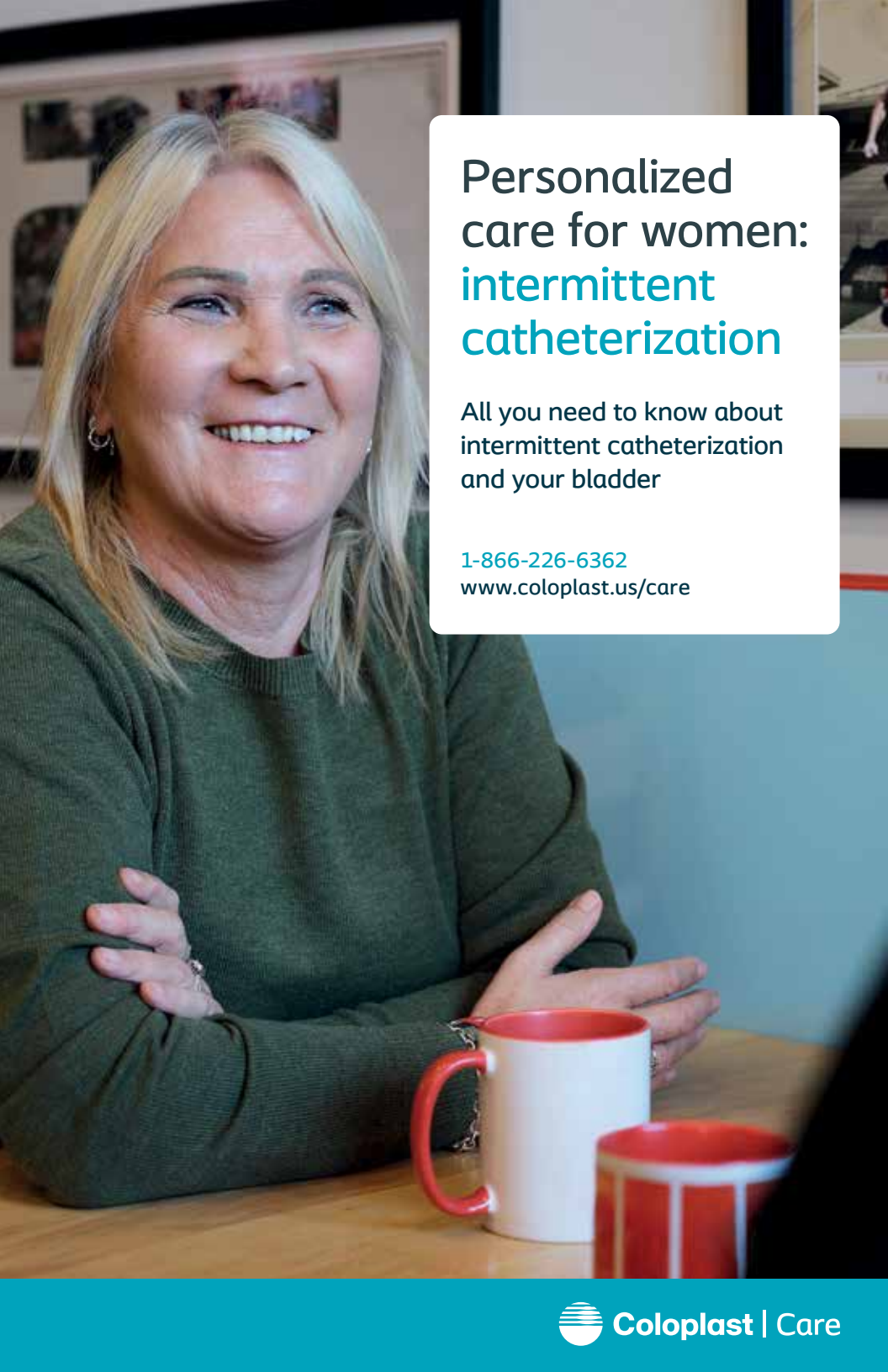




Personalized care for women: intermittent catheterization

All you need to know about
intermittent catheterization
and your bladder

1-866-226-6362

www.coloplast.us/care



Coloplast | Care



SpeediCath® catheters may be prescribed for use by pediatric patients (children to age 21) and adults who require bladder drainage due to chronic urine retention or post void residual volume (PVR). Before use, carefully read all of the instructions. Call your doctor if you think you have a UTI or can't pass the catheter into the bladder. For more information regarding risks, potential complications and product support, call Coloplast Corp. at 1-866-226-6362 and/or consult the company website at www.coloplast.us.

Luja™ female is indicated for use by patients with urine retention and patients with a post void residual volume (PVR) due to neurogenic and non-neurogenic voiding dysfunction. The catheter is inserted into the urethra to reach the bladder allowing urine to drain. The product is indicated for female patients only (adults and children of and above the age of 2 years). Available by prescription only. Patients performing self-catheterization should follow the advice of, and direct questions about use of the product to, their medical professional. Apply with caution if the patient produces urine with many particles clearly distinguishable by the naked eye, as it may lead to transient urine retention. Before using the device, carefully read the product labels and information accompanying the device including the instructions for use which contain additional safety information. For single-use only; discard it after use. If you experience symptoms of a urinary tract infection, or are unable to pass the catheter into the bladder, contact your healthcare professional. The risk information provided here is not comprehensive. To learn more, talk to your healthcare provider. For further information, call Coloplast Corp. at 1-866-226-6362 and/or consult the company website www.coloplast.us.

Information from Coloplast Care is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.

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Intermittent catheterization that is right for you

This booklet is designed to give you the information you need to best look after your bladder and help you manage intermittent catheterizations in your daily life. It explains:

- how a healthy bladder functions, the different ways you may experience a bladder issue, and what may cause these issues to arise;
- the different types of intermittent catheters available, and the benefits of full bladder emptying;
- how to perform intermittent catheterization with a step-by-step guide to the technique, and how to solve common problems;
- how to make your catheterization routine work for you and integrate your bladder management into your everyday life.

Complete with checklists to help ease the transition to life with catheters, and questions and answers around how to perform intermittent catheterization, you can return to this booklet many times as you strengthen your bladder management routines, together with the free support of Coloplast Care.

Please note, this booklet does not replace the advice you are given by your doctor or continence nurse. Always reach out to a healthcare professional for medical advice if you have questions or concerns.

