Understanding intermittent catheterisation (IC)

Do you know how IC works and how it may help you in your life with multiple sclerosis?

Sarah
Living with MS

What is intermittent catheterisation

Intermittent catheterisation (IC) can help if you retain urine. With IC, you periodically insert a flexible, lubricated tube into your bladder to drain the urine it cannot expel on its own.

Why is IC important?

It is important that urine does not remain in the bladder for a prolonged period.

If urine is retained in the bladder, bacteria may develop and lead to a urinary tract infection.[1]

An overly filled bladder may cause kidney damage.[2]

With an intermittent catheter, you can manually drain your bladder and help to ensure it is fully empty when you go to the toilet.

What are the health benefits of IC?

- Residual urine in the bladder can increase bacteria build up.[3] IC may help you to drain your bladder and reduce this risk.[2]

- Ensuring your bladder is fully drained helps reduce the risk of damage to your kidneys.[2]

IC is the closest you can get to normal bladder functioning: your bladder still holds your urine and you void as and when you need – just with the help of the catheter.

Intermittent catheterisation in a nutshell

You insert an intermittent catheter through the urethra yourself.

An intermittent catheter only stays in your body for as long it takes to empty the bladder.

Intermittent catheters can be used with or without a collection bag.

Laura's experience with IC

Laura had worried about whether catheterising would hurt and how it would feel, but after doing it a few times, it became routine.

"When I started on intermittent catheters, I was surprised by how easy it was. After getting into a routine, it doesn't take long at all. It definitely doesn't hurt, and it's easy to do. So all the things I was worried about, I didn't need to be."

Laura | Living with MS

How do intermittent catheters work?

An intermittent catheter reaches the bladder via the urethra. The length of the female urethra varies for each person, but generally ranges from 25-40 mm.[4]

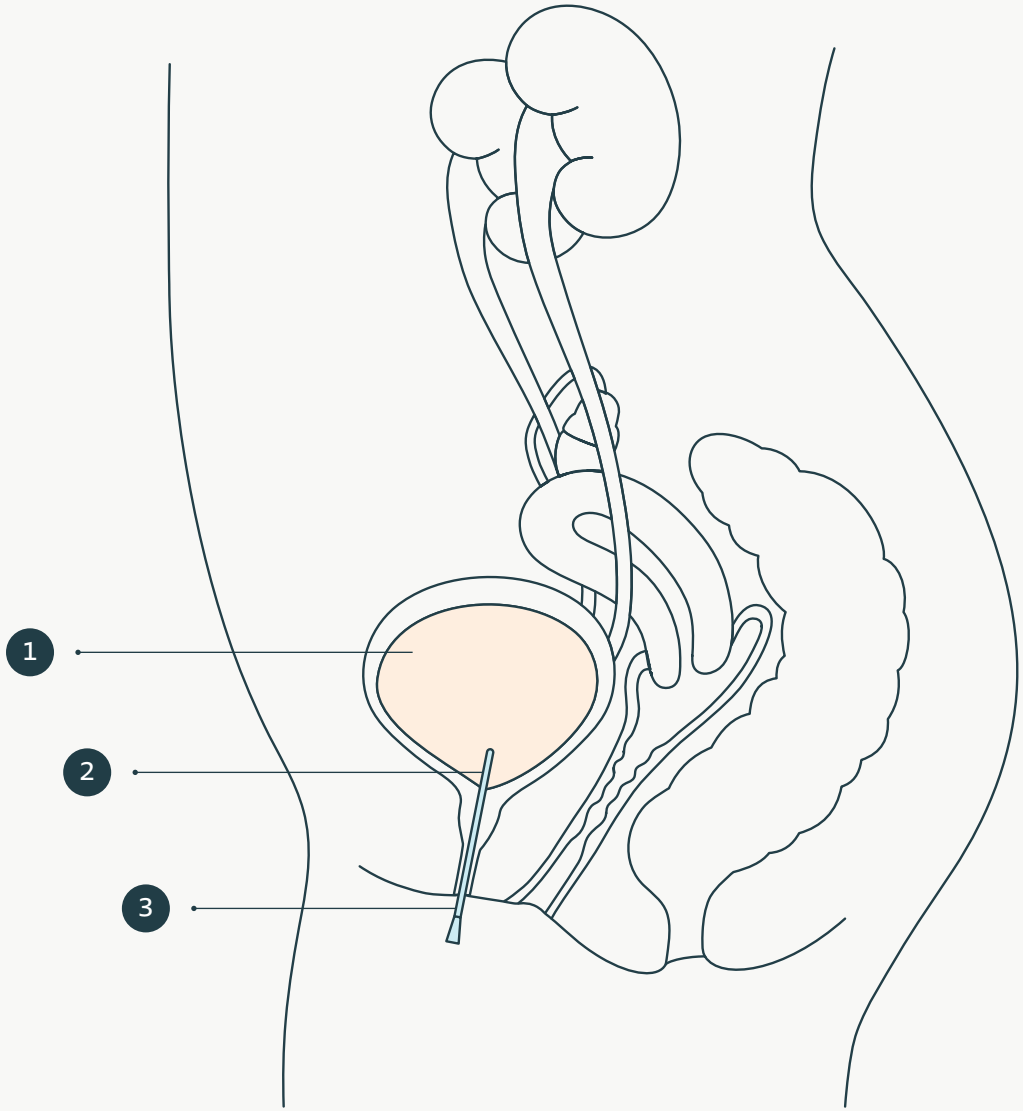
A female catheter is therefore a little longer to ensure it can reach the bladder and enable voiding.

Draining the bladder with IC

Over time, the bladder fills with urine which needs to be drained periodically.

When it is time to urinate, you insert the catheter via the urethra and once reaching the bladder, urine can begin to drain.

When the flow of urine stops and the bladder is empty, the catheter can thenbe removed carefully and discarded.



Each intermittent catheter is used only once.

Know what to expect from an intermittent catheter

You can empty your bladder.

You can decide when and where you empty your bladder.

You have an easy-to-use bladder management solution.

You can discreetly carry your product with you.

Who is Coloplast?

Coloplast develops and manufactures innovative products that fit the lives of those with intimate healthcare needs. Working closely with those who use our products, we create solutions that are sensitive to your individual needs.

How can I learn more?

If you are concerned about your bladder health, reach out to your nurse or doctor for medical advice and support.

What is Coloplast Care?

Coloplast Care is a free support programme with personalised phone support, emails, and online content, to help you manage your bladder issues when living with MS.

With Care, you can talk with your dedicated Care Advisor, as well as receive educational emails filled with helpful information.

You will find practical support articles about treatment options, hear from others living with MS, and get additional resources to help you in managing your bladder symptoms.

www.coloplast.com/MS

Sign up to Coloplast Care to receive our personalised support

1. Holland N J. Urinary Dysfunction and MS. National Multiple Sclerosis Society; 2016.
2. Phé V, Chartier-Kastler E, Panicker J N. Management of neurogenic bladder in patients with multiple sclerosis. Nature Reviews. Urology. 2016;13(5):275–288.
3. Kennelly, M., Thiruchelvam, N, Averbeck, M.A. et al, Adult Neurogenic Lower Urinary Tract Dysfunction and Intermittent Catheterisation in a community Setting: Risk Factors Model for Urinary Tract Infections. 2019, 1-14.
4. Standring S. Gray's Anatomy: The Anatomical Basis of Clinical Practice: 150 Anniversary Edition. Churchill Livingstone; 2008.

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