A man with short brown hair, wearing a brown jacket over a white shirt, is smiling and holding a black camera with both hands. He is sitting at a wooden table outdoors, with a blurred background of water and a distant shoreline.

Personalized care for men: intermittent catheterization

All you need to know about
intermittent catheterization
and your bladder

1-866-226-6362

www.bladder.coloplastcare.us

Pete | Catheter user



Coloplast | Care



Christian | Catheter user

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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 at home 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 catheter problems;
- how to make your catheterization routine work for you and integrate your bladder management into your everyday life.

This booklet answers the questions you may have about performing intermittent catheterization and includes checklists to help you ease the transition to life with catheters. Together with the free support of Coloplast Care, this booklet may help you strengthen your bladder management routines.

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

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.

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.



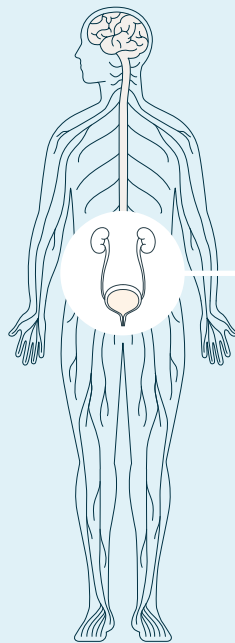
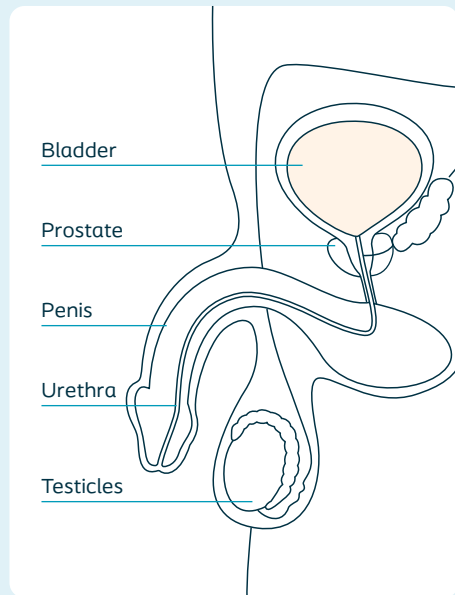
Stephan | Catheter user

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. Let's start by explaining the urinary system so you can manage your bladder with ease.

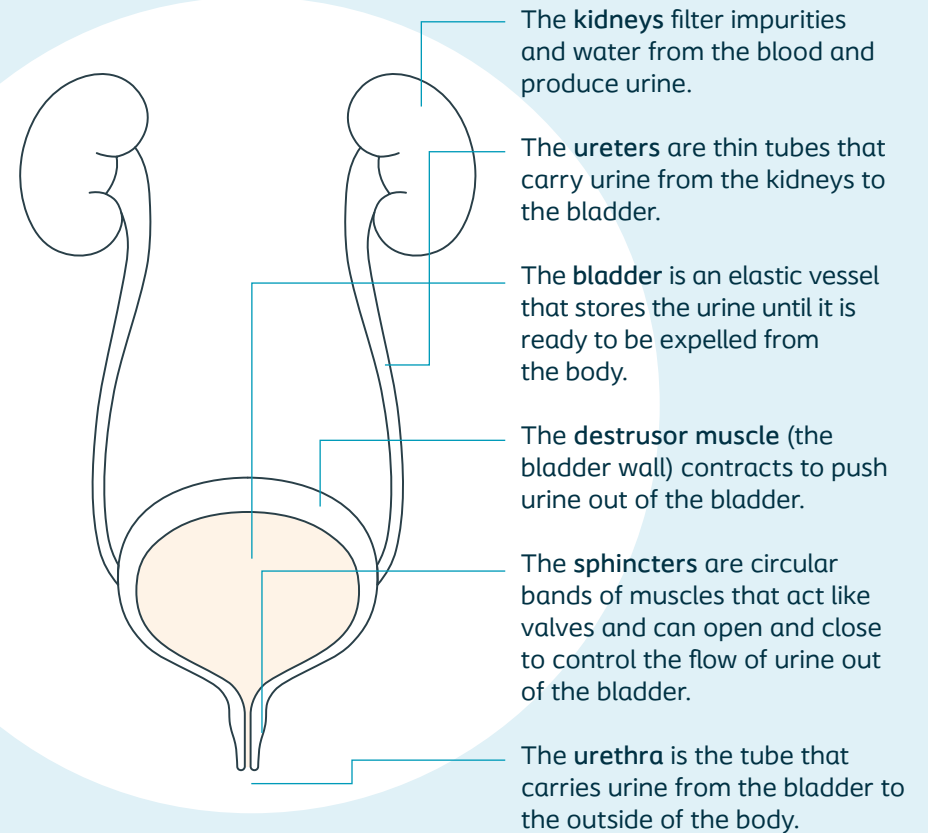
You urinate through your urethra, a hollow tube that carries urine from your bladder out of your body. The male urethra is usually between 5.5 - 10.6 inches long^{1,2,3} and extends through the penis. The urethral opening is located at the tip of the penis.



