

6. How will I know when to catheterise?⁷

In the beginning, your healthcare professional will work with you to set a schedule.

As you adjust to catheterising, you may find your own routine of knowing when you need to empty your bladder. Remember not to allow your bladder to overfill (>400–500 mL) and that the amount of liquids you drink can affect how frequently you need to catheterise.

7. Does intermittent catheterising hurt?³

No, catheterising shouldn't cause you pain, but it can feel strange at first.

Make sure you're always following the instructions that come with your catheter and never use force. Please speak with your healthcare professional if you're experiencing pain.

8. How do I use my catheter?²

Your healthcare professional should show you how to use your catheter.

They'll help you decide which catheter is best for you, so you might try out a few different options.

9. Am I more likely to get an infection when I catheterise myself?²

Catheterising yourself does come with a risk of infection, but it's lower than if you were using an indwelling Foley catheter or weren't fully emptying your bladder.

10. What are the symptoms of a UTI?⁸⁻¹⁰

The symptoms of a UTI include

- A more frequent or urgent than usual need to urinate
- Blood in your urine
- Cramps or pain in your groin or lower abdomen
- Fever, chills, or flu-like symptoms
- Pain in your lower back
- Nausea or vomiting
- More leaking between catheterisations than usual
- Confusion
- Increased spasticity in legs if you have a neurogenic condition

If you experience any change in what you consider normal for you, contact your healthcare professional.

Frequently asked questions

These are the top 10 questions we hear from intermittent catheter users.



Contact our me+ Continence Care Support Team for additional resources:
Australia Call 1800 335 276 or email connection.au@convatec.com
New Zealand Call 0800 225 4309 or email connection.nz@convatec.com

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Guiding the way to confident living with intermittent catheterisation

1. What are the benefits of intermittent catheterising?¹

Intermittent catheterisation (IC) offers convenience, comfort, and reduced risk of urinary tract infections.

IC devices mean catheterising doesn't have to interfere with your independence, your sexual relationships, or with living your life fully and in comfort.

2. What can I do to prevent UTIs?²

Always make sure you thoroughly wash your hands, and clean the genital area before catheterising to prevent urinary tract infections (UTIs).

You should also stick to a catheterisation schedule, so you don't risk having an over-full bladder. Drinking plenty of fluids is also important to prevent infection.

3. What do I do if it's difficult to insert the catheter?³

It can be tricky to insert a catheter at first, but make sure you never force it. Never continue with the insertion if you feel any kind of resistance. If you continue having issues, contact your healthcare professional for advice.

You can access the [Your Personalised Video Guide](#) at Convatec me+ for interactive instructions to empower you to feel confident with catheterisation at qr.convatec.com/cc-meplus

4. When should I call my healthcare professional?^{2,4-6}

You should call your healthcare professional if you notice any of the following

- bladder spasms (painful cramps and sudden urine leaks)
- frequent spots of blood in your urine, or an episode of heavier bleeding
- difficulty passing the catheter into your bladder
- any signs of a urinary tract infection
- consistently draining smaller than usual amounts of urine
- urine leaks between catheterisations
- changes in skin colour or broken skin where you insert your catheter
- difficulty obtaining supplies

5. Can I travel or go on holiday if I use a catheter?

With a little pre-planning, there's no reason why you can't travel or take a vacation while you're using a catheter.

Just remember to pack extra supplies. You should split these between your checked luggage and your cabin bag just in case one gets lost.

For more information about travelling with a catheter, see our [full FAQs](#).



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