And remember, we know that intermittent catheterization can sometimes feel overwhelming. You don't have to manage alone – we are here to support you every step of the way. With a bit of practice, you will soon find a bladder management routine that works for your individual needs.



Understanding your anatomy and bladder

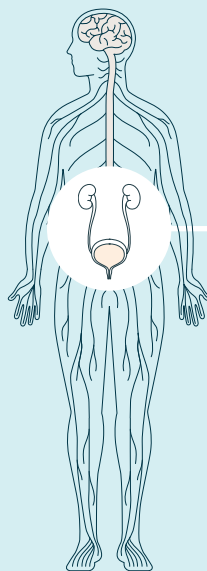
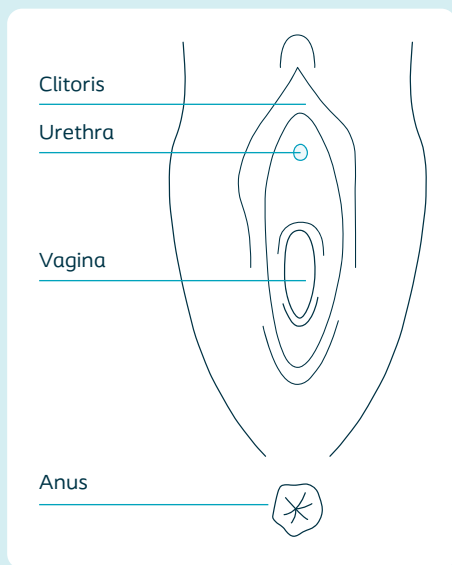
Get to know your body

Understanding your exact anatomy and how you urinate is likely not something you have had to pay much attention to until now. So, it's very natural to feel overwhelmed or somewhat confused. But fear not, this booklet is designed to give you all the information you need so you can manage your bladder with ease.

Urine is passed from your bladder through your urethra. In women, the urethra is usually 4cm long, and 6-8 mm in diameter¹ and

opens in front of the vagina. Some women may have difficulty finding their urethra. It may also be obscured by the labia, the folds of skin that cover the vagina.

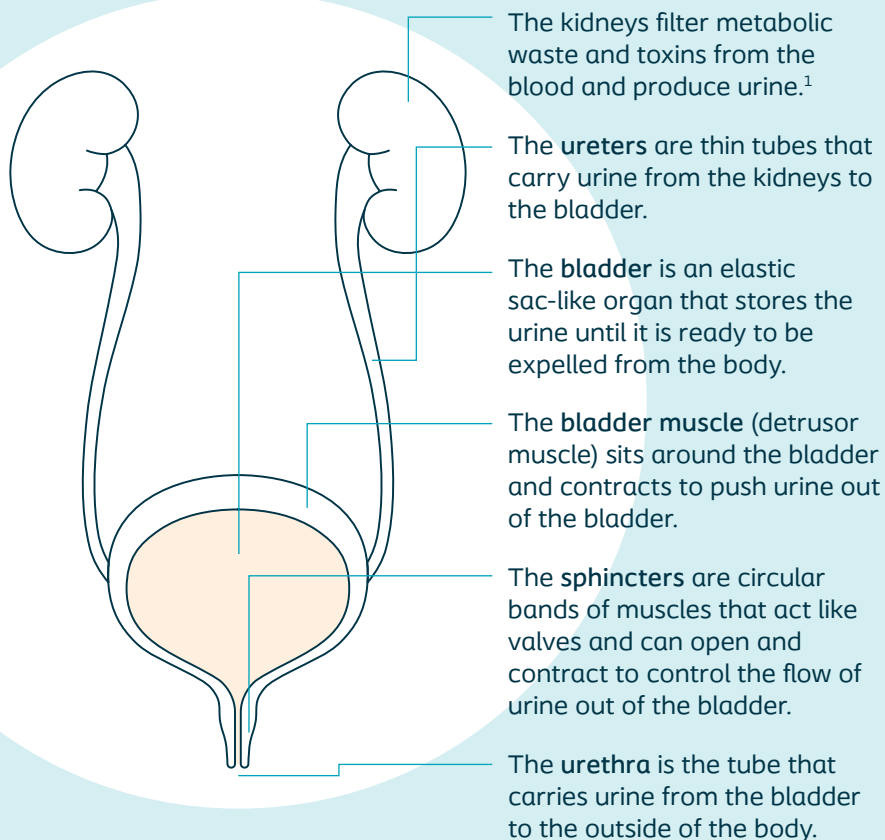
To find your urethra, you can gently spread the labia with your fingers and look for a small opening between your clitoris and vaginal opening. You can also feel for the urethra by inserting a finger into the vagina and pressing upward toward the front wall.



Get to know your urinary system

The urethra is the final part of your urinary system – an entire system that functions to eliminate waste products from the bloodstream and expel them from the body. Let's dive in.

The urinary system is controlled by a **network of nerves** that connect the **brain and bladder** via the spinal column. This is a complex system that is made up of lots of different parts.²



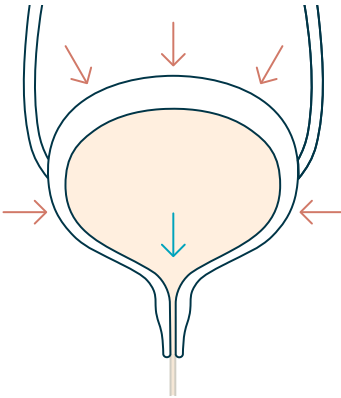
How the bladder works

The bladder stores urine until it signals the brain that it's time to urinate. Volumes can vary from person to person.²

When appropriate, the brain then sends a signal back to the bladder to initiate a voiding reflex.