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.

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.⁴



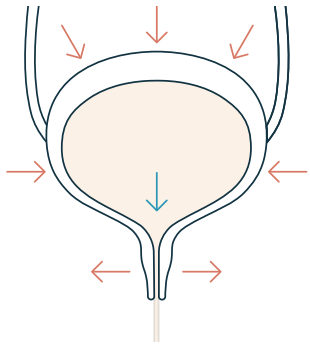
How the bladder works

The bladder stores urine until you can urinate and expands as the kidneys make more urine. Typically, when the bladder has about four to eight ounces of urine, signals are sent to the brain, telling you it is time to urinate.⁴

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

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.⁴



What is a bladder dysfunction?

If you have a bladder issue, something stops your bladder from effectively storing and/or releasing urine.⁵

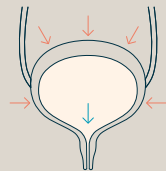
Depending on the issue, you may experience different symptoms.

What issues may I experience?

Bladder overactivity⁵

The bladder may be unable to store urine effectively. You may therefore find:

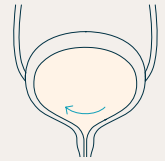
- You feel strong urges to void your bladder which are difficult to control⁶
- You need to urinate too often during the day⁶
- You need to urinate several times a night (nocturia)⁶
- You experience incontinence – this is when you involuntarily leak urine⁶



Bladder underactivity⁵

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

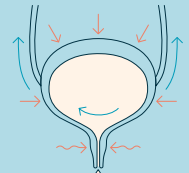
- You have a weak urine flow when going to the toilet⁶
- Your urine flow stops and starts intermittently when voiding⁶
- You struggle to start urinating or are unable to void even when you feel the need⁶
- You strain when passing urine⁶



Detrusor sphincter dysnergia (DSD)⁵

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:

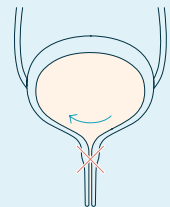
- Urinary hesitancy⁷
- An interrupted stream when urinating⁷
- Feeling that the bladder is not completely empty even after voiding⁷
- Double voiding⁷



Blockage

As men age, the prostate gland may become enlarged and compress the urethra. Strictures inside the urethra or tight sphincters can also narrow the urethral passage. These different types of blockages can make it difficult to pass urine.⁸ This may cause symptoms like:

- A weak urine stream
- Frequent urination
- Difficulty starting urination



What can cause an issue with the urinary system?

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 disorders⁹ can disrupt the communication between your brain and bladder and cause it to behave abnormally.⁴ These disorders can affect the nerves that control bladder functioning.

Pelvic floor dysfunction

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

Psychological factors

Emotional stress, anxiety, or psychological factors, can sometimes contribute to bladder issues such as bladder overactivity or frequent urges to urinate.¹⁰

The process of aging

Aging can also affect how your bladder behaves. Over time, conditions like bladder overactivity or urinary incontinence may develop.¹⁰

