

Consultation Considerations and Guidance for Intermittent Catheterisation¹

Training and patient considerations

Before training

- Identify the reason for intermittent catheterisation (IC), select catheters to discuss, plan advice, prepare space, and assess other specialist involvement if required

During training

- Assist with catheter choice, demonstrate use, and provide emotional support, emphasising hygiene, technique, urinary tract infection prevention and integrating IC into daily life

After training

- Discuss IC complications, daily management, provide a catheterisation diary, offer emotional support, and plan follow-up

Positioning and adaptive equipment

- Spend time speaking with the patient about different positioning and adaptive equipment that may help with IC



Catheter variety

There are many different catheter types and designs available. Patients may benefit from using more than just one

Considerations when choosing include

Design

There are different features to consider when selecting a catheter including compact catheters, closed system, & pre-lubricated designs

Tips

Coudé tips are curved, a good choice if advancing the catheter is tricky. Introducer tips avoid contact with the urethral entrance

Material

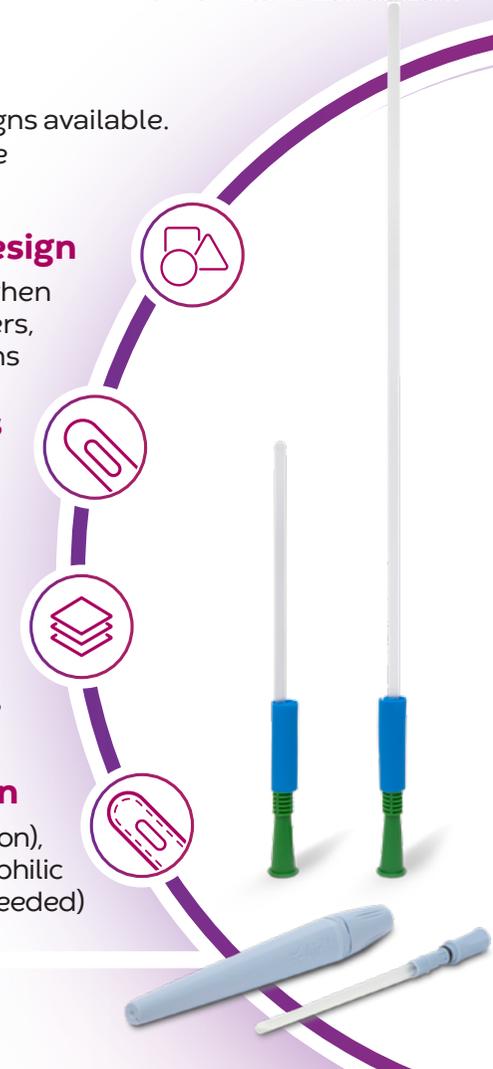
Choose a material that is appropriate to the patient. These include PVC, silicone, & POBE/polyurethane

Lubrication

Types include uncoated (needs lubrication), hydrophilic coated, pre-lubricated, and hydrophilic integrated (no additional coating needed)

Follow up

- Consider scheduling a routine follow-up for evaluation of the chosen device, technique, and ease of use



Scan for additional resources and access to Convatec me+ Continence Care support or visit qr.convatec.com/cc-meplus-hcp