This prompts two coordinated responses:

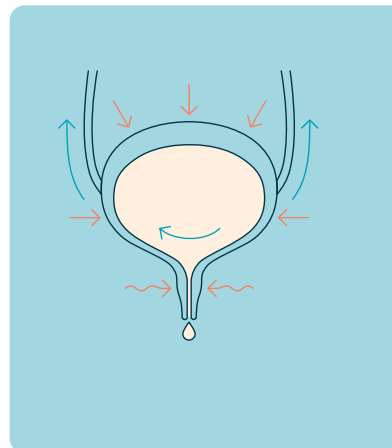
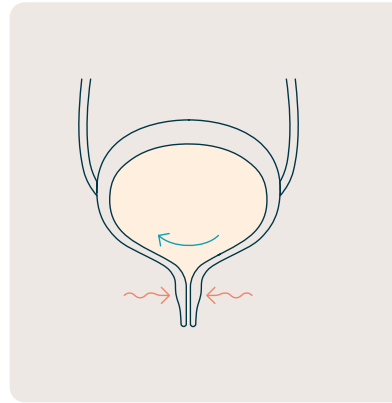
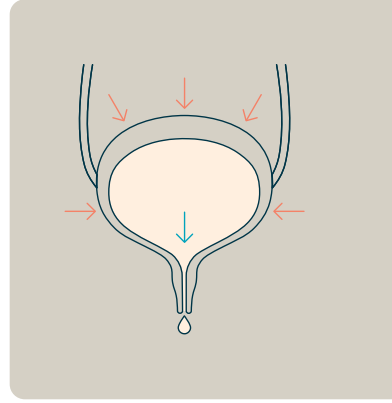
1. The bladder muscle contracts to push the urine out.
2. The external sphincter relaxes, allowing urine to flow into the urethra and then out of the body.²



What is voiding dysfunction?

If you have a bladder issue, something stops your bladder from effectively storing and/or releasing urine.³

Depending on the issue, you may experience different symptoms.



What issues may I experience?

Bladder overactivity³

The bladder may be unable to store urine effectively.

You may therefore find:

- You feel strong urges to void your bladder which are difficult to defer⁴
- You need to urinate too often during the day⁴
- You need to urinate several times a night⁴
- You experience incontinence – this is when you involuntarily leak urine⁴

Bladder underactivity³

Sometimes, the bladder may be unable to empty effectively. Even when full, the bladder may be unable to release urine.

This may mean:

- You have a weak urine flow when going to the toilet⁴
- Your urine flow stops and starts intermittently when voiding⁴
- You struggle to start urinating or are unable to void even when you feel the need⁴
- You strain when passing urine⁴

Detrusor sphincter dysnergia (DSD)³

Sometimes, the bladder's voiding response is not coordinated. Instead of the bladder muscle contracting as the sphincters relax, both may contract at the same time, trapping the urine.

This can lead to symptoms like:

- Urinary hesitancy⁵
- An interrupted stream when urinating⁵
- Feeling that the bladder is not completely empty even after voiding⁵
- Double voiding⁵
- Occasionally, flow may be prevented altogether.¹

What can cause a bladder issue?

Bladder issues can result from various underlying causes and can affect both bladder storage and/or emptying. Some common factors that can contribute to a bladder issue include:

Neurological disorders

Conditions such as multiple sclerosis, spinal cord injuries, or other neurological disorders⁶ can disrupt the communication between your brain and bladder and cause it to behave abnormally.² These disorders can affect the nerves that control bladder functioning.

Bladder disorders

Bladder stones, bladder cancer, or other structural abnormalities in the bladder or surrounding organs can contribute to bladder issues.⁷

Pelvic floor dysfunction

Weak or dysfunctional pelvic floor muscles, which support the bladder and control urine flow, can sometimes lead to bladder issues.

Hormonal changes

Menopause in women, for example, may cause the bladder to behave differently due to hormonal fluctuations.⁷

Psychological factors

Emotional stress, anxiety, or psychological factors, can sometimes contribute to bladder issues such as bladder overactivity or frequent urges to urinate.⁷