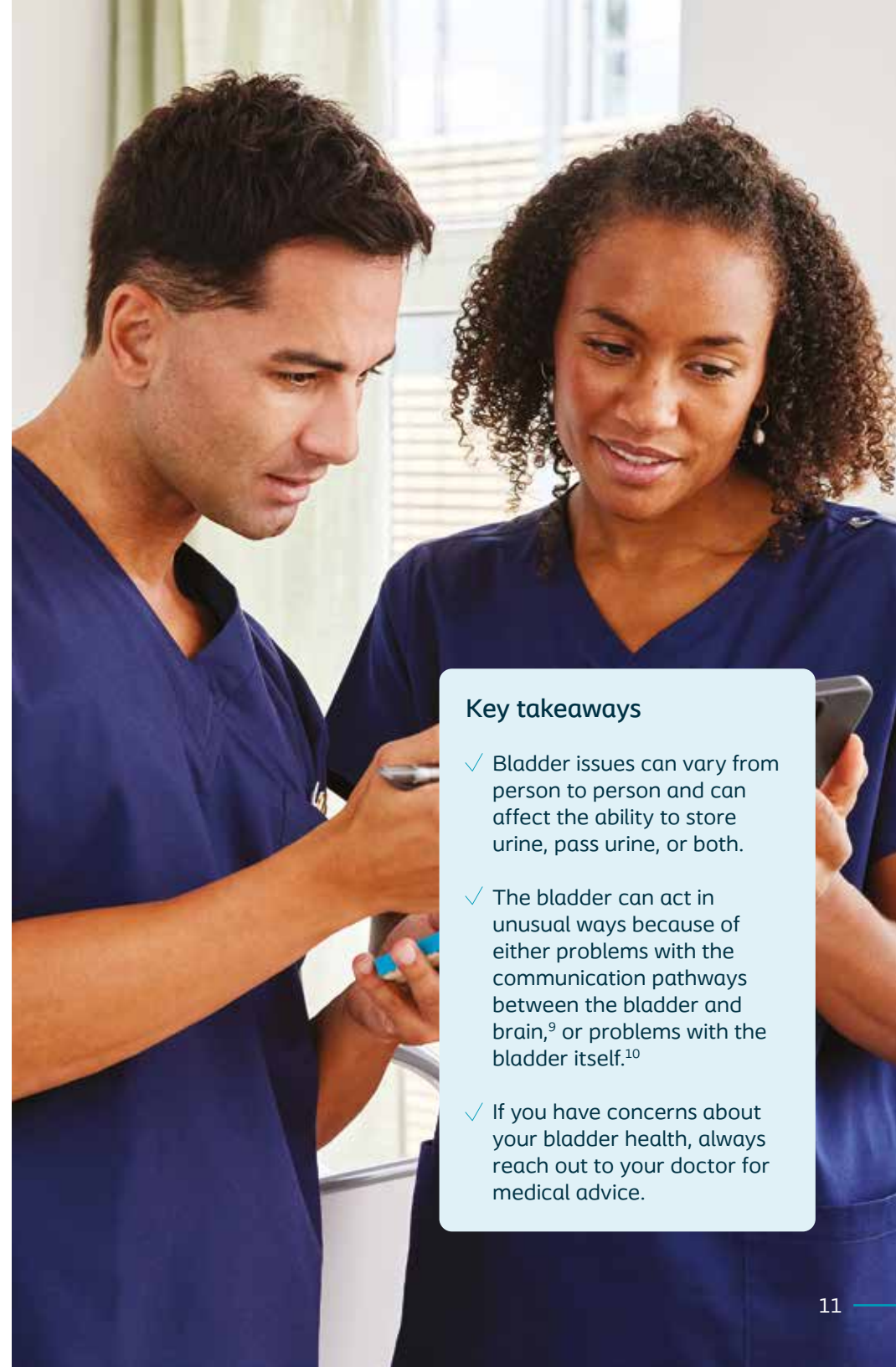
Non-neurogenic conditions

Bladder stones, bladder cancer, or other structural abnormalities in the bladder or surrounding organs (e.g. enlarged prostate, distended bowel or constipation) can contribute to bladder issues.¹⁰

❗ Important to note

Bladder issues can be experienced in different ways, such as urinary incontinence, frequent urination, trouble voiding the bladder, or frequent feelings of urgency.⁶

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

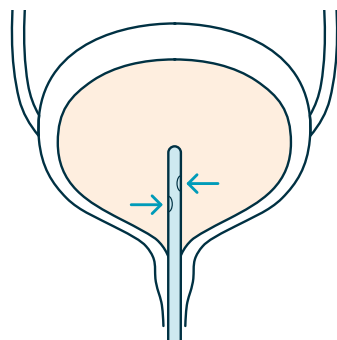


Key takeaways

- ✓ 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 pathways between the bladder and brain,⁹ or problems with the bladder itself.¹⁰
- ✓ If you have concerns about your bladder health, always reach out to your doctor for medical advice.

How an intermittent 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 or reservoir.
- For individuals who experience no difficulties with catheter insertion, a straight-tip catheter is commonly utilized. Alternatively, those who encounter challenges with insertion generally use coudé-tip catheters.
- You may choose to attach a urine bag to your catheter, meaning you don't need to use a toilet or reservoir when voiding.
- Some people use an all-in-one catheter and bag solution, where the urine bag is already integrated into the design.



