Clean Intermittent Self Catheterisation (CISC) for Management of Urethral Strictures in Men

Definition
CISC is the insertion of a catheter, via the urethra, into the bladder.

Purpose
To provide dilation (opening) of the urethra (tube leading out of the bladder) to allow drainage of urine from the bladder when normal urethral function is impaired.

General Information
CISC is a well established procedure that is widely used by many people with voiding difficulties.

- It facilitates safe, effective and complete emptying of urine from the bladder.
- The insertion of a catheter will dilate areas of narrowing in the urinary tube. This can increase the period of time between you requiring a dilation by your doctor.
- Self dilation using the CISC technique also has the advantage of decreasing the risk of ongoing problems associated with a narrowing of the tube leading out of your bladder and incomplete bladder emptying. Difficulty passing urine may cause over-distension of the bladder with damage to the bladder muscle and kidneys.
- It may also increase the risk of urinary infections which may have serious consequence to your health.

Equipment Required
- Nelaton Male catheter (size 16 is most common)
- Lubricant, i.e. KY Jelly
- Soap and water, towel and washer or ‘baby’ wipes
- Alcohol gel for hands
Procedure

- Ensure all equipment is available.
- Apply alcohol hand gel
- Remove the cap from the tube of lubricant.
- Slightly peel the catheter packet open at the large end.
- Position yourself comfortably.
- Using soap and water or baby wipes wash and dry the genital area then wash and dry hands thoroughly. Retract the foreskin if necessary to ensure your penis is clean. Reapply alcohol hand gel. The lubricant is applied to the top 5cm of the catheter.
- Do not let the tube touch the catheter.
- With your less dominant hand, hold your penis upward at approximately 60 degrees to your body. This is to straighten the urethra and allow for more smooth insertion of the catheter.
- Ensure you have good vision of your urethral opening and slowly insert the catheter into the urethra. Take care not to let the catheter touch any other surfaces.
- The catheter is inserted until urine begins to flow. Leave the catheter in place for 3-5 minutes (this allows for maximum dilation time and complete emptying of the bladder).
- Remove the catheter and discard.

**IMPORTANT:**
Wash your hands thoroughly. Always remember to keep this procedure as clean as possible.
The tip of the catheter should not touch your hands.
Do not let the catheter touch any surfaces.
Ensure the tube of lubricant does not touch the catheter.

Positions to Perform CISC
You may perform catheterisation either seated, standing or semi-reclined on a bed. This is a personal preference. You will soon learn what position is best for yourself.

**Lying in Bed**
Remove your underwear and position yourself so that you are comfortable.
The groin area is washed then the hands are washed and dried. The catheter is inserted while you are lying in a semi-reclined position.

**In a Chair or on the Toilet**
Remove your underwear and position yourself so that you are comfortable.
The groin area is washed then the hands are washed and dried. You may sit on a comfortable chair to insert the catheter.

**Standing**
The procedure may be carried out while you are standing. Please ensure that you have good vision of your penis and that your vision is not obscured by your clothing. All other principles apply.

**Personal Hygiene**
Good personal hygiene will help reduce any risk of any contamination to yourself or your equipment.
Poor Eyesight
Many people who have poor eyesight still learn to pass catheters. The urethral opening is felt with the fingers and guided in this way. This is acceptable as long as the hands have been washed well.

Catheterisation Times
- Catheters are passed:
  - daily for 3 months,
  - weekly for 6 months
  - fortnightly for 6 months
  - monthly for 6 months
  - 2 monthly for 6 months
  - 6 monthly for one year
  - Then yearly (on your birthday)

You will be advised if this regime is varied. Please consult your General practitioner for referral to urology if you are having difficulty passing the catheter.

IMPORTANT:
Adherence to times will reduce the risk of complications.

How to obtain supplies
If you are on a pension or have a health care card, you could be eligible to apply for supplies of catheters through a government scheme called MASS (Medical Aids Subsidy Scheme) and/or CAPS (Continence Aid Payment Scheme). Also notify staff if you are a DVA Gold Card holder. A form must be completed by the nurse and forwarded to the Health Department to enrol for supplies.

We must sight and photocopy your health/pension/social security card before sending in the form. If you do not have the card with you we can arrange for a community nurse to complete the form at your home.

Supplies take some time to be processed and are forwarded in the mail. Currently, it takes 4-6 weeks for processing.

If you run out of catheters from these schemes or you are not eligible for the schemes you will have to purchase your own catheters. This can be done online, via the phone or fax to one of these suppliers:

**Intouch**
301 Coronation Drive
Milton, Qld 4064
Phone: 1300 134 260
Fax: (07) 3858 6411
www.intouchdirect.com.au

**Independence Solutions**
2/55 Christensen Road
Stapylton, Qld 4207
Phone: 1300 788 855
Fax: 1300 788 811
www.independenceaustralia.com
Problems and Complications

Urinary Tract Infections

Pooling of urine in the bladder may contribute to bacterial growth. Some of the signs of a possible infection are:

- cloudy urine or an increase in mucous or sediment
- changes in the colour and / or odour of the urine
- blood in your urine
- fever, chills and shaking
- painful urination
- bladder, lower back or flank pain
- increased feeling that you must void

Fluid Intake

Unless contraindicated by your doctor, you should drink 2-3 litres of fluid / day. (include plenty of water).

Over-distended Bladder

You should not let this occur. If your bladder is becoming too full, you risk damaging the bladder muscle while increasing the risk of infection. You may need to catheterise more frequently and review your fluid intake.

Not Able To Pass The Catheter

You should never try and force the insertion of a catheter. You should try to relax then try again a little later. A change of position may also assist. If the catheter will not pass you must report this to your doctor or nurse.

Decrease In Your Urinary Stream

This is also a very good indication that your stricture may be reforming. Report this to your doctor or nurse.

IMPORTANT:

Report any problems to your doctor or nurse.

Maintain your fluid intake.

Points to Remember

Wash your hands thoroughly before and after each catheter.
The catheter should not touch anything.
Don’t touch the catheter
Ensure that the tube of lubricant does not touch the catheter.
Adherence to times will reduce the risk of complications.
Ensure you empty your bladder completely.
Maintain your fluid intake.
Report problems to your Doctor or Nurse.