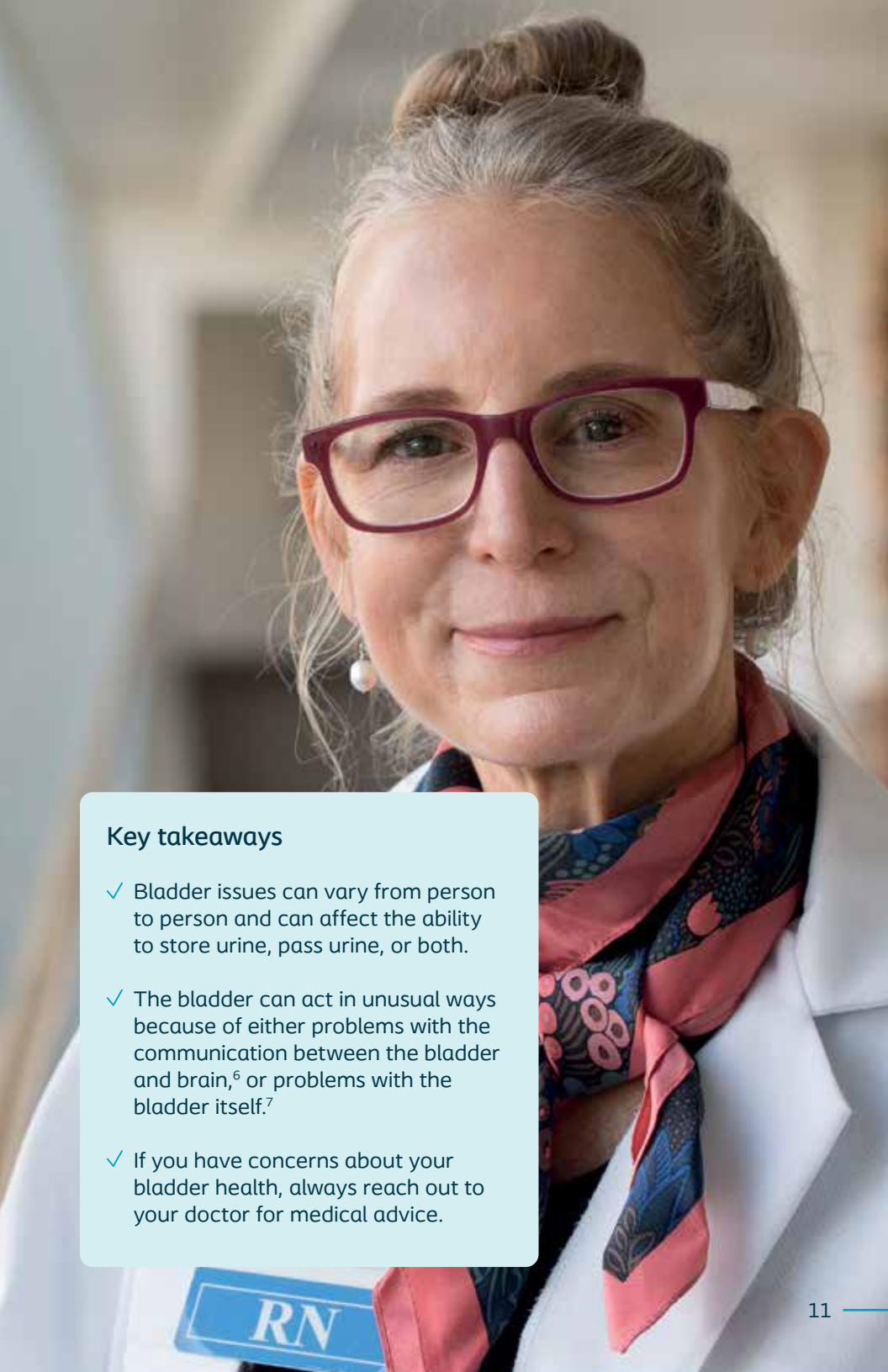
The process of aging

Aging can also affect how your bladder behaves. Over time, conditions like bladder overactivity or urinary incontinence may develop.⁷

① Important to note

Bladder issues can be experienced in different ways, such as urinary incontinence, frequent urination, trouble voiding the bladder, frequent feelings of urgency, or being unable to void at all.⁴

If you have ongoing or troubling bladder issues, it is always wise to seek medical advice for a complete assessment and proper treatment.



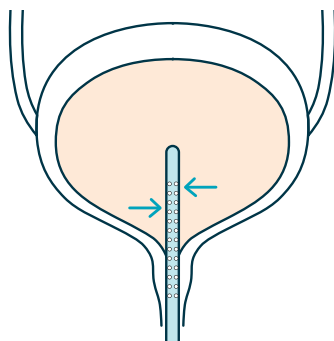
Key takeaways

- ✓ Bladder issues can vary from person to person and can affect the ability to store urine, pass urine, or both.
- ✓ The bladder can act in unusual ways because of either problems with the communication between the bladder and brain,⁶ or problems with the bladder itself.⁷
- ✓ If you have concerns about your bladder health, always reach out to your doctor for medical advice.

How a urinary catheter works

An intermittent catheter is a thin, flexible tube you can insert into your bladder via your urethra. Urine in your bladder can then flow out through the catheter.

Once the flow of urine stops and the bladder is drained, the catheter can then be removed carefully and discarded.



Finding the catheter that suits your needs

There are different types of intermittent catheters that may be suitable for you, depending on your lifestyle, daily activities, and reason for use. Sometimes, you may need to try different options to find the catheter that is best for you.

- You may use a single-use catheter that helps you urinate directly into a toilet.
- You may choose to attach a urine bag to your catheter, meaning you don't need to use a toilet when voiding.
- Some people use an all-in-one catheter and bag solution, where the urine bag is already integrated into the design.



Catheterization with Luja™ female – designed with you in mind

Designed for a smooth and gentle catheterization

If you use catheters, you can usually expect to catheterize around 4-6 times a day or as instructed by your healthcare professional.⁸ This means the catheter you use should be reliably smooth and gentle every time you insert and withdraw it.⁹

Coloplast's SpeediCath® and Luja™ catheters therefore use Triple Action Coating Technology. This hydrophilic coating means the coating of your catheter:

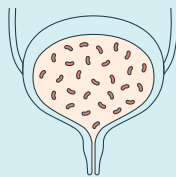
- Stays bonded for an even coating without dry spots
- Stays smooth – ensuring low friction
- Stays hydrated – making it instantly ready-to-use



And precisely because there is less friction when using catheters with this hydrophilic coating,⁹ there is reduced risk of urethral damage^a, and so reduced risk of urinary tract infections.^{a,10}

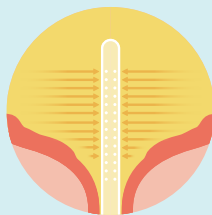
Designed for complete bladder emptying

If urine is left in the bladder for too long, it can become stale, which can lead to bacteria multiplying and possibly causing an infection.^{6,11,12}



So complete bladder emptying is key. Conventional catheters have polished eyelets near the tip, through which urine can drain.

Luja™ female builds upon this with **Micro-hole Zone Technology**. With 50+ micro holes^b on this catheter, it sets a new standard for bladder emptying by draining urine from the bottom of the bladder without the need to reposition.^c



Luja is designed to completely empty your bladder^c – every time.

a. Compared to uncoated catheters.

b. Minimum 50 micro-holes on FR10-16

c. Luja female ensured zero flow stops in 87% of catheterizations & <10 mL residual urine at first flow stop in 83% of catheterizations (RCTs, post-hoc, NCT05841004, n=73, & NCT05814211, n=82). Coloplast Data-on-File, 01/2024. Individual results may vary.

Micro holes. Macro difference.

Using a catheter with Micro-hole Zone Technology has a number of key benefits:

Significantly more users find Luja™ female gentle to use compared to conventional eyelet catheters.^a For many, Luja female is gentle to insert, void with, and withdraw, meaning that for many, there is less discomfort during the entire catheterization process. This is because micro-holes are less susceptible to mucosal suction as compared to conventional eyelets.

There is a reduced risk of your bladder lining being sucked into the catheter as it drains the bladder.^b Micro-hole Zone Technology is designed to completely empty your bladder – every time.^c Luja female enables complete bladder emptying in one free flow.^c

This means there is no need to reposition the catheter whilst emptying your bladder.^c Your emptying technique is made simpler compared to a conventional eyelet catheter and

a. Coloplast Data-on-File, RCT, NCT05814211, 03/2024, n=82, p=0.001. b. Tested in a pre-clinical setting (ex vivo). Coloplast Data-on-File, Glahn, 2023.

c. Luja female ensured zero flow stops in 87% of catheterizations & <10 mL residual urine at first flow stop in 83% of catheterizations (RCTs, post-hoc, NCT05841004, n=73, & NCT05814211, n=82). Coloplast Data-on-File, 01/2024. Individual results may vary. d. Coloplast Data-on-File, RCT, NCT05814211, 03/2024, n=82, 95% CI: [0.87- 0.99]. e. Coloplast Data-on-File, RCT, NCT05814211, 03/2024, n=82, p<0.001



"One of my primary challenges with using a catheter is UTIs. Emptying the bladder completely is important to help me avoid UTIs."