Catheterization – designed with you in mind

Smooth and gentle catheterization^{11,a,b} with SpeediCath® and Luja™ catheters

If you use catheters, you can usually expect to catheterize around 4-6 times a day.⁸ This means the catheter you use must be reliably smooth and gentle^b when you insert and withdraw it.¹¹

Coloplast's SpeediCath and Luja catheters use Triple Action Coating Technology. This technology enables the coating of your catheter:

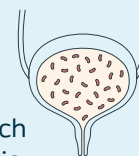
- Stay bonded for an even coating without dry spots
- Stay smooth – so there is low friction and less risk of urethral damage^{a,11}
- Stay hydrated – making it instantly ready-to-use

With Triple Action Coating Technology, there is a reduced risk of urethral damage^{a,11} and it enables a reduced risk of urinary tract infections.^{a,12,13}



Luja™ Coudé catheters are designed for complete bladder emptying*

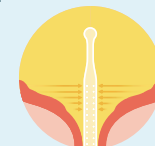
If urine is left in the bladder for too long, it can become stale, which can lead to bacteria multiplying and possibly cause infection.^{9,15,16}



This means that completely emptying your bladder is key when you catheterize.

Luja Coudé with Micro-hole zone technology ensures complete bladder emptying.^{14*}

Compared to conventional eyelet catheters which typically have two eyelets (holes) near the tip of the catheter, a Luja catheter has unique micro-holes that set a new standard for bladder emptying. Luja is designed to drain urine from the bottom of the bladder and eliminates the need for you to adjust the catheter's position during emptying.^{14,17}



*Luja male & Coudé has close to no flow stops and Complete bladder emptying is defined as <10 mL (Landauro MH et al (2023), DOI: 10.3390/jcm12165266, N=42).

a. Compared to uncoated catheters.

b. Tested in a pre-clinical setting (ex vivo). Coloplast Data-on-File, SpeediCath Flex User Product Evaluation, 2016, N=55 and N=87, 95% CI [0.90;1.00] and 95% CI [0.60;0.81], DK, NL, BE, DE, UK

Micro holes, macro-difference

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

- It is gentle to empty the bladder^a with Luja™.^{18,19} Micro-holes do not block like the eyelets on conventional eyelet catheters.^{14,17**}
- Luja is 45% faster at emptying the bladder completely compared to conventional eyelet catheters.**
- Micro-hole Zone Technology is designed to completely empty your bladder. Luja ensures complete bladder emptying in one position.^{9,14*}
- This means that once the catheter is in place, you won't need to adjust it again.^{14,17} The flow of urine only stops when your bladder is completely empty.^{14,17} No repositioning^{14,17} means now you have a simpler way to catheterize¹⁴ compared to conventional eyelet catheters, with less worry about urine left in the bladder.²⁰ When you're done, you're done.
- When using Luja with Micro-hole Zone Technology, you can feel confident that you have completely emptied your bladder.²⁰ In fact, 88% of new users feel confident that their bladder is completely emptied without adjusting the Luja catheter.^c

- Fully emptying the bladder when catheterizing reduces the risk of bacteria multiplying in your bladder.^{9,15,16} With Micro-hole Zone Technology, Luja™ is designed to reduce the risk of urinary tract infections by ensuring complete bladder emptying.^{9,14**}



"Flow-stop happens with the catheter I usually use, but when I'd catheterized with Luja a few times and no more urine was coming out, I understood that Luja had emptied the bladder differently, which means that when it's empty, that's it."

Kjell†

*Luja male & Coudé has close to no flow stops and Complete bladder emptying is defined as <10 mL (Landauro MH et al (2023), DOI: 10.3390/jcm12165266, N=42).

† Kjell is a Luja Coudé user 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 service is right for you.

d. Tested in a pre-clinical setting (ex vivo). Coloplast Data-on-File, SpeediCath Flex User Product Evaluation, 2016, N=55 and N=87, 95% CI [0,90:1,00] and 95% CI [0,60:0,81], DK, NL, BE, DE, UK

e. Compared to uncoated catheter

Key takeaways

- ✓ Coloplast offers different catheter options, depending on your specific needs.



