

Who can I contact if I have a problem when I get home?

If you experience any problems related to your surgery or admission once you have been discharged home. Please feel free to contact 4A or 4B ward for advice from the nurse in charge. They will assist you via the telephone, advise you return to your GP or ask you to make your way to the ED department at Whiston Hospital depending upon the nature of your concern.

4A Ward – 0151 430 1420

4B Ward (Monday to Friday only) – 0151 430 1440

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

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St Helens and Knowsley
Teaching Hospitals
NHS Trust

Self Catheterisation in Women

Frequently Asked Questions

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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What is self-catheterisation?

Self-catheterisation means that you insert a small, flexible plastic tube into the bladder. The urine flows out through this tube which is then removed and washed. By emptying the bladder regularly in this way, you will prevent a build-up of stagnant urine and should feel more comfortable. You will also be keeping the kidneys and bladder healthy by preventing urinary infections. Some people find that they have less difficulty preventing themselves becoming wet using this technique.

What equipment do I need?

- ◆ A catheter – supplied at first by the outpatient clinic and then available to order on prescription from your GP
- ◆ Shaving mirror and a good light are helpful, particularly at first

How do I do it?

- ◆ Wash your hands thoroughly
- ◆ Remove your pants and tuck other clothing out of the way
- ◆ Get yourself into a comfortable position you can choose from several different positions such as lying down. Standing with one leg raised and knees apart over the toilet or squatting.
- ◆ If you are in a sitting position, using the light and mirror to help you, find the opening of the urethra which is in front of the vagina and behind the clitoris
- ◆ If it is difficult to see the hole, draw the labia forwards and upwards whilst separating them with your fingers. It is also possible to feel the urethra which is like a small pit on a sensitive mound
- ◆ Clean inside the labia from front to back using baby wipes, alcohol free wet wipes or soap and water.
- ◆ Hold the catheter 2 inches from its tip and insert it until urine flows (usually needs insertion for 2-3 inches). If no urine comes out, the catheter is probably in the vagina. This will do no harm and simply means taking it out and use a new catheter for the urethra, just further forwards
- ◆ When urine stops flowing, slowly withdraw. If urine begins to flow again wait until it stops.
- ◆ Dispose of the catheter properly by putting it in a disposal bag before putting it in the household rubbish
- ◆ Wash your hands again

Personal Information

Use the catheter times a day

Discard the catheter and use a new catheter for each catheterisation (catheters are single use and are no re-usable)

Catheter Information

Catheter recommended
(female)

Size FG

Are there any other important points?

This publication provides input from specialists, the British Association of Urological Surgeons, the Department of Health and evidence-based sources as a supplement to any advice you may already have been given by your GP. Alternative treatments can be discussed in more detail with your urologist or Specialist Nurse.