

**AdapthHealth Patient Care Solutions**

## **Urology Program**

## Who We Are

AdaptHealth Patient Care Solutions is a leading provider of wound care, urological, ostomy, tracheostomy, incontinence and diabetic care<sup>1</sup> supplies as well as breast pumps. Our urology program provides a comprehensive product offering from leading manufacturers including Bard Medical, Covidien, Coloplast, Hollister, Teleflex/Rusch, Astra Tech, MTG and Cure. We are committed to providing exceptional service to patients with chronic or acute medical conditions including spinal cord injury, spina bifida, multiple sclerosis, urinary retention, urinary incontinence and neurogenic bladder.

## What We Do

AdaptHealth Patient Care Solutions delivers urological products discreetly and directly to patients' homes or alternative healthcare locations. There is no charge for standard shipping. Our representatives are available to assist with product selection and insurance guideline education. Our documentation team communicates on behalf of the patient with healthcare providers to obtain the prescription and documentation needed to bill insurance carriers. AdaptHealth Patient Care Solutions submits claims to the patients' insurance carrier on the patients' behalf. Our wound, ostomy and continence (WOC) nurses are available to provide support and education to clinicians regarding product choices and post-discharge patient support.

### HOW TO ORDER CATHETERS

Call our toll-free number at **855.571.1762**. Have your insurance information, physician's name and phone number ready. We can obtain a prescription, verify your insurance coverage and work with your physician to obtain any required medical documentation.

Physician Name: \_\_\_\_\_

\_\_\_\_\_ Fr. Size \_\_\_\_\_ Length

\_\_\_\_\_ Times Per Day

**We are available by phone weekdays 8 a.m. to 8 p.m. Eastern Time.**

**Servicios de traducción están disponibles por teléfono para ayudarle con el proceso de ordenar.**

<sup>1</sup> As a result of regulatory changes effective July 1, 2013, AdaptHealth Patient Care Solutions is not able to provide diabetic care supplies to patients using Medicare Part B benefits.

**A Guide to Self-Catheterization**

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## **Has Intermittent Catheterization been Recommended for You?**

Intermittent catheterization may be recommended for you by your physician because your bladder does not empty completely on its own. Many medical conditions or medications make it difficult for certain people to completely empty their bladders. Intermittent catheterization drains urine from the bladder by inserting a small tube through the urethra to the bladder. Keeping your bladder empty is recommended by healthcare professionals not only because it will help preserve the health of your bladder and kidneys but also because it will help prevent urinary tract infections (UTIs).

Your physician has prescribed the specific size and type of intermittent catheter you should use. He or she also has specified the schedule or frequency of catheterization for you. This is a simple procedure that almost anyone can learn, but it is important to stay in touch with your physician about any questions regarding your treatment plan.

This booklet is intended to give you a basic understanding of intermittent catheterization. This information should not be used in place of a call or consultation with your physician or healthcare team.



## **How Your Physician Chooses the Appropriate Catheter for You**

Your physician will choose a catheter to order for you by considering three basic characteristics. Your physician will order a specific size, length and tip type.

**Size:** Catheters are sized in French sizes (Fr.). This refers to the diameter of the catheter. The larger the French size, the larger the diameter.

**Length:** In general there are three different lengths of catheters commonly ordered by your physician. Please be aware that some females and even some children may be ordered longer catheters depending on their size and manual dexterity.

### **Male Catheters:**

Usually 16 inches in length.

### **Female Catheters:**

Usually range from 6-8 inches in length.

### **Pediatric Catheters:**

Usually range from 6-12 inches in length.

**Tip:** Catheters will have a straight tip or a coudé tip. The coudé tip is bent at a 45 degree angle and is recommended when the use of a straight tip catheter is not feasible.

Please contact your physician or healthcare team if you have any questions regarding the type of catheter that was ordered for you.

## Who May Need To Catheterize

Physicians may prescribe catheters for a number of physical conditions. In general, people with neurogenic bladder or urinary tract issues may be prescribed catheterization. This includes people with spina bifida, multiple sclerosis, spinal cord injuries, other neuromuscular diseases and anyone with incomplete bladder emptying. Not emptying the bladder properly allows urine to remain in the bladder and may increase your risk of UTIs.

## Urinary Tract Infection (UTI)

If you are using intermittent catheters to drain urine from your bladder, you have possibly experienced or may experience a UTI.