Tanja

Tanja is a Luja™ female user who has 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.

in fact, 95% of users found it easy to use Luja female.^c

Consequently, when using Luja™ female with Micro-hole Zone Technology, significantly more users feel confident that their bladder has fully emptied compared to conventional eyelet catheters.⁶

Fully emptying the bladder reduces the risk of bacteria multiplying in your bladder.^{6,11,12} With Micro-hole Zone Technology, Luja female is **designed to reduce the risk of UTIs.**⁶



"When I used Luja for the first time, I didn't realize it had been inserted. I didn't feel any discomfort and I was amazed how smooth it was."

Theresa

Theresa is a Luja™ female user who has 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.

Key takeaways

- ✓ Coloplast offers a wide range of catheter options, depending on your specific needs.



- ✓ A good catheterization experience is one which is smooth and gentle – our hydrophilic coating enables our catheters to stay hydrated so there is less friction and less risk of urethral damage.⁹
- ✓ Fully draining your bladder when you catheterize reduces the risk of urinary tract infections and improves your bladder health.^{6,11,12}
- ✓ Micro-hole Zone technology in Luja female sets a new standard for catheterization by enabling complete bladder emptying in one free flow without the need to reposition the catheter.^c

How to catheterize for the first time

There are techniques to using a catheter. Your healthcare professional will explain the best method for you and show you what to do. Catheterizing can be a little tricky at first, but with time, it will become second nature.

The first few times you may need clinical support from your healthcare professional or clinician until you become independent with catheterizing. Once that happens, this guide can help remind you of the steps. It may help to read this a couple of times before you start.

Always follow the Instructions for Use (IFU) provided with your prescribed product to ensure safe and effective use.

What you will need



Your prescribed catheter



Soap and warm water



Hand sanitizer (optional)



Wipes (optional)



Mirror (optional)



You may also need a bag to collect your urine in.



Your catheter IFU





Intermittent catheterization

Step-by-step guide

1



Gather what's needed

Make sure you collect everything you will need together before you start.

2



Clean your hands

Wash your hands well with warm water and soap. A hand sanitizer can be used if you don't have access to washing facilities.

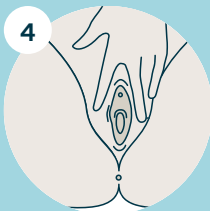
3



Remove clothing

Prepare yourself by removing your clothing and getting into position, and with the guidance of your healthcare provider, determine whether sitting, standing, or lying down is best for catheterization.

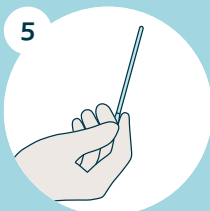
4



Clean genital area

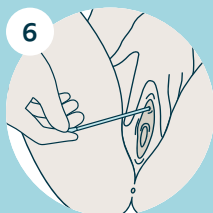
Using non-dominant hand, part labia with index and middle finger and wipe from urethra towards anus (front to back) and discard soiled wipe. Use mild soap and water or a disinfectant wipe.

5



Prepare your catheter

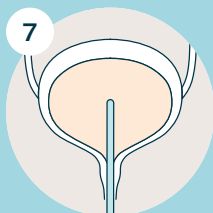
Prepare the catheter. Make sure it does not touch anything before you insert it. If the catheter does touch something, for example your clothes, hands, or sink, you must throw it away and use a new one.



6

Insert your catheter

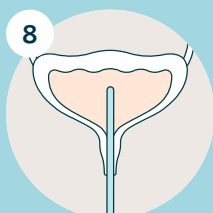
Using the dominate hand, gently insert the catheter into your urethra. Some women use a mirror to help them at this stage. To make the insertion as easy as possible, it is important you relax.



7

Pass urine

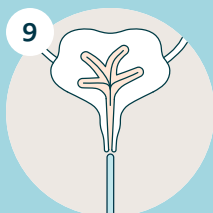
Continue until the catheter reaches your bladder and the urine starts to flow. Then a bit further to ensure a steady and continuous flow.



8

Readjust to fully empty your bladder

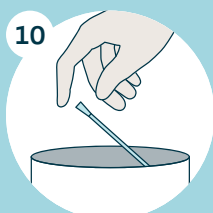
Once the urine stops running, move a little and straighten yourself up to make sure that the bladder is completely empty. Slowly withdraw the catheter and stop each time more urine drains out. If using Luja™, readjustment is not necessary.^a



9

Remove catheter

Slowly withdraw the catheter from your body.



10

Clean up

After use, dispose of the catheter in a bin, re-dress, and wash your hands again. Some catheters can be reclosed by reinserting them into their container for later disposal. The Luja™ female container material is recyclable and may be disposed of according to local recycling guidelines, supporting our sustainable imprint.

a. Luja female ensured zero flow stops in 87% of catheterizations & <10 mL residual urine at first flow stop in 83% of catheterizations (RCTs, post-hoc, NCT05841004, n=73, & NCT05814211, n=82). Coloplast Data-on-File, 01/2024. Individual results may vary.

Solving immediate issues

What if I can't find my urethra?

In the beginning it can be helpful to use a mirror to find your urethra. After some practice, you can find the urethra by feeling it with your finger. Spread the labia and insert the catheter. If you can, standing up can also sometimes make it easier to find your urethra. Inserting a catheter may be like the first time you put in earrings: it takes some time to get used to this new action, so don't be discouraged if you find it challenging.

What if I experience pain?

You may find it a little uncomfortable or awkward when you first start to catheterize. Ensure you are using the correct "French size" catheter, as prescribed by your healthcare provider. If the catheter is too large or too small, it can cause discomfort or other issues. Try to stay relaxed while performing catheterization, and once you are familiar with the technique, you should be able to catheterize quickly and easily without issues. If you experience symptoms like persistent pain, fever, or unusual discharge, always contact your healthcare provider.



Always remember

Practice makes perfect – it may take some time to get the hang of the technique, and you may want to practice with your healthcare professional first.



What if no urine drains when I insert the catheter?

