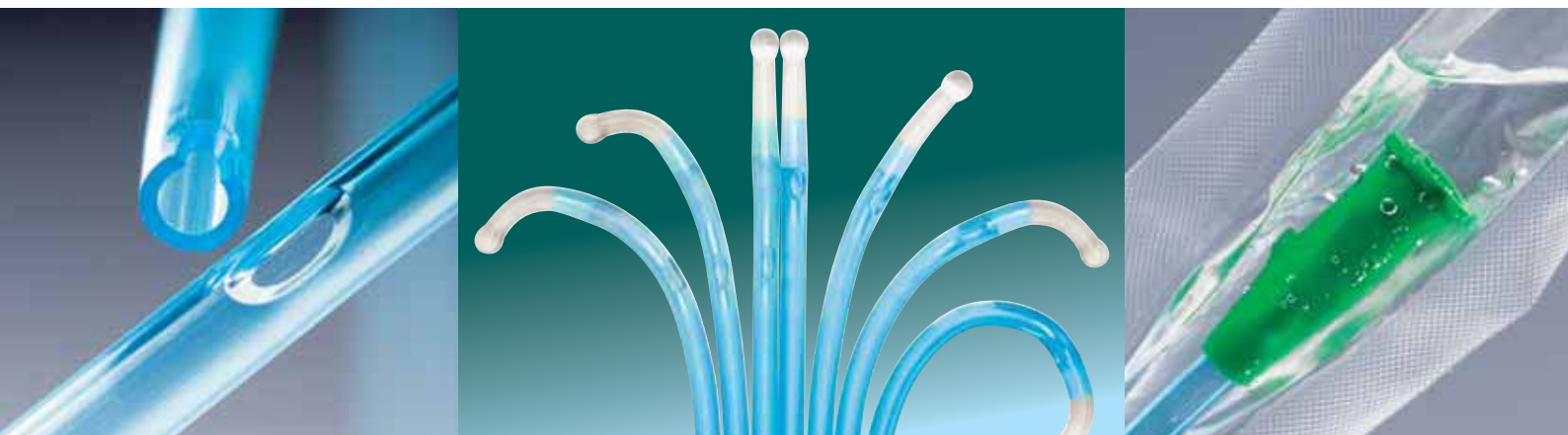


# iQCATH®

Made by Manfred Sauer

## A guide for Men



### All you will ever need to know and more about Safe and Gentle Male Intermittent Self Catheterisation (ISC)

HOW TO ACTUALLY DO IT PULL OUT GUIDE

The centre pages have the essential “How to do it” guide. The rest is useful information, hints and tips to help you understand what the benefit of ISC is to you, and how to incorporate the procedure into your daily life. Whether you are new to ISC or have years of experience, it is worth keeping this tutorial as a reference and browsing the pages from time to time to really appreciate some of the advice offered.

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Written by Barry Kaighin

[www.iqcath.co.uk](http://www.iqcath.co.uk)



“My name ‘Willie,’ is used throughout this tutorial to refer to the word ‘penis’ as is the word ‘Wee’ used instead of ‘urine’. So be warned!”

## Introduction

Firstly let me say **“You are not alone!”**

From small children to the most senior of citizens, tens of thousands of people in the UK and millions around the world are in the same position as you, so don't feel isolated and alone because you are not!

We believe this is the most comprehensive 'down to earth' guide you will find anywhere, basically because it is written by people who self catheterise themselves! **There is a massive amount of information in the following pages but don't panic, its organised in such a way that you can take in as little or as much as you want.**

**Keep it handy as a reference guide, it's worth reading it again after you have been catheterising for a few weeks to really appreciate some of the hints and tips once you are familiar with the basics!**

Our aim is to help you understand why you need to drain your bladder with a special piece of plastic tubing called an intermittent catheter, and how to do this safely and gently by guiding you through the process step by step.



