

Supporting Men with Intermittent Self-Catheterisation (ISC)

Will it be difficult for me to learn?

No, almost everyone can learn this procedure. It may feel a bit uncomfortable initially but over time you will master the technique.

What if I see blood in my urine or it feels painful?

You may see a small amount of blood on occasion, especially if you have an enlarged prostate. The prostate can be very vascular. This should clear very quickly and will cause you no problems. However, if you continue to bleed or feel unwell consult your nurse or GP.

Will doing ISC hurt me?

It may feel strange at first, but the procedure should not be painful. Do speak to your nurse if you are concerned.

How will I know how many times to do ISC?

Your nurse will advise you on this. It will depend on your situation, how much urine you are able to pass naturally and how much you drain through your catheter. Completing a bladder diary may be useful in this situation.

For the first few days after you are taught to do ISC it is advisable that you keep a record of the volumes drained from your catheter. Use the chart below to record your volumes.

What if I can't insert or remove the catheter?

Firstly, try to relax. It could be due to you being tense and coughing may help. Speak to your nurse if you are experiencing problems.

Is doing ISC harmful to me?

If you are using the catheter recommended for you and following the correct instructions for use, it is not harmful at all.

Will doing this affect my sex life?

You can maintain a normal, healthy sex life without any negative effects but do speak to your nurse if you are worried or have further questions.

Name: _____			
Date	Time	Urine passed naturally	Catheter Volumes

Your Nurse is:

Nurse Contact Number:

Your Prescription Requirements

Manufacturer	Product	Prescription Code	Pack Size