The length of the female urethra varies for each person, but generally ranges from 4cm long and 6-8 mm in diameter.¹ You may not have inserted the catheter into the bladder if urine does not flow out. You may need to check with your healthcare professional that you are doing everything correctly.

What do I do if I think I have a UTI?

Always seek medical attention if you have any signs or symptoms of a urinary tract infection. These include: feeling pain or a burning sensation during urination, frequent urinations or repeatedly feeling the urge to urinate, strong smelling urine, change in your urine color, seeing blood in urine, having fever, chills or shaking and other flu-like symptoms.⁸ Do not take medication for a UTI without medical approval.

Key takeaways

- ✓ Always use a new sterile catheter each time you need to empty your bladder.
- ✓ If you touch the part of the catheter that you insert, or it comes in contact with something like your clothes or the sink, dispose, and do not use it, (or recycle container if Luja™ female) and use a new catheter.
- ✓ Take your time – it's important you allow time for your bladder to fully empty each time you catheterize.
- ✓ Never flush catheters down the toilet.

Tips for maintaining your routine

Using a catheter to drain your bladder can help to give you the freedom to do the things that matter to you. The key is finding a way to make using a catheter a normal part of your day. You should follow a regimen that's prescribed by your HCP.

Here are some tips other catheter users have found useful when adjusting to life with catheterization.

Plan ahead

The best way to maintain your routine with catheterization is to have a good plan and be motivated to sticking to it. Your plan should include drinking plenty of fluids so you can void at least 1200ml of urine per day, usually catheterizing 4–6 times⁸. Try to build in catheterization breaks every 3–4 hours throughout the day.⁵ Avoid skipping a planned catheterization where possible.

Set alarms or reminders

Setting regular alarms or reminders on your phone is a great way to nudge yourself to go to the bathroom. That way, no matter where you are during the day, you will get notified if it is time to catheterize.

Record when you catheterize

Consider keeping a bladder/voiding diary that can help you keep track of your catheterization schedule. That way, you always know how many times you have voided your bladder throughout your day.

This can help to ensure you are compliant with your treatment. You can also use this record later on to support a discussion with your healthcare professional if needed.



Match your catheterizations with other activities

It may help to sync your catheterizations with other daily activities. For instance, you can catheterize after each meal, and make it part of your morning and evening habits. Depending on your job, you may also be able to schedule regular times throughout the working day for a bathroom break. Test different times and see what works best for you. Always use the right number of catheters per day to keep your bladder healthy.



Scan and get your bladder diary. If you do not have a smart phone, the bladder diary is in the back of this booklet.



Measure the amount of urine you pass

It is important to empty your bladder completely every time you use a catheter. Leftover urine can lead to infections. You should sometimes check how much urine you empty in one go. It should not be more than about 2 cups (400 ml).⁶ If you drain more than this in one catheterization, this may indicate you need to catheterize more frequently. In this case, reach out to a healthcare professional for medical advice.

What happens if you do get out of your routine?

It can happen of course, that something comes up and prevents you from catheterizing as normal. Don't fret, but do catheterize again as soon as possible.

If you do not empty your bladder frequently enough, urine can become stale. Bacteria in the bladder can then multiply, which can lead to a UTI. Allowing your bladder to fill without release may lead to an infection,^{6,11,12} or even long-term damage to your kidneys.⁷



Always adhere to your prescribed number of daily catheterizations

Tips for a healthy bladder

In general, good bladder health comes down to good hygiene, drinking enough fluid and emptying your bladder regularly. Combined, these things help to reduce bacteria in the bladder which can make a real difference to your wellbeing. When your bladder is healthy, there is less risk of urinary tract infections, discomfort, or pain.

These tips are based on extensive professional knowledge of the bladder and urinary system.

Stay hydrated

We recommend that you drink enough fluid so you can void over 1200ml of urine each day.⁸ Water is always a good choice of fluid for the bladder. By drinking a lot of fluid, your urine becomes more diluted, and bacteria can be flushed out.



Catheterize 4–6 times per day

Getting into a good routine, where you fully empty your bladder 4–6 times per day is essential to a healthy bladder.⁸ Catheterizing regularly is necessary so urine doesn't remain in the bladder too long. Stale urine can serve as a breeding ground for bacteria which can lead to a urinary tract infection.^{6,11,12} Note that some patients may be instructed to catheterize more or less based on individual factors, as determined by their healthcare provider.

Empty your bladder completely

By fully emptying the bladder, you prevent urine from staying in your body for too long. Each time you use a catheter, you get rid of the urine and the waste in your bladder, which helps you reduce the risk of urinary tract infections.^{6,11,12} Removing a catheter slowly and carefully helps to allow you to get rid of urine that may be left at the bottom of your bladder.⁸ Using a Luja™ female catheter can also help to enable complete bladder emptying in one free flow when you catheterize.^a

a. Luja female ensured zero flow stops in 87% of catheterizations & <10 mL residual urine at first flow stop in 83% of catheterizations (RCTs, post-hoc, NCT05841004, n=73, & NCT05814211, n=82). Coloplast Data-on-File, 01/2024. Individual results may vary.

Take care of your gut

Keeping a healthy gut also helps your bladder to stay healthy. A balanced diet with plenty of fiber and nutrients, along with physical activity, can do wonders for your bowel. If you are constipated, this may also affect your ability to empty your bladder completely. So, a healthy diet and good bowel function is important!



Maintain good intimate hygiene

Keeping good intimate hygiene should be a priority in your daily routine. You should wash the area around the urethra daily. If you are using soap, it should have a low pH value⁸ – not all bacteria are bad, you want to protect the good bacteria and remove unhealthy ones. When washing and going to the toilet, make sure to dry from front to back in one wipe, to avoid bringing bacteria forwards into the urethra.⁸

Ensure good hand hygiene

One of the most effective methods to help maintain a healthy bladder is to practice good hand hygiene.⁸ Always ensure that you clean your hands well by either using soap or applying hand sanitizer before and after each catheterization.

If you don't wash your hands, you risk transferring bacteria from your skin into your urethra, which can lead to infection. Even after you have cleaned your hands well, avoid contact with the part of the catheter that goes into the urethra. If you touch this part, discard it, and start again.