### Signs and Symptoms of UTIs:

- Positive urine culture treated by antibiotics
- Frequent urge to urinate
- Pain or burning during urination
- Cloudy urine
- Red tinged urine if blood is present in urine
- Unpleasant urine odor
- In women, abdominal discomfort or bloating as well as vaginal discharge
- In men, difficulty passing urine or urgent need to urinate
- Fever
- Low to mid back pain

### Signs and Symptoms of UTIs in Babies and Young Children:

- Fever (sometimes the only sign)
- Poor appetite
- Lethargy or change in behavior
- Diarrhea
- Unpleasant urine odor

## Five Ways to Help Reduce UTIs

### 1. Learn how to catheterize correctly.

Review the correct procedure for catheterization with your physician. If you have questions, make sure to ask them. Your healthcare professional may suggest that you speak with one of MPCS's WOC nurses if you have questions about your catheterization procedure.

### 2. Use insertion kits.

Insertion kits include products that help maintain a sterile environment when using catheters. Most kits include a drape, cleansing wipes with Benzalkonium Chloride, sterile non-latex gloves and an underpad. Ask your AdaptHealth Patient Care Solutions Product Specialist for more information.

### 3. Use a closed system catheter.

Most closed system catheters have an added safety feature called a “protective tip.” This protective tip is inserted into the urethral opening and the catheter is threaded through the tip when you catheterize. The first few millimeters of the urethral opening may contain the highest content of bacteria and the protective tip helps maintain the sterility of the pre-lubricated catheter. The use of a closed system catheter may reduce the chance of getting a UTI.

### 4. Do not reuse catheters.

In the past, people were instructed to wash and reuse catheters. Many people experienced recurrent UTIs using this method. Sterile use (i.e. using a single catheter and disposing of it afterward) may reduce UTIs. Ask your AdaptHealth Patient Care Solutions representative about whether your insurance plan will cover sterile use catheters for your care.

### 5. Try using hydrophilic catheters.

Sometimes people can traumatize their urethra when catheterizing. This can be due to a number of factors, but it is commonly attributed to not sufficiently lubricating the catheter. When you cause trauma to your urethra, tiny tears can permit bacteria to enter, increasing the chance of infection. Fortunately, using a hydrophilic catheter may help. Unlike traditional catheters, hydrophilic catheters are smooth and slide easily into and out of the urethra because they are pre-lubricated with saline.



## Helpful Hints for Intermittent Catheterization



### Wash Your Hands

Wash your hands thoroughly using warm water and antibacterial soap for at least 20 seconds before and after catheterization.



### Stay Hydrated

Unless your physician recommends otherwise, drink plenty of fluids throughout the day to promote good bladder and kidney function. Avoid or limit caffeine to two cups per day.



### Relax

Take a few deep breaths to relax before beginning to insert the catheter. If you are having some issues advancing the catheter, try deep breathing or coughing. Never force the catheter.



### Call With Questions

Make sure you contact your physician if you experience difficulties with catheterization and/or your catheterization schedule. Keep regular consultations.



## Types of Intermittent Catheters



### Straight Catheters:

These catheters are straight tubes of flexible plastic or rubber (Be sure to tell your physician if you have a latex

allergy). One end has a rounded tip to drain the urine from the bladder, and the other end often has a funnel attached to it. These catheters require lubrication. An insertion kit may be purchased that includes cleansing towelettes or swabs, a drape, gloves, lubricant and a plastic bag for disposal.



### Hydrophilic Catheters:

These catheters are coated with a hydrophilic polymer. When saline is introduced, this coating allows the catheter to glide through the urethra easily. Hydrophilic catheters may cause less friction and may make insertion more comfortable. These catheters are either pre-lubricated with sterile saline or require the user to burst a saline-filled packet to wet the catheter. Be sure that all of the saline is released from the packet and soak the catheter for 30 seconds before insertion into the urethra.



### Closed System Catheters:

Closed system catheters are pre-lubricated and contained in a clear plastic pouch to ensure sterility.

There is a "protective tip" that is placed into the urethral opening prior to gently inserting the catheter into the urethra. The protective tip is a few millimeters long and helps the catheter bypass the urethral opening where the highest concentration of bacteria may reside. Closed system catheters are discreet as they have an attached collection bag. The collection bag is marked to assist in the measurement of output.



### Condom Catheters:

Condom catheters are for male use only and fit over the penis. These catheters are self-adherent with an adhesive that is integrated into the sheath or are secured by an adhesive applied to the penis prior to application. A strap is applied over the penis and sheath after the catheter is applied. These catheters include a drainage bag for disposal.

## Catheterization Procedure with an Intermittent Catheter for Males

1. Wash hands thoroughly.



2. Wash the end of the penis with soap and water or a towelette.  
If not circumcised, pull back foreskin, wash well and rinse.



3. With one hand, pull your penis up at a right angle to your body. With the other hand, insert the catheter into the penis opening.\* When urine starts to flow, insert the catheter approximately 1 inch more.



4. When urine drainage is complete, slowly remove the catheter and discard properly.



5. If not circumcised, pull foreskin back over the head of the penis.

6. Wash hands thoroughly.



\* If your catheter has a coude tip, insert the catheter with the angled tip facing upward. If the catheter has a guide strip or nub, ensure the markings remain facing upward throughout the catheterization process.