- ✓ A good catheterization experience is one which is smooth and gentle^{d,11} – Triple Action Coating Technology enables our catheters to stay hydrated, so there is low friction^e and less risk of urethral damage.^{e,11}
- ✓ Fully draining your bladder when you catheterize reduces the risk of urinary tract infections and improves your bladder health.^{9,15,16}
- ✓ Micro-hole Zone Technology in Luja sets a new standard for bladder emptying by ensuring complete bladder emptying in one position.¹⁴



"With Luja, I'm confident that my bladder is completely empty, I don't need to worry about that anymore"

Thomas†

*Luja male & Coudé has close to no flow stops and Complete bladder emptying is defined as <10 mL (Landauro MH et al (2023), DOI: 10.3390/jcm12165266, N=42).

**Tested in a pre-clinical setting (ex vivo). Coloplast Data-on-File, Glahn, 2023

† Thomas is a Luja Coudé user and 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 service is right for you.

a. Tested in a pre-clinical setting (ex vivo).

b. Tested in a pre-clinical setting (ex vivo). Complete bladder emptying is defined as <10 mL







c. Coloplast Data-on-File, Luja Male User Product Evaluation, 10/2024, n=445 new users, 95% CI [0,85-0,91]

How to catheterize for the first time

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

The first few times, you may have a doctor or nurse with you to support you until you can continue on your own. 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. Remember to follow the *Instructions for Use* that came with your specific product for detailed instructions on how to use, contraindications, warnings, and cautions.

What you will need

-  Your prescribed catheter
-  Soap and warm water
-  Hand sanitizer (optional)
-  Wipes (optional)
-  You may also need a bag to collect your urine in
-  Instructions for Use



Intermittent catheterization

How-to-use guide



1

Gather what's needed

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



2

Clean your hands

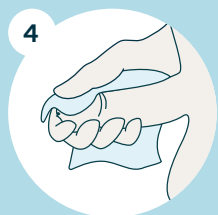
Wash your hands well with warm water and soap. A hand sanitizer can be used if you don't have access to washing facilities.



3

Remove clothing

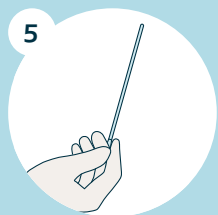
Prepare yourself by removing your clothing and getting into position.



4

Clean genital area

Lift the penis and retract the foreskin (uncircumcised) if present. Clean the head of penis beginning at the tip and away from the urethral opening.



5

Prepare your catheter

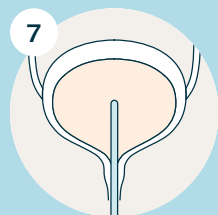
Prepare the catheter. Make sure it does not touch anything before you insert it. If the catheter does touch something, for example your clothes, hands, or sink, you must throw it away and use a new one.



6

Insert your catheter

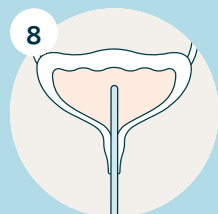
Gently insert the catheter into the opening at the tip of the penis and advance the catheter into the urethra until urine drains (then insert the catheter 0.5-1 inch further). Hold the penis upright during insertion, then angle it toward the toilet once urine starts to flow.



7

Pass urine

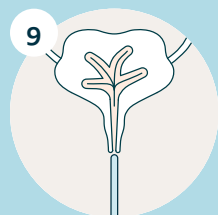
Hold the catheter in position and allow your bladder to drain. Don't rush this process – take your time and relax.



8

Reposition to fully empty your bladder

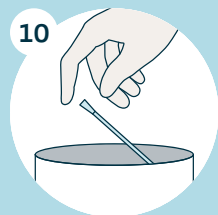
Once the urine stops flowing, move a little and straighten yourself up to make sure that the bladder is completely empty. Slowly withdraw the catheter and stop each time more urine drains out. If using Luja™, repositioning is not necessary^{14,17} as Luja ensures complete bladder emptying in one position.^{9,14}



9

Withdraw the catheter

Slowly withdraw the catheter from your body.



10

Clean up

Dispose of the catheter in the trash after using it, re-dress, and wash your hands once more. Some catheters can also be reclosed after use by reinserting the catheter into its container for disposal at a later time. If uncircumcised re-place foreskin if it was retracted.

Solving possible issues

I am worried about harming myself

You may worry that inserting the catheter can harm your urethra; however, rest assured that this is normally not the case.

