United Spinal Association

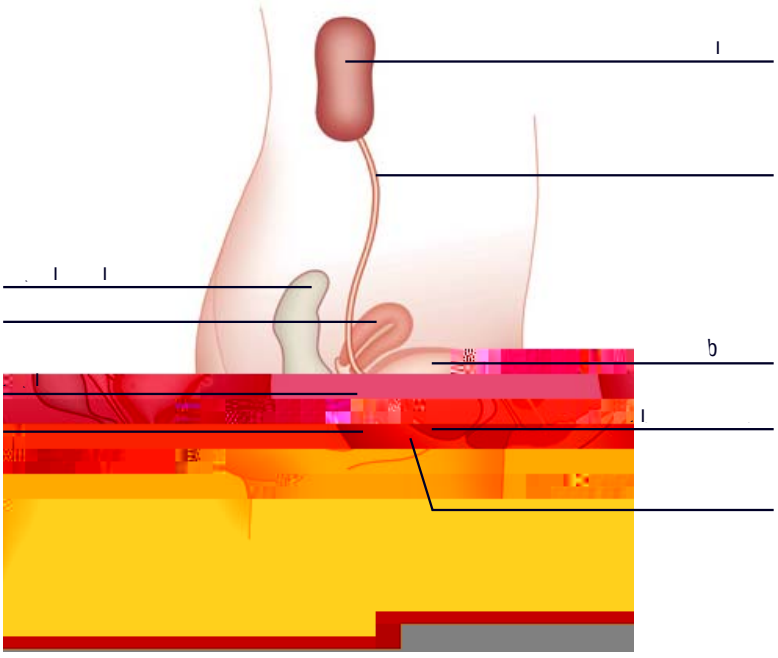
## Kidneys

## Ureters

## Bladder

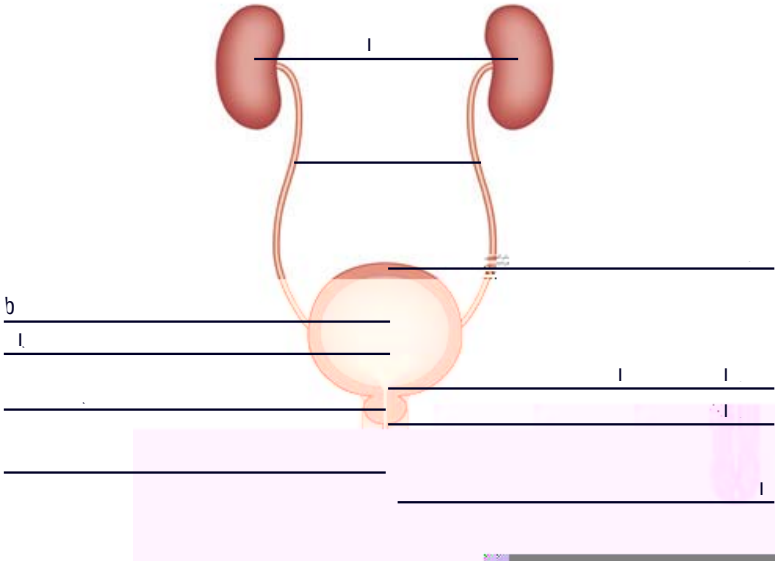
## Urethra

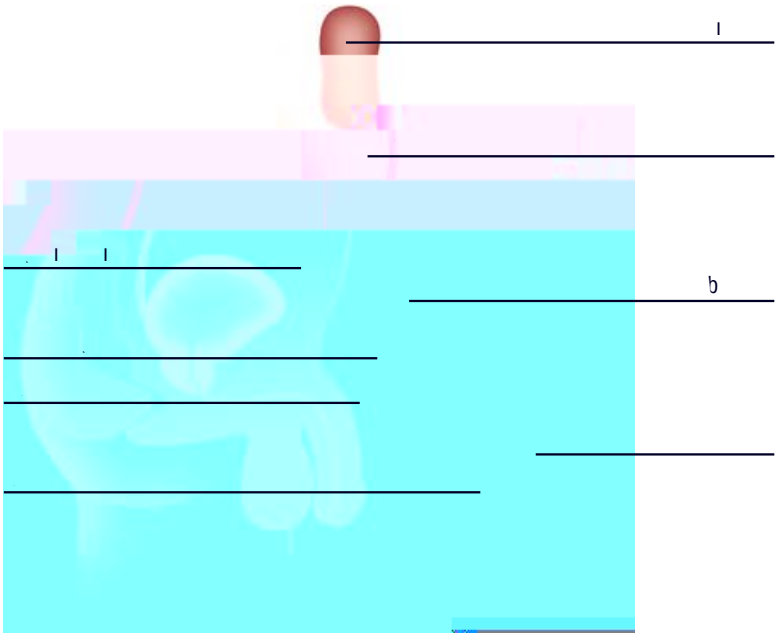
## Females



## Males

, -10 . -





