

Clean Intermittent Self-Catheterisation (CISC) Instructions

What is CISC?

CISC is the insertion of a catheter, via the urethra into the bladder.

What does CISC do?

CISC opens the urethra to allow urine to drain from the bladder when normal urethral function is weakened. It helps maintain urethral patency (keeps the tube open).

Who uses CISC?

CISC is widely used by people who have difficulty emptying their bladders or need help managing urethral blockages. It allows safe, effective and complete emptying of urine from the bladder.

How does CISC work?

CISC involves inserting a catheter (a tube made from silicone) to open the urethra.

Self-dilation using the CISC technique also helps decrease the risk of ongoing problems associated with a narrowing of the tube leading out of your bladder and incomplete bladder emptying.

Difficulty passing urine may cause damage to the bladder muscle and kidneys. It may also increase the risk of urinary tract infections which may have serious consequence to your health including kidney damage.

Equipment required for CISC (with non-lubricated catheter)

- Nelaton catheter (Male catheter – size 14F-16F or female catheter – size 10F-12F)
- Water-based lubricating gel e.g. KY gel
- Alcohol hand sanitiser for hands
- Soap and water, towel and washer or baby wipes.

Instructions for a male to do CISC:

- Ensure all equipment is available and set up
- Apply alcohol hand sanitiser to hands
- Remove the cap from the tube of the lubricant
- Gently and slowly peel the catheter packet hold coloured end of catheter while peeling back the remainder of the package. Ensuring catheter remains within one side of the sterile packaging (which will ensure it remains free from contamination)
- Apply lubricant to the end of the catheter to be inserted (approx. 5cm of the catheter), do NOT let the tube touch the catheter
- Position yourself comfortably (this may be standing, sitting, at the toilet, or lying down on a bed)
- Using soap and water or baby wipes clean and then dry the genital area (ensuring foreskin is retracted to clean your penis properly)

- Reapply alcohol hand sanitiser to hands
- With your less dominant hand, hold your penis upward approximately 60 degrees to your body. This is to straighten the urethra and allow for more smooth insertion of the catheter
- Ensure you have good vision of your urethral opening and slowly insert the catheter into the urethra
- Take care not to let the catheter touch any other surfaces
- The catheter is inserted when urine begins to flow. Advance approximately another 1-2cm
- Leave in until urine stops flowing or if using for dilation leave in for 3-5 minutes for a maximum dilation
- Slowly remove the catheter and if urine starts flowing wait until urine stops then continue removing and then discard catheter
- The catheter is NOT to be reused.



For instructional video, scan the QR code below or visit : coloplast.to/AU-HowToVideo

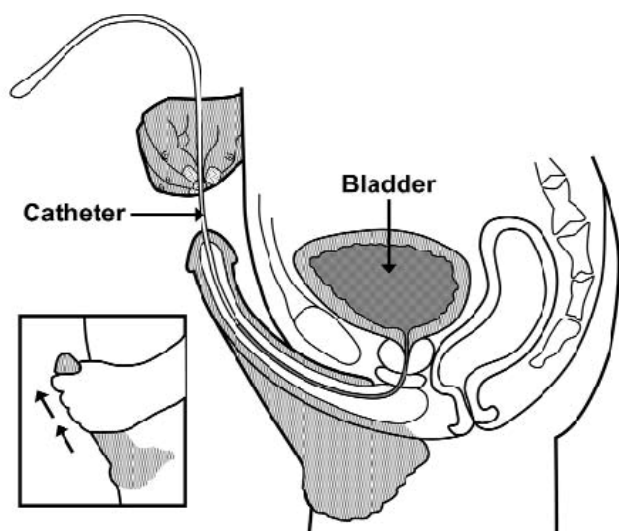


Image Source: https://www.researchgate.net/figure/Correct-Penis-Placement-for-Male-Intermittent-Self-Catheterization_fig15_51098204

Instructions for a female to do CISC:

- Ensure all equipment is available and set up
- Apply alcohol hand sanitiser to hands
- Remove the cap from the tube of the lubricant
- Gently and slowly peel the catheter packet open hold coloured end of catheter while peeling back the remainder of the package. Ensuring catheter remains within one side of the sterile packaging (which will ensure it remains free from contamination)
- Apply lubricant to the end of the catheter to be inserted (approximately 5cm of the catheter), do NOT let the tube touch the catheter
- Position yourself comfortably (this may be standing, sitting, at the toilet or lying down on a bed)
- Using soap and water or baby wipes clean and then dry the genital area (ensuring always to wash from front to back)
- Reapply alcohol hand sanitiser to hands
- With your less dominant hand, hold your labia apart
- Ensure you have good vision of your urethral opening (you can use a mirror to see especially at first) and slowly insert the catheter into the urethra
- Take care not to let the catheter touch any other surfaces
- The catheter is inserted when urine begins to flow – advance approximately another 1-2cm
- Leave in until urine stops flowing or if using for dilation leave in for 3-5 minutes for a maximum dilation
- Slowly remove the catheter and if urine starts flowing wait until urine stops then continue removing and then discard catheter
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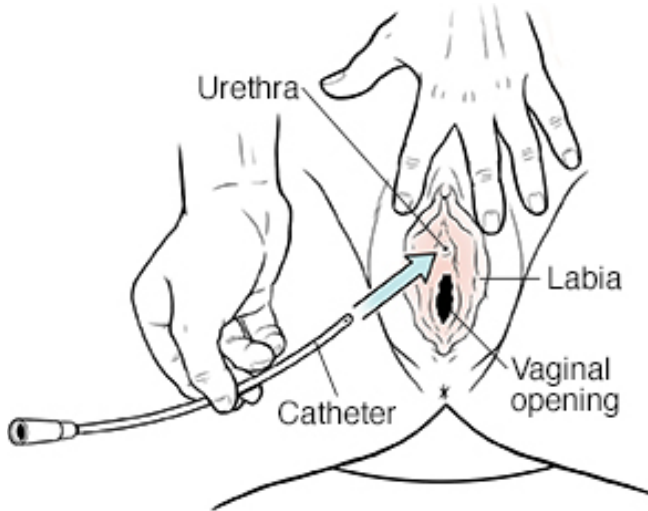


Image Source: <https://www.saintlukeskc.org/health-library/discharge-instructions-self-catheterization-women#>

When to contact your doctor or nurse

Please contact your doctor or nurse if:

- your urine is cloudy or smelly and you feel unwell
- you have a fever, chills or feel unwell
- there is blood in the urine that does not clear with drinking more fluid
- you have prolonged pain.

CISC regime for dilation for urethral strictures using a Nelaton catheter

Repeat as per the following routine (or as per specialist recommendations):

- Daily for 6 weeks
- Then every second day for 6 weeks
- Then every third day for 6 weeks
- Then every fourth day for 6 weeks
- Then every fifth day for 6 weeks
- Then every sixth day for 6 weeks
- Then once per week until your doctor says otherwise.



This patient information brochure supports National Safety and Quality Health Service Standard 2 - Partnering with Consumers



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