Take your time when inserting your catheter. Be aware that if you feel resistance during insertion, this may be the prostate or the sphincter. Do not force the catheter in this case. Wait, relax, take some deep breaths, and then hold firm, steady pressure and try again. Quite soon, you will build an intuitive feeling of when something is not right and how you should act.

What if I experience pain?

You may find it a little uncomfortable or awkward when you first start to catheterize. Once you are familiar with the technique, you should be able to catheterize easily without issues. If you experience any persistent pain, always contact a healthcare professional.

What if no urine drains when I insert the catheter?

The length of the male urethra varies for each person, but generally ranges from 5.5-10.6 in.^{1,2,3} You may not have inserted the catheter into the bladder if urine does not flow out. You should consult your doctor or nurse to check 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, see blood in urine, have a fever, chills or shaking, and other flu-like symptoms.⁸ Do not take medication for a urinary tract infection without medical approval.



Always remember

Practice makes perfect – it may take some time to get the hang of the technique, be patient with yourself. If you continue to have difficulty, you may want to contact your doctor or nurse.

Key takeaways

- ✓ Always use a new clean 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, discard and start again.
- ✓ Take your time – it's important you allow time for your bladder to fully empty each time you catheterize.
- ✓ Dispose of your catheters in the trash after use.

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.

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. Drinking plenty of fluids is key to overall bladder health. You should void approximately 1200 ml of urine per day, usually catheterizing 4-6 times.⁸ Try to build in catheterization breaks every 3-4 hours throughout the day.⁷

Avoid skipping a planned catheterization where possible. Carry additional catheters with you so you can still catheterize even if your plans change.

This will enable you to feel less restricted by your routine and you can be more flexible in what you do.

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

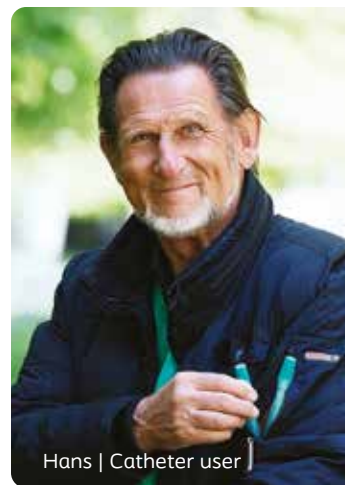
Try to keep a note of when you catheterize, so you always know how many times you have voided your bladder throughout your day.

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 nurse or doctor 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.



Hans | Catheter user

Scan and get
your bladder
diary



Measure the amount of urine you pass

It is important to empty your bladder completely when you use a catheter. Leftover urine can lead to infections. You should sometimes check how much urine you empty in one go. If you are consistently emptying approximately 400 ml per catheterization, you may 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?

Sometimes, things may happen that prevent you from catheterizing as normal. Don't worry, 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 urinary tract infection. Allowing your bladder to fill without release may lead to an infection,^{9,15,16} or even long-term damage to your kidneys.¹⁰

ⓘ 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 to promote a healthy bladder. On average, one may need to catheterize 4–6 times per day if adequately hydrated.



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.^{9,15,16}

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.^{9,15,16}

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™ catheter can also help to enable complete bladder emptying in one position when you catheterize.^{14,*}

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 which can increase your risk of infection. So, a healthy diet and good bowel function are important.



Maintain good intimate hygiene

Keeping the area around the urethra and genitalia clean promotes proper hygiene. If you are cleansing the area with soap, using a low pH soap⁸ with water can help with protecting the good bacteria while removing unhealthy ones.


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 wash your hands properly 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 on:

 1-866-226-6362

 Monday-Friday
8:00 a.m. – 6:00 p.m.
Central Time

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

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.

* Luja male & Coudé has close to no flow stops and Complete bladder emptying is defined as <10 mL (Landauro MH et al (2023), DOI: 10.3390/jcm12165266, N=42).

Lifestyle support

At Coloplast, for more than 60 years, we have done our utmost to help people living with intimate healthcare needs.

Coloplast Care provides free support to help you best manage your individual situation when intermittent catheterization is a part of everyday life. We offer simple, straightforward advice and support, as well as help to inspire you to get the most out of your treatment.

Support from Coloplast Care

Comprising of personalized phone support, emails, online resources, and more, Coloplast Care is here to ensure your bladder management works for you.

Our Care Advisors are trained to support you with any questions you have about your situation and work with you to ensure you get the most out of your treatment.