## Catheterization Procedure with an Intermittent Catheter for Females

1. Wash hands thoroughly.



2. With thumb and forefinger, spread the inner labia apart. Wash the area from front to back thoroughly with soap and water or towelette.



3. Position yourself so you can see or feel the urethral opening by separating the labia with thumb and forefinger.

\* If your catheter has a coude tip, insert the catheter with the angled tip facing upward. If the catheter has a guide strip or nub, ensure the markings remain facing upward throughout the catheterization process.

4. With your other hand, insert the pre-lubricated catheter into the urethral opening.\* When urine starts to flow, insert the catheter approximately 1 inch more.



5. When urine drainage is complete, slowly remove the catheter and discard properly.



6. Wash hands thoroughly.



## Catheterization Procedure with a Hydrophilic Intermittent Catheter for Males

1. Assemble supplies.
2. Wash hands thoroughly.



3. If required and your hydrophilic catheter has a packet for saline, burst the packet of saline. Make sure all of the solution is released from the packet and allow 30 seconds to fully hydrate.
4. Peel open the package to remove the catheter.
5. Wash the end of the penis with soap and water or a towelette. If not circumcised, pull back foreskin, wash well and rinse.



\* If your catheter has a coude tip, insert the catheter with the angled tip facing upward. If the catheter has a guide strip or nub, ensure the markings remain facing upward throughout the catheterization process.

6. With one hand, pull your penis up at a right angle to your body. With the other hand, insert the catheter into the penis opening.\* When urine starts to flow, insert the catheter approximately 1 inch more.



7. When urine drainage is complete, slowly remove the catheter and discard properly.



8. If not circumcised, pull foreskin back over the head of the penis.
9. Wash hands thoroughly.



## Catheterization Procedure with a Hydrophilic Intermittent Catheter for Females

1. Assemble supplies.
2. Wash hands thoroughly.



3. If required and your hydrophilic catheter has a packet for saline, burst the packet of saline. Make sure all of the solution is released from the packet and allow 30 seconds to fully hydrate.
4. Peel open the package to remove the catheter.
5. With thumb and forefinger, spread the inner labia apart. Wash the area thoroughly from front to back with soap and water or a towelette.



\* If your catheter has a coude tip, insert the catheter with the angled tip facing upward. If the catheter has a guide strip or nub, ensure the markings remain facing upward throughout the catheterization process.

6. Position yourself so you can see or feel the urethral opening by separating the labia with thumb and forefinger.
7. With your other hand, insert the catheter into the urethral opening.\* When urine starts to flow, insert the catheter approximately 1 inch more.



8. When urine drainage is complete, slowly remove the catheter and discard properly.



9. Wash hands thoroughly.





## Catheterization Procedure with a Closed-System Intermittent Catheter for Males

1. Open and remove contents from the catheter kit.



2. Wash hands thoroughly.



3. Clean the opening to the penis and surrounding area. If not circumcised, pull back foreskin, wash well and rinse.



4. Remove the cap from the protective tip and advance the catheter into the protective tip. Do not advance the catheter past the end of the protective tip.



\* If your catheter has a coude tip, insert the catheter with the angled tip facing upward. If the catheter has a guide strip or nub, ensure the markings remain facing upward throughout the catheterization process.

5. With one hand, pull your penis up at a right angle to your body. With the other hand, grasp the catheter through the bag and insert the protective tip gently into the opening of the penis.\* Thread the catheter through the protective tip 2-3 inches at a time. When urine starts to flow, insert the catheter approximately 1 inch more. When the urine drainage is complete, slowly remove the catheter.



6. If not circumcised, pull foreskin back over the head of the penis.
7. To empty before disposal, tear the bag at the perforation and pour urine out through the opening.



8. Dispose of catheter and bag properly.



9. Wash hands thoroughly.

## Catheterization Procedure with a Closed-System Intermittent Catheter for Females

1. Open and remove contents from the catheter kit.



2. Wash hands thoroughly.



3. Clean the external area of the urethra opening and surrounding area. Wash the area thoroughly with soap and water or a towelette.



4. Remove the cap from the protective tip and advance the catheter into the protective tip. Do not advance the catheter past the end of the protective tip.



\* If your catheter has a coude tip, insert the catheter with the angled tip facing upward. If the catheter has a guide strip or nub, ensure the markings remain facing upward throughout the catheterization process.

5. With thumb and forefinger, spread the inner labia apart. With the other hand, grasp the catheter through the bag and insert the protective tip gently into the urethra.\* Thread the catheter through the protective tip 2-3 inches at a time. When urine starts to flow, insert the catheter approximately 1 inch more. When the urine drainage is complete, slowly remove the catheter.