Always remember, all situations are individual; if you need personalized help and support, contact us at:



1-866-226-6362



Monday-Friday
8 a.m. - 6 p.m. CST



For urgent medical advice, always contact your doctor or nurse.

Lifestyle support

Delivering personalized care solutions for you.

Adjusting to using an intermittent catheter can take time. No matter how far you are on your journey, we're here to help. Coloplast Care is a product and lifestyle support program that offers help and education when you need it.

Whether it's through our online educational articles or by phone with your personal Advisor, we're here to help you live a better life using catheters.

- **Visit** bladder.coloplastcare.us
- **Email** us at care-us@coloplast.com
- **Call** your Coloplast Care Advisor at 1-866-226-6362

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. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.



Vicki

"Coloplast Care helps you to cope. There are people there that you can ring and I just found that that complemented whatever my nurse told me. I think if I'd had all that information eight years ago when I first started catheterizing, I would have been a much happier person for it."

Once I'd gone on the Care site, it just seemed that this big weight had been lifted. That I can have somebody a phone call away, or the website I can just go to, it makes me think it's not all that bad."

Vicki is a Luja™ female user who has 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.

Use the free Coloplast Care service for:

- ✓ Advice around diet and health when living with bladder issues
- ✓ Practical support for travel and everyday socializing
- ✓ Mental wellbeing, emotional assistance, and hear from other catheter users
- ✓ Product support, and much more

To call the Care Team scan the QR code.



Tatiana

"It helps that I have friends and family who know that I catheterize – they won't rush me when I'm in the restroom and if I get an infection or am struggling, they understand and empathize, and they know how to support me."

Tatiana is a Luja™ female user who has 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.

Tabitha: “Intermittent catheterization was a life changer for me”

Tabitha, 38, lives in the UK, and has used intermittent catheters for over 6 years. After a life-changing event when she woke up with suddenly no movement or feeling from the waist down, catheters became a part of her everyday.

Starting initially with an indwelling catheter, Tabitha then changed to intermittent self-catheterization which she continues to do today. For Tabitha, education around intermittent catheterization is essential; this is why she is so open about her disability and how she manages her bladder.

“I will talk with anybody about it who will listen, and the more people that know about it, the more lives can be changed, I believe.”

“The freedom that Intermittent catheterization gives in comparison to being hooked up to an indwelling catheter is phenomenal. You feel like you get your freedom back, and you are not tied down to tubes and bags.”

Tabitha feels she now has the freedom to do the things she wants.

“Intermittent catheterization has given me life, it has given me freedom, and it has given me the ability to have the confidence to try new things.”

Tabitha's journey

When Tabitha initially used indwelling catheters, she would be concerned about how her outfit would affect the catheter. A lover of fashion, she now uses intermittent catheters and feels free to choose whatever she would like to wear and not have to worry about that.



Learning about intermittent catheters

There are lots of different types of intermittent catheter out there, and so it is important to find a catheter that is the right fit for your needs. For Tabitha, she tried different catheters until she found the solution right for her.

"Learning how things work and what works for you is so important. I didn't realize that there were so many different catheters out there, so it was great to be given the option to try different ones. SpeediCath® happened to be the one I loved."

Tabitha is a Coloplast catheter user who has 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.

Getting used to intermittent catheterization (IC)

There are many people who learn to self-catheterize as part of their daily routine. Tabitha admits that it was not easy at first, and she felt nervous and awkward about inserting a tube into her bladder. She compares it to using a tampon for the first time, and how it took some practice and adjustment.

"When I was first introduced to IC, I was like, 'I don't have enough hands to hold a mirror and to do all of this at the same time'. The nurse said 'eventually, you will not need a mirror', and I was like, 'well okay, I do not quite know how that is going to work'. But after some time, it's just natural, and I do not even think about it that much."

The nurse was indeed correct, Tabitha no longer needs a mirror, and she has got used to her catheterization routine. She encourages others who face the same challenge to overcome their fear and give it a try, because it can become second nature. For Tabitha, practice really does make perfect. Everyone will have a different approach to how they catheterize, but it is important to persevere and in Tabitha's view, this really can change your life.



Tabitha's tip for travelling

Maintaining your catheterization routine is very important. Tabitha has a simple hack to help to ensure she still catheterizes the correct number of times during the day when traveling.

"I would advise others to make sure they have enough supplies with them when they are out and about and when travelling. One of the concerns that I had was 'what if I am out and about and forgot my catheter?' So for me, I keep catheters in all of my bags, I have some in my chair, and I have some in my desk at work. So, make sure you've got plenty of catheters with you."

Check your knowledge

Use this short quiz to check your understanding of intermittent catheterization and how to keep your bladder healthy. It doesn't matter how you do; the most important thing is that you are confident answering the questions.

If you would like to discuss your bladder health further, you are always welcome to reach out to Coloplast Care, where a dedicated Care Advisor will be able to further assist you.

1. What is intermittent catheterization and why is it used?
2. How may you experience a bladder issue?
3. Why is "complete bladder emptying" important?
4. How can you catheterize to ensure complete bladder emptying?
5. What are some hygiene practices that you should follow when catheterizing?



6. How should you dispose of your catheter after use?
7. How many times a day should you usually catheterize?
8. How can you help to ensure you stay on track with your catheterizations?
9. What is the maximum volume of urine you should commonly void in one catheterization?
10. What are the key things you should do to help keep the bladder healthy?

Find the answers on page 38

Reflections

Building my knowledge



Use this checklist to reflect on how secure you feel with intermittent catheterization. Check the box when you feel comfortable in your understanding.

Perhaps you have further questions you would like to ask your Coloplast Care Advisor or a healthcare professional.

Expertise	Check
I know where my urethra is and where I must insert my intermittent catheter	☒
I understand how my bladder works and how a catheter allows me to empty my bladder	☐
I understand why fully emptying my bladder will better my bladder health	☐
My healthcare provider has demonstrated the intermittent catheterization procedure on me	☐
I feel confident I know how to fully empty my bladder with my catheters	☐
I understand how to maintain good hygiene when using my catheters	☐
I have performed intermittent self-catheterization on myself under the supervision of my nurse or healthcare provider	☐
I feel confident in my catheterization routine and know how to plan my catheterizations frequently enough throughout the day	☐
I know where to go for further support	☐



Further questions to ask my Care Advisor

What is the best angle to hold the mirror when inserting the catheter?