***When you see this picture & this GREEN text box in the following pages it indicates a space where your Continence Specialist may enter information specific to your needs.***

***We have also included some hints & tips from users & professionals to help you 'find your way' into this brave new world, and ultimately help you regain control over your bladder and your day to day life!***

**WARNING:** Self catheterisation should only be carried out following a clinical assessment from a qualified Continence/ Urology specialist. This booklet is a supplement to the advice you have already been given. Always follow any specific instructions you have been given from your specialist who will have assessed your personal requirements.

# Why me?

Whatever the reason you need to catheterise your Continence/ Urology specialist has decided that Wee must be drained from your bladder rather than left in it. This is important to reduce the risk of bladder and kidney infection, which in turn will help you regain control of your bladder and life, keeping you active and healthy.

***“Until I started taking control of my bladder, my life revolved around it and not me!”*** *iQCath user*

Your Continence Specialist is the best person to advise you on your specific circumstances, but some of the reasons people require catheterisation include:

- Prostate enlargement
- Communication problems between brain and bladder from injury or illness (Neurological disorders)
- Back problems
- Result of pelvic surgery
- Urethral Stricture (narrowing of Wee-pipe)
- Following bladder reconstruction
- Problems with bladder muscles
- Congenital problems (from Birth)



## Important Information about me!

My Name	
Hospital Urology Specialist Name:	Tel:
Continence Specialist Name:	Tel:
GP / Prescriber Name:	Tel:
Chemist / Home Delivery Service Name:	Tel:
How many times a day should I catheterise?	My Prescription: (1 Box of iQCaths contains 30 single use catheters)
Catheter Code: Manfred Sauer iQCath IQ2_____	(see back page for complete list of iQCath codes)
In case of emergency regarding Continence Management Tel:	Other items:
Other info:	

# It all sounds a bit technical to me?

You will continue to visit the toilet as before, but instead of relying on your body to expel all the Wee you will use a special piece of plastic tubing called an intermittent catheter to ensure your bladder is completely empty. Your Continence Specialist has decided that iQCath is the best solution for YOU. This type of catheter is used only once and is discarded after use. Each time you need to empty your bladder you use a new catheter to help reduce the risk of infection. It's as simple as that!

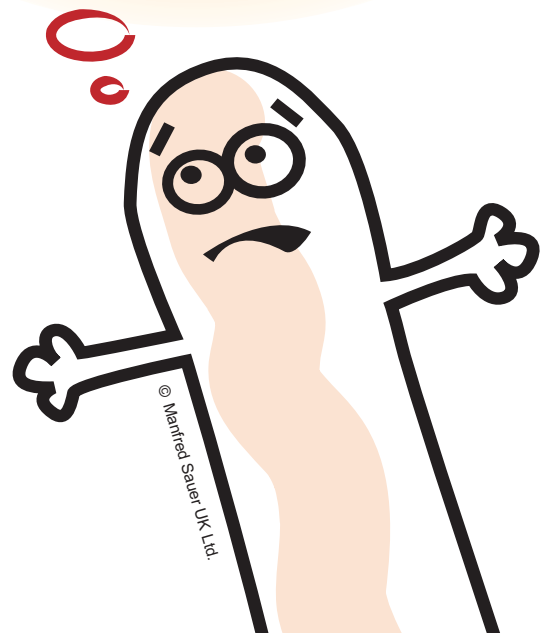
## How will I ever manage?

You will soon master the technique of intermittent catheterisation (ISC) so it becomes second nature and just another routine like cleaning your teeth! As a rough guide healthcare professionals will assume if you can write and feed yourself you have the manual dexterity to catheterise yourself (Fowler, 1998 - *Bladder problems in Multiple Sclerosis*). If you normally stand to Wee then you can continue to do this although often people are initially taught the technique sitting down. But as already mentioned millions of people do it so just be calm, listen to the advice from your Continence Specialist and read this tutorial to fill in some of the gaps - believe me it will save you a lot of worry - as the expression goes "why reinvent the wheel!" when many have been there already?