6. To empty before disposal, tear the bag at the perforation and pour urine out through the opening.



7. Dispose of catheter and bag properly.



8. Wash hands thoroughly.



## Catheterization Procedure with a Condom Catheter for Males

1. Wash hands thoroughly.



2. Clean the opening to the penis and surrounding area. If not circumcised, pull back foreskin, wash well and rinse.



3. It may be necessary to clip or shave the hair on the base and shaft of the penis to prevent the adhesive from pulling.
4. To promote adhesion, apply skin preparation to the penis and let dry. (optional)
5. With one hand, pull your penis up at a right angle to your body. With the other hand, hold the condom sheath at the tip of the penis and smoothly roll it onto the penis.
6. Make sure the end of the condom catheter is close to the tip of the penis but not rubbing.

7. Squeeze all around the condom to ensure all surfaces are in contact with the penis shaft.

8. Connect drainage tubing to the end of the catheter making sure the condom is not twisted.

9. Wash hands thoroughly.



## People With Neurogenic Bladder Also May Experience Neurogenic Bowel

Neurogenic bowel is the inability to empty the stool, causing an enlarged rectum and severe constipation. Patients with neurogenic bowel may need to have a bowel management program recommended by their physician.

A bowel management program may include any combination of the following:

- gloves
- lubricant
- enemas
- cone irrigators
- suppositories
- laxatives as prescribed by their physician
- digital stimulation

Please ask our representatives for more information. can assist you not only with catheters, but also with wound management, incontinence and bowel management products. Call our representatives today for more information.



## **FAQs for Catheterization**

Q. What kind of supplies will I need?

A. You will need a catheter, as well as soap and water to wash your hands before and after you catheterize yourself. A water-soluble lubricant may help the catheter slide into the urethra more easily. Using an insertion kit with your catheter will provide you with a drape, cleansing towelettes or swabs, lubricant, gloves and a plastic bag for disposal of supplies.

Q. Where can catheterization be done?

A. Catheterization can be done anywhere you can find privacy. Many individuals prefer to use the toilet; however, you may catheterize anywhere you feel comfortable and are able to dispose of the urine. If you use closed system catheters, the urine flows into the plastic bag the catheter is encased in.

Q. How often should I catheterize?

A. Your physician is available to help you establish a regular schedule that best suits your needs. When you begin, they may ask you to keep a record of your catheterizations so that your schedule can be adjusted to what works best for you. Follow your schedule without fail! Remember: Do NOT let the bladder become distended.

Q. Should I limit the fluids I drink?

A. Every person needs daily fluids to maintain their health. Six to eight 8-oz. glasses of liquid a day is recommended unless you have been advised to restrict your fluids by your physician. Your physician should advise you on your special fluid needs as related to your catheterization program.

B. What about sexual activity and catheterization?

A. Intermittent self-catheterization should not interfere with sexual activity. You may discuss sexual concerns with your physician. It is generally advised to empty the bladder before and after having intercourse.

Q. How often should I see my physician?

A. You should always see your physician based on his or her recommendation for your regular check-ups. Notify your physician at once if you experience cloudy or foul smelling urine, pain or burning when inserting the catheter or while urinating, bloody urine, fever, chills, back pain or inability to get the catheter into the bladder.

Q. What about medications?

A. Always tell your physician about any medications you are taking, including over-the-counter medication. The physician may prescribe medication for you while doing catheterizations, if needed.

Q. How do I know when to catheterize?

A. You should follow the catheterization schedule prescribed by your physician. Younger children may need to be catheterized more frequently. If you forget to catheterize at the prescribed time, do so as soon as it is feasible. It is VERY important to follow the catheterization schedule prescribed for you by your physician. Residual urine left in the bladder for too long may put you at risk for a urinary tract infection.

Q. Where can I find intermittent catheters?

A. AdaptHealth Patient Care Solutions carries many manufacturers' brands of intermittent catheters. Please ask our representatives for more information.



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Unless otherwise noted, the recommendations in this document were obtained from The Wound, Ostomy, Continence Nurses Society's (WOCN) "Best Practice Guidelines for Urinary Catheters." Be advised that information contained herein is intended to serve as a useful reference for informational purposes only and is not complete clinical information. AdaptHealth Patient Care Solutions cannot be held responsible for the continued currency of or for any errors or omissions in the information. The product information contained in this document, including the product images and additional product materials, was collected from various supplier sources. All product claims and specifications are those of the product suppliers, not AdaptHealth Patient Care Solutions Inc. AdaptHealth Patient Care Solutions or its affiliates and have not been independently verified by AdaptHealth Patient Care Solutions. AdaptHealth Patient Care Solutions is not responsible for errors or omissions in the product information. Clinical images courtesy of Hollister Incorporated.