## Common Issues

## Neurogenic Bladder Disorder

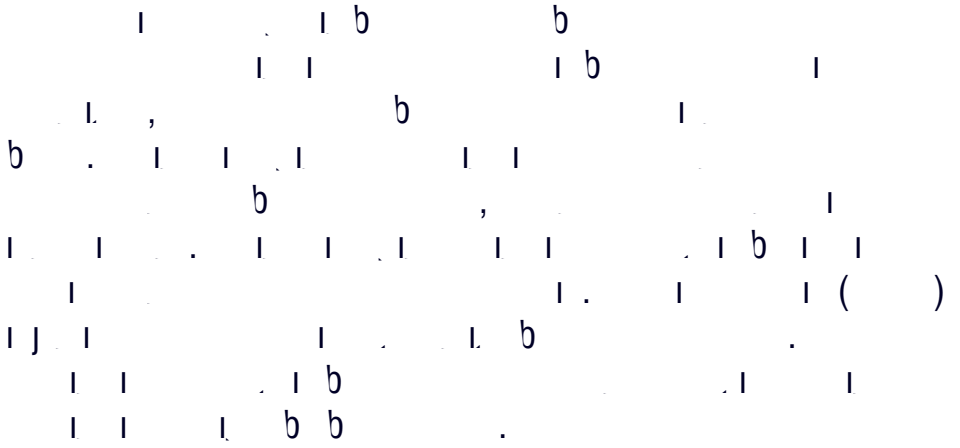
24 ).

## Urinary Tract Infections

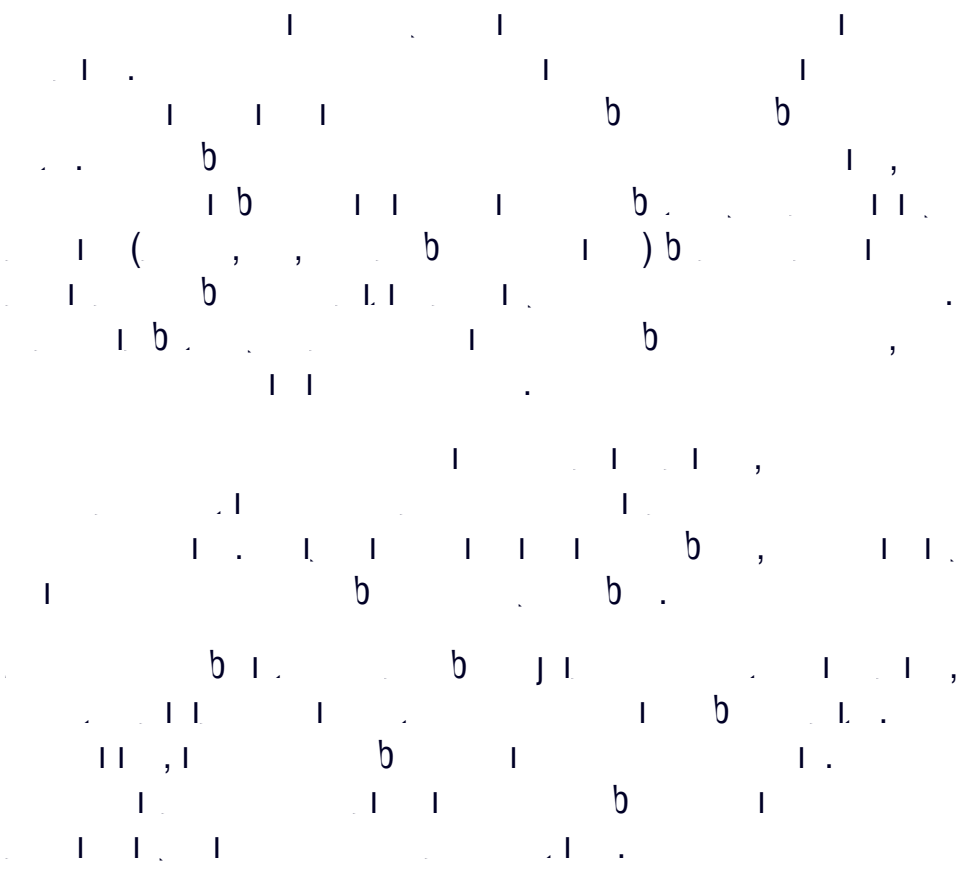
You may experience these signs if you have a urinary tract infection:

### Timely Recognition

## Medications

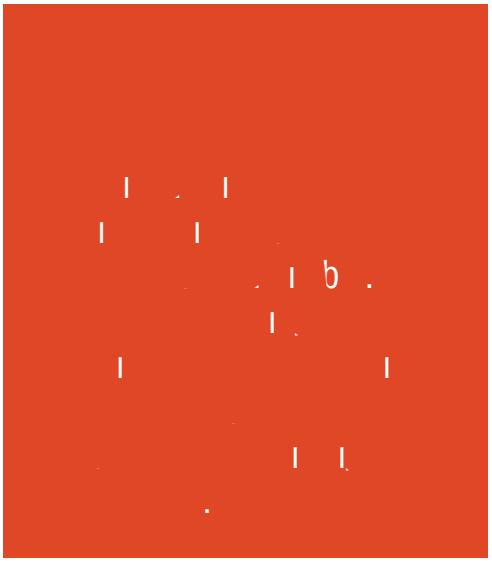


## Fluids



## Catheters





## Clean technique

## Sterile Technique

## Other Types of Catheters

If you are unable to insert and remove a catheter to drain your bladder, you may need to use an indwelling catheter. This type of catheter is held in the bladder by an in”atable balloon and it provides continuous drainage. Complications of indwelling catheters may include urinary tract infections, blood infections (septicemia), urethral injury, bladder stones, and/or blood in the urine (hematuria)*. Long-term indwelling catheters are replaced once a month or as recommended by your healthcare professional.

A suprapubic catheter is an alternative for individuals who have dif“culty managing intermittent catheterization, such as those with paralysis of the arms or those for whom a urethral indwelling catheter is not an option. A suprapubic catheter is an indwelling catheter that is placed directly into the bladder through the skin above the pubic bone. This catheter must be placed by a urologist during outpatient surgery or an of“ce procedure. The tube must be changed periodically as recommended by your healthcare professional.

With indwelling catheters, a drainage bag is required. There are two main types of drainage bags. One type is a leg bag that attaches by straps to the leg. A leg bag is usually worn during the day since it “ts discreetly under pants or skirts, and is easily emptied into the toilet. The other type of drainage bag is larger. It may be used during the night and is usually hung on the bedside.

*Citation:

AU Hollingsworth JM, Rogers MA, Krein SL, et al. Determining the noninfectious complications of indwelling urethral catheters: a systematic review and meta-analysis. Ann Intern Med 2013;159:401-410.