**"Let's be honest here, most of us considered our Wee-pipe to be a 'one-way' passage and never expected anything to go 'the other way up it!'. The thought of pushing a plastic tube up it is at the very least quite daunting and more than likely very scary for you! Don't worry, its easy, it doesn't hurt and it gives you back control of your waterworks - that's got to be worth you reading on to find out more!"**

## We all eat and drink, then go to the toilet but what happens to the food and drink?

Essentially your body absorbs most of what it needs into your bloodstream and excretes most of what it doesn't want as Wee or Poo. For the purposes of this booklet we will stick to the process of Wee production, but please be aware that a healthy diet with lots of fruit and veg will help you stay free of problems such as constipation that can interfere with intermittent self catheterisation (ISC). So try to eat at least 5 portions of fruit and veg per day. Checkout this website [www.5aday.nhs.uk](http://www.5aday.nhs.uk) or ask at your Doctor's Surgery or your Continence Specialist.



Wee comes from the waste products in the blood that are filtered out of the bloodstream by your kidneys. Each kidney drains this Wee through a tube called a Ureter into the bladder which is essentially a muscular storage bag for Wee. In an ideal world when the bladder is getting full it sends a signal to the brain to say "it's time to find a toilet and empty me!" It may be because of a problem sending this signal to the brain via your nervous system or with the emptying process that you need to catheterise.

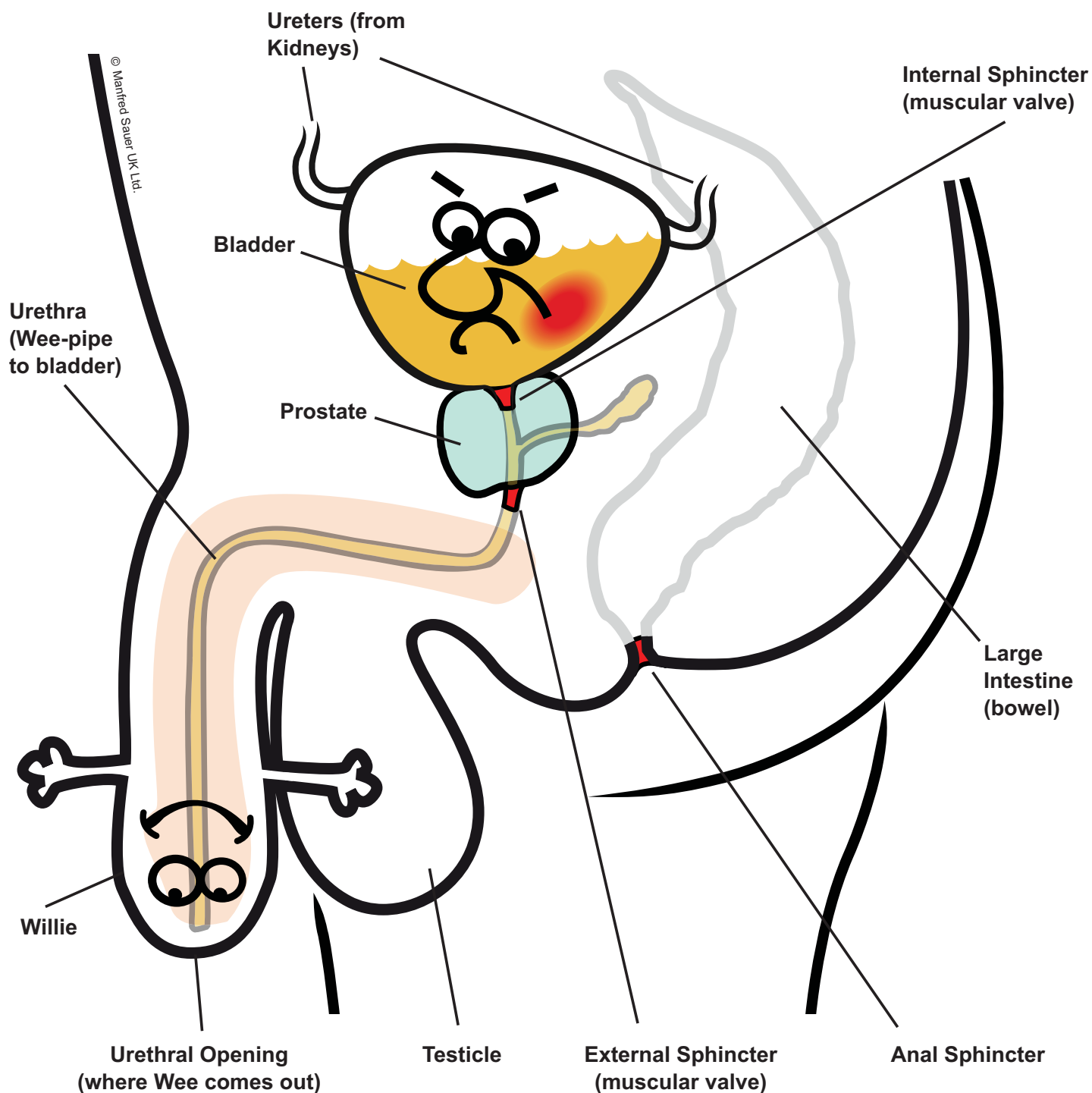
Some people who need to catheterise have a strong sensation that they need to empty their bladder, others have little or no sensation. You are the expert on your body and over the coming months you will be able to 'tune in' to these sensations.

