standard catheter, or they come with an integrated urine collection bag – perfect if you are in a wheelchair or are traveling. The type of intermittent catheter you choose should fit your lifestyle and work with your capabilities, such as hand function.

Recent initiatives by consumer groups and industry have focused on the potential role of single-use catheterization for prevention of UTIs. As a result the Centers for Medicare and Medicare Services (CMS) has revised its coverage policy to support single use catheters for individuals practicing intermittent catheterization. CMS now covers up to 200 single use catheters per month.

Resources

These two organizations offer information on bladder health

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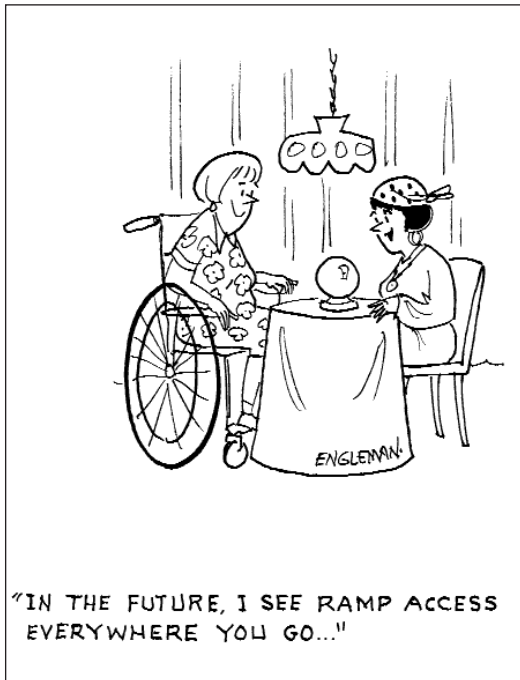
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catheterization from the acute period in spinal cord injury patients: long-term evaluation of urethral and genital tolerance. Paraplegia. 1995; 33(11):619-624.

Three types of catheters by Brian Olson, Coloplast
There are three types of catheters: Intermittent, external and indwelling. An external catheter is also called a condom catheter and is worn by men on the outside of the body. It is more for incontinence than retention.

Urinary catheters

Urology is the diagnosis and treatment of medical issues related to the urinary system and the male reproductive system. Continence care is about helping people empty their bladder.

Male external catheters:

Male external catheters (MEC's) help men manage urinary incontinence. A MEC is a soft, flexible sleeve that fits onto the penis. Strapped to your leg, the collection bag is hidden by your pants or clothing.

Urine is funnelled through a

Cure Medical Bob Yant, founder of Cure Medical and a C4/5 paraplegic, designed the Cure Catheter™ and Cure Catheter™ Closed System. The products feature polished eyelets, latex-free construction, plus DEHP-free components to eliminate exposure to the “known carcinogen” plasticizer. (800) 570-1778 (free sample) janderson@curemedical.com



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tube to a collection bag, which safely stores the urine until you are ready to empty it into a toilet. MECs also allow urine to be kept off of the skin’s surface and so protect against skin rashes and odor.

You can wear a MEC for up to 24 hours, so you only need to change it once a day. After use, disconnect the MEC from the collecting tube, roll it off the

penis and throw it away.

There are different MECs available – and some of the more advanced have adhesive built in and anti-kink features to protect against leaks.

Indwelling/intermittent catheters

Catheters are slim, hollow, flexible tubes that are inserted into the bladder to allow the urine to

drain. Catheters can be used intermittently (self-catheterization) by inserting a sterile catheter into the bladder through the urethra at timed intervals.

Alternatively, an indwelling catheter can be inserted through the urethra or a special hole (a stoma) created in the abdomen. With indwelling catheters, there are two options for emptying the urine:

- A drainage bag – urine drains into a bag that is secured to the leg or kept on a stand. Indwelling catheters can be left in place

for up to 4 weeks before changing

- A catheter valve – urine is stored in the bladder and emptied through the catheter into a toilet. This option is less common in the U.S. *

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