

## Gynaecology Department

# Going home and undertaking intermittent self catheterisation (ISC)

You have been discharged from the Gynaecology ward or Day Procedure Unit and been taught how to empty your bladder using a small single use catheter. You will have been given a booklet from the catheter supplier on how to use and order anymore catheters.

You are using the catheters to make sure your bladder is emptied fully after you pass urine as at the moment it does not seem to empty properly. This is usually because you have had surgery and the bladder needs time to recover its tone. It will gradually improve, sometimes within a day or two, or depending on the reason for the loss of tone it may take a week or more. The ward will refer you to the Urogynaecology Specialist Nurse. Leave a message for Cheryl/Jane on 01422 223809 or ring 1D for assistance. The Urogynaecology Specialist Nurse should contact you within a couple of days of your discharge. If discharged from the DPU you can contact them during the day on - 01422 223748 / 223749 (CRH).

You will need to empty your bladder with the catheter 3 times a day depending on the reason for needing to do ISC. The ward nurse will advise you on how often to perform ISC. If they advise 3 times a day, you will be required to use the catheter: Firstly, after the morning toilet visit, secondly, once during the day and lastly, before you go to bed. Always try to pass urine normally first. If the bladder feels full at other times and you cannot empty it normally then you can pass a catheter to relieve the pressure.

After the first 24hrs we would like you to start measuring how much you pass urethrally and also measure how much comes away with the catheter. You can use a large plastic jug or other container that will sit in the toilet to allow you to sit comfortably.

If the amount of urine that comes away with the catheter is less than or equal to 150mls you are well on the way to success. We then want you to compare the figure to the amount you passed urethrally (normally). If the volume of catheter urine is less than or equal to half the amount you passed normally then we are happy your bladder is back to normal.

**Example:** You pass 300mls urine urethrally, catheter drainage is 200mls. This means you are not ready to stop ISC as the catheter volume is not less than or equal to half the voided volume.

**Example:** You pass 300mls urethrally and the catheter drainage is 150mls. You can then stop ISC as your bladder is emptying well enough again. The residual urine is 150mls and is half the voided amount.

**Example:** You pass 200mls urethrally and the catheter drainage is 100mls. You can then stop ISC as your bladder is emptying well enough again. The residual urine is less than 150mls and half the voided amount.

If the catheter volumes are too high, do these checks once each day. Stop the ISC when you are happy that the catheter volumes are low enough as per above. If two weeks have passed and the catheter volumes are not low enough then please keep an accurate record and discuss with the Nurse Specialist.

If at any point you are unsure then you can give the Gynaecology ward or Urogynaecology Nurses a ring. The secretary is also available should you be unable to contact the Urogynaecology Nurse Specialist on 01484 355624

**Good Luck and relax and we hope all will return to normal soon.**

**If you have any comments about this leaflet or the service you have received you can contact :**

Gynaecology Ward Manager  
Calderdale Royal Hospital  
01422 224475

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"