Contact us today at
1-866-226-6362
or reach out via email:
care-us@coloplast.com

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 and emotional assistance
- ✓ Hear from others who use catheters in podcasts & webinars
- ✓ Product support, and much more



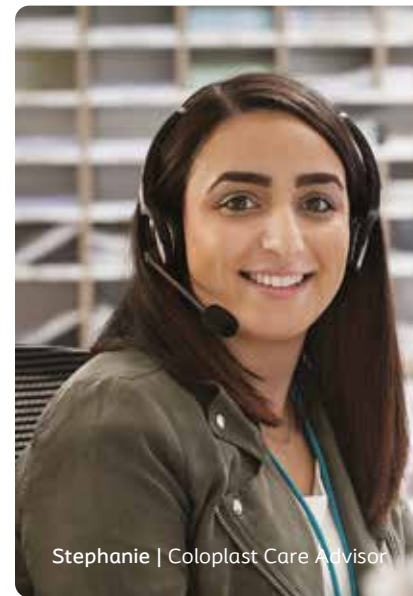
Rob | Coloplast Care user

"I found out that working with Coloplast Care, I was getting information that was making the process so much easier.

Instead of being stuck at home, not able to go out, not able to get on a plane or a train, I was able to find easy ways to overcome the problems.

It's changed my lifestyle greatly, because without that care from the company it would have been probably miserable, and I would stay at home instead. That hasn't happened."

Rob is enrolled in Coloplast Care and 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 service is right for you.



Stephanie | Coloplast Care Advisor

"Rob initially rang in because he had an upcoming trip to Japan that he was trying to prepare for and had a lot of questions surrounding not only how to do it when he's there, but also when packing – where to put all these catheters that he's taking.

Coloplast Care offered extra information to read regarding medical certificates and what to bring with him."

Thomas' life with catheters

Thomas lives in Gießen, Germany. He was born with Spina Bifida and has used a wheelchair since he was a child.

Basketball is a big hobby for Thomas. At the age of 10, he had already started playing wheelchair basketball, and upon moving out of his parents' place, he continued to pursue this passion. Today, he is a professional athlete. In addition, he is also studying sports management with the aim of working in this field after his sporting career.

Thomas enjoys taking his dog on long walks, spending time with friends, watching football and going to restaurants. He is a huge football fan.

Intermittent self-catheterization enabled Thomas to develop freedom and independence from an early age and his catheters now allow him to live life to the fullest.

Catheterization challenges

Thomas still faces challenges sometimes when managing his bladder with catheters. One of his main issues is recognizing when his bladder is fully empty. He cannot really feel whether there is still urine in his bladder or whether he has completely voided.

"The biggest mental concern, is that I always thought my bladder might not be 100% empty now"

To help fully empty his bladder, it is important that Thomas repositions the catheter, though he admits this can still be a challenge when using a conventional eyelet catheter. Sometimes, when he is in a hurry, this step can still be a challenge.

If using a conventional eyelet catheter, repositioning is key when emptying the bladder, as if the bladder is not fully empty, this can increase the risk of urinary tract infections.^{9,15,16}

"I always have this question, okay, how do I ensure I get it completely empty that nothing is left, so I don't somehow get UTIs or other problems?"

Thomas has now tried Luja™ and found that this is now one less thing he has to worry about.²⁰

"I don't have to check five times to see if everything is really out, but I feel certain it's completely drained"

Thomas | Luja Coudé user

Thomas is a Luja Coudé user and 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 service is right for you.

Stephan's approach to catheterization in his everyday life

Stephan is 47 years old and lives in Switzerland. In 1997, he had a motorcycle accident in which he injured his spinal cord, leaving him paralyzed.

Stephan now works as a self-employed motivational speaker and lecturer, working with individuals, private companies, and health institutions to ultimately inspire people to live their lives with more joy and happiness. For Stephan, he feels that his injury and confinement to a wheelchair are not what defines him, but rather what he makes of his life.

This motto has led Stephan to pursue a very active and full life with a lot of adventure. He is particularly into sports such as biking, buggy kiting, skydiving, and basketball. He has an active social network and enjoys variety in his everyday. An adventure in the woods is just as appealing as a relaxing evening on the sofa.

What features help to make a catheter good in Stephan's eyes?

Stephan is well versed in catheterization and has clear expectations when it comes to choosing a catheter that fits his needs. Here are some of the key features Stephan looks out for:

Complete bladder emptying

Ensuring your bladder is completely drained of urine is key when using an intermittent catheter.⁹ This can either be achieved through repositioning the catheter whilst it is in your bladder to help drain any residual urine, or by using a Luja™ catheter which ensures complete bladder emptying in one go.^{9,14} Stephan has tried both conventional eyelet catheters and Luja and was surprised to find he instinctively repositioned his catheters without even being aware of this action.