## Size and Design

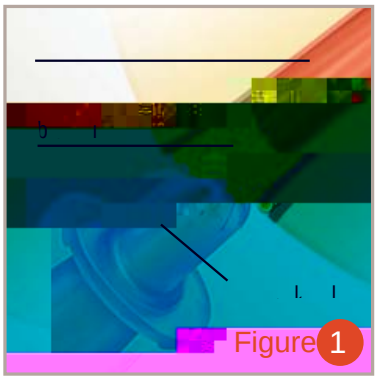


Figure 1

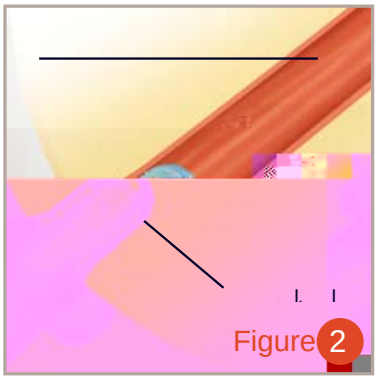


Figure 2

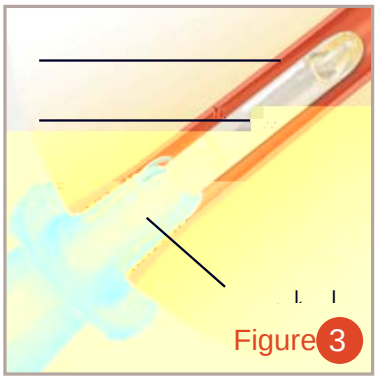
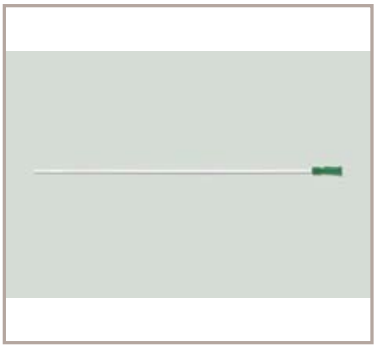


Figure 3

## Protective Tip



Catheter made from PVC

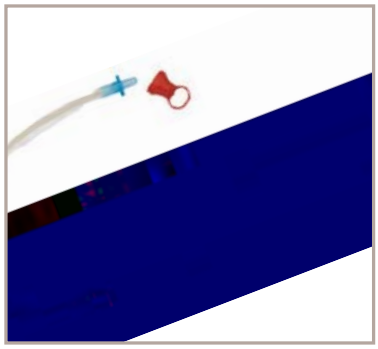
## Catheter Materials

Hydrophilic catheter

## Lubrication


Closed system catheter

## Closed System Catheters



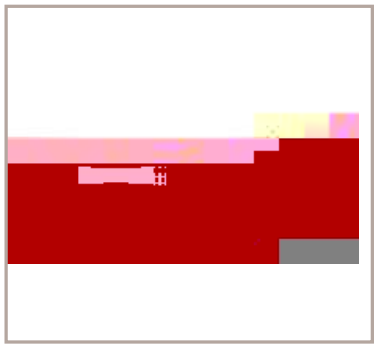
No Touch System

## Catheter Kits

Catheter kit

## No Touch Systems

## Straight Catheter



Straight Catheter

## Q: What is intermittent catheterization?

## Q: How do I learn intermittent catheterization?

## Q: How often should I catheterize?

Q: What size catheter should I use?

A:

Q: What features should a catheter have?

A:

Q: Can I perform catheterization during pregnancy?

A:

Q: Why do I have large amounts of urine when I catheterize at night?

A:

Q: How do I catheterize on a trip?

A:

Aseptic Intermittent Catheterization

Bladder

Bladder Control

Bladder Neck

External Sphincter

French

1 (1 ) 1/3 .

HealthHistory

Incontinence

Infection (Urinary)

Intermittent Catheterization

Internal Sphincter

Kidneys

Kidney Infection

Meatus

Neurogenic Bladder

Nocturia

## Overactive Bladder

**Ultrasound**

**Underactive Bladder**

**Ureters**

**Urethra**

**Urge Incontinence**

**Urinalysis**

**Urinary Incontinence**

**Urinary Tract Infection (UTI)**

**Urinate**

**Urine**

**Urinary Retention**

**Urodynamic**

**Voiding**

The American Urological Association

1. 66.
(1. 66.746.42 2)

Christopher and Dana Reeve Foundation

1. 00.225.02 2

The Miami Project to Cure Paralysis

1. 00.
(1. 00.7 2.63 7)

National Association for Continence (NAFC)

1. 00.
(1. 00.252.3337)

National Rehabilitation Information Center

1. 00.346.2742

Paralyzed Veterans of America

1. 00.232.17 2

The Simon Foundation for Continence

1. 00.23
(1. 00.237.4666)

National Multiple Sclerosis Society

1. 00.344.4 67

Spina Bi“da Association of America

1. 00.621.3141

Spinal Cord Injury Information Network

1.205. 34.32 3

Seekwellness

1. 00. 40. 301

United Spinal Association

1. 00. 62. 62

Wheel:Life