## Will it hurt?

iQCath's coating, when activated, is very, very slippery and with its bendy end it will slide through your Wee-pipe to the bladder, virtually without you being able to feel anything. Its soft spherical tip will gently lead the way past problem areas like strictures (narrowing of Wee-pipe) and the sphincters (like muscular valves) into the bladder, which we think makes it the gentlest way to catheterise available!

# Understanding your 'Waterworks'?

A little bit of simple human biology follows to help you understand exactly what you are doing with your iQCath and where it is going.



There is a glossary on page 19 that describes some of the above words in greater detail.

## Q: What are the Advantages of ISC to me? A: Freedom! Basically you get your life back which is the BIG PLUS of ISC

- Less risk of infections in your Waterworks called Urinary Tract Infections (UTI's) by healthcare professionals
- Healthier kidneys.
- Less risk of leaks which always seem to happen at the most embarrassing times!
- Control over your bladder emptying.
- Improved quality of life and independence from feeling you have to be near to a toilet all the time.
- No reliance on incontinence pads or indwelling catheters/urinary sheaths and drainage bags - if you don't know about these believe you me you are not missing anything!
- Free to engage in intimacy with your partner (sex) without the embarrassment of leaks and explaining about drainage bags or pads.



### Why am I using iQCath?

- iQCath is
- ✓ Easy to handle
  - ✓ Quick to activate
  - ✓ Safe and gentle to use
  - ✓ Eyelets are chamfered (inside & out), polished and coated for maximum comfort and to be as gentle as possible on the soft tissues in your Waterworks
  - ✓ It's soft spherical tip and bendy end ensures it glides easily round the curves of your Wee-pipe. Yet it's firm body means its easy to handle and not 'floppy' like some products available.

### What others say about iQCath

These are some of the comments our customers have made, both people actually using iQCath daily as well as the Healthcare Professionals recommending iQCath to people like yourself!

#### *"iQCath is brilliant!"*

*I've been catheterising since my accident some 8 years ago using a <well know brand name> catheter and roughly about 1 in every 6 times I had trouble getting it through the last centimetre into the bladder. Your catheter goes in so smoothly every time - the only complaint I have is that before I got used to it I was peeing before I was ready, which caught me out more than a few times. 😊 Many thanks once again it really has made life so much easier"*

*(iQCath user)*

*"It's the only ISC I've been able to pass since having bladder reconstruction & a sphincter cuff. If it works for me and all my complications it will work for anyone!"*

*(iQCath user)*

*"I am a specialist appliance nurse working for an independent Dispensing Appliance Contractor (DAC) so I spend all day assessing people with bladder disorders and training Community Nurses. I know iQCath is easy to handle and my patients feedback has been so positive regarding ease of use, comfort in passing and removing the catheter; it is now my catheter of choice!"*

*(Continence specialist)*