

SINGLE-USE CATHETER

Instructions for self-catheterization

STEP

1

HYGIENIC PREPARATION

- Thorough hand washing and disinfection of hands, put on sterile gloves.
- Preparation of a germ-free area.

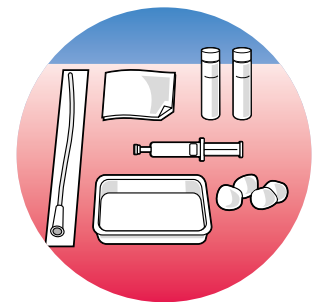


STEP

2

PREPARATION FOR CATHETERIZATION

- **Equipment:** Catheter and catheter set incl. sterile gauze swabs/compresses, sterile tray and disinfectant, such as **octenisept® of the urinary bladder** 15ml.*
- **For uncoated catheter:** additional gel and syringe.
- **Additional auxiliary material:**
Woman: mirror, **Man:** penile clamp.
- **Attention:** During the whole process the catheter must be kept sterile.

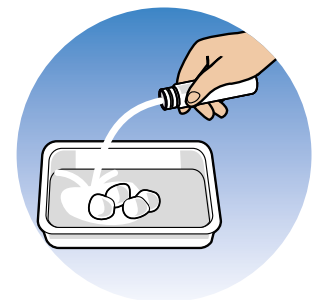


STEP

3

IMPREGNATION OF THE GAUZE SWABS / COMPRESSES AND THE CATHETER:

- **Soak gauze swabs/compresses** with **octenisept®** before catheterization of the urinary bladder.
- **For coated catheter:** Place catheter in a sterile tray. Then apply physiolog. saline solution or sterile water on the catheter to activate the hydrophilic film of the catheter.

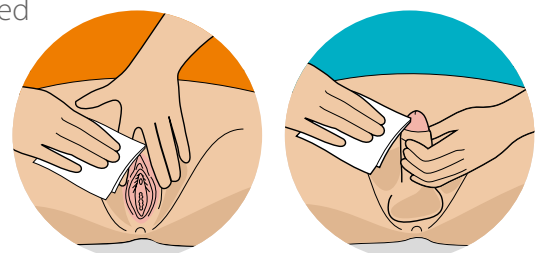


STEP

4

DISINFECTION OF THE EXTERNAL GENITALIA

- Disinfect the entrance to the urethra with the soaked gauze **swabs/compresses**.
- **Woman:** above the vaginal opening, after spreading the labia. Place mirror between legs.
- **Man:** penis glans, after retracting the foreskin (with penis clamp).



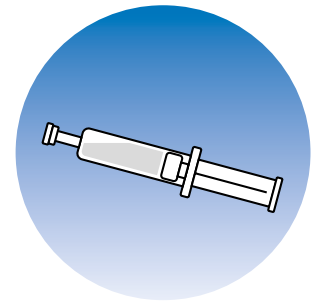
* octenisept® is also available in spray form.

STEP

5

FOR UNCOATED CATHETER, INSERTION OF THE ANESTHETIC GEL

- **Fill syringe** with catheter gel and place it at the urethral opening.
- **Anesthetize the urethra** by inserting the anesthetic gel. Please follow the instructions for use and exposure times.

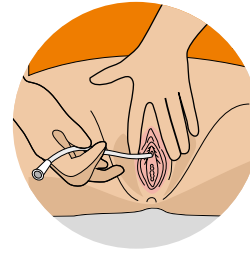


STEP

6

INSERTION OF THE CATHETER

- With disinfected hand, slowly insert the catheter into the urethra.
- Insert catheter until urine drains. After the first flow of urine, push the catheter approx. 1 cm further.



STEP

7

URINE FLOW:

- Drain urine. For complete emptying, it is recommended to apply slight pressure to the bladder region or to cough.¹
- Subsequently, pull out the catheter slowly and carefully.



Note: For specific instructions on handling the various disposable catheters and sets, please refer to the instructions for use provided by the respective manufacturer. Catheters are available for men and women in different lengths and with different tips. Catheter sizes are specified in the measuring unit „Charrière“ (Ch.). To determine the diameter of a catheter in millimeters, divide the Charrière size by three. Catheter sizes range from 14 to 18 Ch. for men, 12 to 14 Ch. for women, and 8 to 10 Ch. for children.²

¹ Guideline: Der intermittierende Katheterismus: Klingler et al. J UROL UROGYNÄKOL 2009; 16 (2).

² I care Pflege, 2nd edition, Stuttgart: Georg Thieme Verlag, 2020, ISBN 978-3-13-241828-8.

octenisept® Antiseptikum vor Katheterisierung der Harnblase • **Active substances:** octenidine dihydrochloride, phenoxyethanol (Ph.Eur). • **Composition:** 100 g solution contain: 0.1 g octenidine dihydrochloride, 2.0 g phenoxyethanol (Ph.Eur). • **Other ingredients:** cocamidopropylbetaine, sodium D gluconate, glycerol 85%, sodium chloride, sodium hydroxide, purified water. • **Indications:** For repeated, short-term antiseptic treatment of mucous membranes and adjacent skin, also prior to bladder catheterisation. • **Contraindications:** octenisept® Antiseptikum vor Katheterisierung der Harnblase may not be used in cases of hypersensitivity to any of the components of the preparation, the medicinal product should not be used for rinsing the abdominal cavity (e.g. intra-operatively) or the bladder, nor the tympanic membrane. • **Undesirable effects:** In rare cases a temporary burning sensation may appear as a subjective symptom. Contact allergic reactions, such as temporary reddening of the treated area, are very rare. Revision 11/18

If any of the side effects gets serious, or if you notice any side effects not listed in this user information, please tell your doctor or pharmacist.

Schülke & Mayr GmbH, 22840 Norderstedt, Germany, Phone +49 40 52100-666, info@schuelke.com

schülke +

Schülke & Mayr GmbH
22840 Norderstedt | Germany
Phone +49 40 52100-0
www.schuelke.com



I | 08.2023 | A | westwerk
This product information is not
automatically updated.