"When I first heard that you don't have to reposition with Luja, I was convinced that I didn't do that in my current routine. But the next time I catheterized, I realized I am doing it, so it was interesting to observe that I did reposition automatically without even realizing it"

A Luja catheter takes away this need to reposition^{14,17} while emptying the bladder and helps to make Stephan's catheterization routine simpler.^{a,14}

"It's simpler, because I don't have to take this extra re-adjusting step anymore"

Re-closable

Some catheters, like Luja™ Coudé, are re-closable, meaning that they can be used and then packed away again to be disposed of at a later time. This is a great design feature for Stephan as it means he can use his catheters throughout the day without the worry of where to get rid of them.

Stephan is a Luja Coudé user and 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 service is right for you.

Luja Coudé is indicated for use by patients with urine retention and patients with 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 male patients only (adults and pediatric above the age of 1 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 at [HYPERLINK "http://www.coloplast.us"](http://www.coloplast.us) www.coloplast.us.

Stephan | Luja™ Coudé user

Discreteness

Intermittent catheters, such as Luja, are often designed with discretion in mind. Stephan is often on the go and engaged in various sporting activities. Being able to discretely carry his intermittent catheters with him wherever he goes is a huge help.

A hydrophilic coating

Catheters with a hydrophilic coating can be used straight out of the package, without needing any additional lubricant or gel. The coating on these catheters ensures low friction and helps to reduce the risk of urethral damage.^{a,11}

"The hydrophilic coating makes it incredibly easy to slide the catheter through the urethra into the bladder."

a. Compared to uncoated catheters.

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 Advisor will be able to further assist you.



Rob | Catheter user

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

2. How might 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 42

Reflections

Building my knowledge



Use this checklist to reflect on how secure you feel with intermittent catheterization. Put a check when you feel comfortable in your understanding.

It is normal to have additional questions, if so, reach out to your Coloplast Care Advisor or Healthcare Professional.



Flemming | Catheter user

| Expertise | Check | Further questions to ask my Care Advisor |
|--|-------|---|
| I know where to go for further support | ✓ | Are there any additional local groups that may be able to support me? |
| 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 doctor or nurse 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 doctor | | |
| I feel confident in my catheterization routine and know how to plan my catheterizations frequently enough throughout the day | | |

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 restroom.

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 hiccup 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 | Reflections to share with my Care Advisor |
|------------------------------------|-------|--|
| Stay at a friend's house overnight | ✓ | Successful, but remember next time to pack some extra catheters so I have more flexibility the next day. Ask: what other packing tips are there? |
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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 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.



| 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 | 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

| Bladder Diary | | | | | | | | | |
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| 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 | 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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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.⁸ Catheterization can help prevent urinary tract infections,^{9,15,16} kidney damage,¹⁰ and enables you to pass urine when you need to.

2. How might you experience a bladder issue?

A bladder issue can be defined as having difficulty starting or stopping the flow of urine, feeling strong urges to void one's bladder, leaking urine involuntarily, or needing to go to the toilet more often than usual.⁶ 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 may allow bacteria to multiply, which can lead to an infection.^{9,15,16}

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

Luja™ Coudé catheters with Micro-hole Zone Technology ensure complete bladder emptying in one position, without the need to reposition the catheter.^{14,17} With other catheters, 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. Clean your genitals before inserting the catheter. 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.⁸

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

Always dispose of your catheter in the trash after use. Never flush catheters down the toilet.

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

4–6 times per day.⁸ Generally, you should catheterize between 4–6 times per day, or every 3–4 hours.⁷ Always follow your prescribed catheterization frequency as set out by your doctor. With intermittent catheterization, you can choose the time and place of your catheterization, and you can still catheterize whilst you are away from home.

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 nurse or doctor in a future consultation.

9. What is the maximum volume of urine you should commonly void in one catheterization?

400 ml.⁹ If you measure how much urine you void when you catheterize and it is more than about 2 cups, this can indicate you need to catheterize more frequently.

10. 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.⁹ Complete bladder emptying prevents bacteria building up in the bladder.
- 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.⁹
- 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

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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, Wound and Tissue Repair, Interventional Urology and Voice and Respiratory Care.