

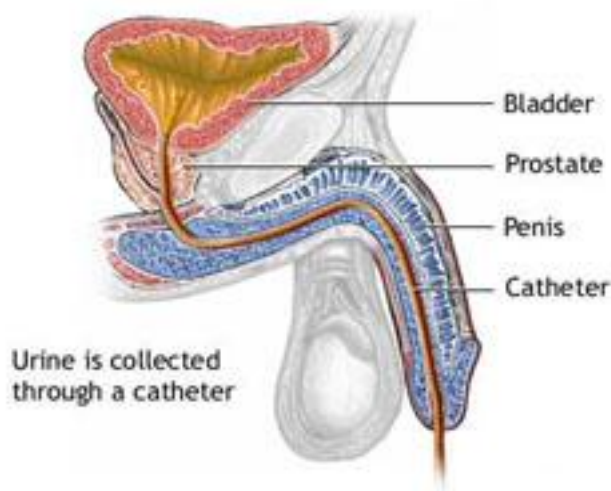
## Self-catheterisation in male patients: frequently-asked questions

### 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. 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
- Baby wipes
- A bottle, dish or plastic box to catch the urine



### How do I do it?

- Sit on a towel with a plastic sheet just underneath; some men prefer to perform self-catheterisation sitting on or even standing in front of the toilet
- Remove your pants and tuck other clothing out of the way
- Wash your hands thoroughly
- Roll back the foreskin and wash the end of the penis using baby wipes
- Hold the catheter 2 inches from its tip.

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- Hold the penis straight out from the body and, without touching the catheter on anything else, slowly and gently insert it until urine flows
  - If the catheter seems to stick just before it enters the bladder, wait a few seconds to allow the sphincter (valve) muscle to relax and then push it gently in a little further
  - Withdraw the catheter slowly

## **Who can I contact for more help or information?**

### **Oncology Nurses**

- Uro-Oncology Nurse Specialist  
01223 586748
- Bladder cancer Nurse Practitioner (haematuria, chemotherapy & BCG)  
01223 274608
- Prostate cancer Nurse Practitioner  
01223 274608

### **Non-Oncology Nurses**

- Urology Nurse Practitioner (incontinence, urodynamics, catheter patients)  
01223 274608 or 586748

### **Patient Advice & Liaison Centre (PALS)**

- Telephone  
+44 (0)1223 216756 or 257257  
+44 (0)1223 274432 or 274431
- PatientLine  
\*801 (*from patient bedside telephones only*)
- E mail  
pals@addenbrookes.nhs.uk
- Mail  
PALS, Box No 53  
Addenbrooke's Hospital  
Hills Road, Cambridge, CB2 2QQ

### **Chaplaincy and Multi-Faith Community**

- Telephone  
+44 (0)1223 217769
- E mail  
derek.fraser@addenbrookes.nhs.uk
- Mail  
The Chaplaincy, Box No 105  
Addenbrooke's Hospital  
Hills Road, Cambridge, CB2 2QQ

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## **MINICOM System ("type" system for the hard of hearing)**

- Telephone  
+44 (0)1223 274604

## **Access Office (travel, parking & security information)**

- Telephone  
+44 (0)1223 586969

## **Other information**

This patient information leaflet 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.

## **How can I get information in alternative formats?**

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

**Polish** Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

**Portuguese** Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

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**Turkish** Bu bilgiyi diğer dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya aşağıdaki adrese e-posta gönderin: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

**Bengali** এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করুন।



Addenbrooke's is smoke-free. You cannot smoke anywhere on the site. Smoking increases the severity of some urological diseases and increases the risk of post-operative complications. For advice on quitting, contact your GP or the NHS smoking helpline free on 0800 169 0 169

## Document history

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