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 two inches from its tip.
- 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

**Personal information**
Use the catheter .......... times a day
Use a new plastic bag every day
Discard the catheter and use a new catheter for each catheterisation (catheters are single-use and are not re-usable)

**Catheter information**
Catheter recommended.......................... (male)
Size ........FG

**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.

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

**Oncology nurses**
**Uro-oncology nurse specialist**
01223 586748

**Bladder cancer nurse practitioner (haematuria, chemotherapy and BCG)**
01223 274608

**Prostate cancer nurse practitioner**
01223 274608 or 216897 or bleep 154-548

**Surgical care practitioner**
01223 348590 or 256157 or bleep 154-351

**Non-oncology nurses**
**Urology nurse practitioner (incontinence, urodynamics, catheter patients)**
01223 274608 or 586748 or bleep 157-237

**Urology nurse practitioner (stoma care)**
01223 349800

**Urology nurse practitioner (stone disease)**
01223 349800 or bleep 152-879
Patient Information

Patient Advice and 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: chaplaincy@addenbrookes.nhs.uk
Mail: The Chaplaincy, Box No 105
Addenbrooke's Hospital
Hills Road, Cambridge, CB2 2QQ

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

Telephone: +44 (0)1223 217589

Access office (travel, parking and security information)

Telephone: +44 (0)1223 596060

We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:

If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.information@addenbrookes.nhs.uk.

Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

Document history

Authors
Mr Nikesh Thiruchelvam (on behalf of the Consultant Urologists)

Pharmacist
N/A

Department
Department of Urology, Box No 43
Cambridge University Hospitals NHS Foundation Trust, Hills Road,
Cambridge, CB2 0QQ
www.cuh.org.uk / www.camurology.org.uk

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01223 256650/ Fax 01223 216069

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