Reflections

Building my confidence



As you get accustomed to your daily bladder routines, you may want to set yourself some new goals so you can live your best life with your catheters.

These goals may include things like keeping a record of your catheterizations and seeing that you maintained your routine, or successfully catheterizing in a public toilet.

Sometimes, people like to share their situation with a close friend or family member for extra support. Perhaps you would now like to take the trip you always dreamed of doing.

Use the space below to set the goals that are right for you. If you see a potential concern or issue along the road, note this down and get in contact with a Coloplast Care Advisor who can work with you to help you get to where you want to be.

My goal

Check

Stay at a friend's house overnight	✓



Reflections to share with my Care Advisor

Successful, but remember next time to pack some extra catheters so you have more flexibility the next day. Ask: what other packing tips are there?

Answers to questions on page 32

1. What is intermittent catheterization and why is it used?

Intermittent catheterization is a simple procedure that involves inserting a thin, flexible tube into the bladder via the urethra to drain urine. Catheterization can help lessen urinary tract infections, kidney damage, and enables you to pass urine as and when you need to.

2. How may you experience a bladder issue?

A bladder issue can be defined as having difficulty starting or stopping the flow of urine, not being able to empty your bladder on your own, feeling strong urges to void one's bladder, leaking urine involuntarily, or needing to go to the toilet more often than usual.⁴ Having these symptoms should be reported to a healthcare professional for further examination.

3. Why is "complete bladder emptying" important?

"Complete bladder emptying" refers to when there is no urine left in the bladder after you have used a catheter. This is important because left-over urine in the bladder can become stale and allow bacteria to grow. If urine remains for too long, this can lead to an infection.^{6,11,12}

4. How can you catheterize to ensure complete bladder emptying?

Catheterize using Luja™ female with micro-hole zone technology, as its designed to drain your bladder in one complete flow, without the need to reposition the catheter.^a With other catheter designs, once you have inserted it and no more urine is coming out, begin to slowly withdraw the catheter. Each time more urine comes out, pause, and move a little to make sure your bladder is completely empty.⁸

5. What are some hygiene practices that you should follow when catheterizing?

Always wash your hands thoroughly with soap and water before and after catheterization. Use a single-use catheter for each catheterization, and do not touch the part of the catheter you insert into your body. If the catheter is contaminated by your hands or anything else, throw the catheter away and start again with a sterile one. When cleaning your genital area, always wipe from front to back to avoid bringing bacteria towards your urethra.⁸

6. How should you dispose of your catheter after use?

Luja™ female is recyclable. But if you're using a different type of catheter, always dispose of it in a bin and never flush it down the toilet.

7. How many times a day should you usually catheterize?

Always follow your prescribed catheterization frequency as set out by your healthcare professional. With intermittent catheterization, you can choose the time and place of your catheterization, and you can still catheterize whilst you are away from home 4–6 times per day.⁸ Generally, you should catheterize between 4–6 times per day, or every 3–4 hours.⁵

8. How can you help to ensure you stay on track with your catheterizations?

To help keep on track with your catheterization routine, you may want to try setting alarms or reminders on your phone. You can match your catheterizations with other activities and also keep a record of your routine to share with your healthcare professional in a future consultation.

9. What are the key things you should do to help keep the bladder healthy?

To keep your bladder healthy, always remember to:

- Empty your bladder completely every time you catheterize.⁶ This can reduce the risk of urinary retention, which can damage your bladder and kidneys.
- Drink plenty of fluid.⁸
- Have a balanced diet to help reduce the risk of constipation and other bowel issues that may impact your bladder.⁶
- Maintain good hand and genital hygiene.⁸
- Seek medical attention if you have any signs or symptoms of a urinary tract infection, such as fever, chills, cloudy or foul-smelling urine, blood in the urine, or pain or burning when catheterizing.⁸

a. Luja female ensured zero flow stops in 87% of catheterizations & <10 mL residual urine at first flow stop in 83% of catheterizations (RCTs, post-hoc, NCT05841004, n=73, & NCT05814211, n=82). Coloplast Data-on-File, 01/2024. Individual results may vary.

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Bladder Diary

Using this bladder diary to keep track of your daily urinary habits can help you and your healthcare provider better understand and talk about your

Bladder Diary				
Time A.M. 	Food/fluid intake (amount of liquid in ounces)	Voided amount in ounces or S/M/LG	Leakage amount 1=drops/damp 2=soaked	Catheter usage 1=success 2=w/o success 0=none

Bladder Diary				
Time A.M. 	Food/fluid intake (amount of liquid in ounces)	Voided amount in ounces or S/M/LG	Leakage amount 1=drops/damp 2=soaked	Catheter usage 1=success 2=w/o success 0=none

Bladder Diary				
Time A.M. 	Food/fluid intake (amount of liquid in ounces)	Voided amount in ounces or S/M/LG	Leakage amount 1=drops/damp 2=soaked	Catheter usage 1=success 2=w/o success 0=none

bladder management routine. Fill in the bladder diary when you wake up in the morning and continue for a full 24 hours (day  and  night) to discuss with your healthcare provider.

Time P.M. 	Food/fluid intake (amount of liquid in ounces)	Voided amount in ounces or S/M/LG	Leakage amount 1=drops/damp 2=soaked	Catheter usage 1=success 2=w/o success 0=none

Time P.M. 	Food/fluid intake (amount of liquid in ounces)	Voided amount in ounces or S/M/LG	Leakage amount 1=drops/damp 2=soaked	Catheter usage 1=success 2=w/o success 0=none

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Bladder Diary

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Time P.M. 	Food/fluid intake (amount of liquid in ounces)	Voided amount in ounces or S/M/LG	Leakage amount 1=drops/damp 2=soaked	Catheter usage 1=success 2=w/o success 0=none

Coloplast was founded on passion, ambition, and commitment. We were born from a nurse's wish to help her sister and the skills of an engineer.

Guided by empathy, our mission is to make life easier for people with intimate healthcare needs. Over decades, we have helped millions of people live more independent lives and continue to do so through innovative products and services.

Globally, our business areas include Ostomy Care, Continence Care, Advanced Wound Care, Interventional Urology and Voice and Respiratory Care.